

*The Reformation* 

# Messenger

*Volume 9, Number 6*

*June 2002*

*International Missionary Society of S.D.A. Church Reform Movement*



Seven dear souls were baptized by H.R Karinda in Manado, Indonesia.

## JESUS THE SON OF GOD

About 120 times Jesus has been called the Son of God in the Bible. For this reason some believe that first there was God the Father alone and then sometimes after Jesus was born to Him. This was more or less the belief of the Arian religion in the first centuries.

We have two possibilities to consider. One is that Jesus was born of the Father as His Son and the other that Jesus is called the Son as a title.

In the Bible we read, "Ephraim is My firstborn." Here the word firstborn is used as a title." Jer. 31:9

Paul calls his converts to the gospel as his children. "In Christ Jesus I have begotten you through the gospel." 1 Cor. 4:15 "I sent you Timotheus, who is my beloved son." 1 Cor. 4:17

The same titles have been given to Jesus as to the Father. In Isaiah 9:6 Jesus is called, "The Mighty God" and "the Everlasting Father". In Revelation 1 :8 Jesus is called "Almighty".

Isaiah writes further, "Ye are My witnesses, saith the Lord, and My servant.. whom I have chosen: that ye may know and believe Me, and understand that I am He: before Me there was no God formed, neither shall there be after Me. **I**, even **I**, am the Lord; and beside Me there is no Saviour." Isa.43:10-11.

There is only one Saviour, and through Him only can we be saved. "Neither is there salvation in any other for there is none other name under heaven given among men, whereby we must be saved." Acts 4: 12

In Proverbs we read, "Then I was by Him, as one brought up with Him: and I was daily His delight, rejoicing always before Him." Prov 8: 30

Paul writes about Christ: "Let this mind be in you, which was also in Christ Jesus: Who being in the form of God, thought it not robbery to be equal with God: but made Himself of no reputation and took upon Him the form of a servant, and was made in the likeness of men." Phil. 2:5-7

The natural son is a servant to his father but in the case of Jesus, He was not a servant naturally but He "took upon Him the form of a servant", This shows His meekness. Although He was not a servant, He voluntarily became one.

If Jesus would have been born to God or been formed by God the Father, He would have naturally belonged to Him. But we read, "The Lord possessed Me in the beginning of His way" Prov 8:22 Here we learn that the Father possessed or adopted Jesus to be His Son.

To be called equal. with God must mean in every respect Same as God the Father, Jesus is called to be "from everlasting".

Because of His meekness He took a lower position to His Father He came to do His Father's will" He said, "My Father is greater than I For this reason He could say, "Come unto me,.. and learn of Me: for I am meek and lowly in heart"" Matt. 11 :28-29 Because He was so meek and lowly in heaven also, therefore Satan became jealous of Him, when He was exalted by His Father.

"Christ is the pre-existent, self-existent Son of God" In speaking of His pre-existence, Christ carries the mind back through dateless ages. He assures us that there never was a time when He was not in close fellowship with the eternal God. He to whose voice the Jews were then listening had been with God as one brought up with Him." Signs of the Times. Aug. 29, 1900

“Jesus declared: “ I am the resurrection and the life.” In Christ is the life, original, unborrowed, underived.”  
D.A.530 (1898)

Jesus said, “Therefore doth My Father love Me, because I lay down My life, that I might take it again. No man taketh it from Me, but I lay it down of Myself, I have power to lay it down, and I have power to take it again.”  
John 10:17-18

“When Christ was crucified, it was His human nature that died. Deity did not sink and die: that would have been impossible... When the voice of the angel was heard saying, “Thy Father calls Thee”. He Who had said, ‘I lay down My life, that I might take it again. Destroy this temple and in three days I will raise it up.’ Came forth from the grave to life that was in Himself. Deity did not die. Humanity died.”<sup>5</sup> B.C.1113

“Equal with the Father, honored and adored by the angels, in our ‘behalf Christ humbled Himself, and came to this earth to live a life of lowliness and poverty – to be a man of sorrows and acquainted with grief.” B.C. 1129

“Christ’s position with His Father is one of equality.” <sup>7</sup> BC 905. “One equal with the Father came to pay the price for the souls of man, and bring to them eternal life.” Counsels of Stewardship 226

“In it we may learn what our redemption has cost Him who from the beginning was equal with the Father.”  
Counsels to Teachers 13

“Christ humbled Himself from the highest authority, from the position of one equal with God, to the lowest place, that of a servant.” Test. Vol.3, p.566.

It would have been natural for a son to obey his father, but in the case of Jesus, being equal with the Father and still obeying Him In all points show the greatness of His humility and meekness. Therefore He Invites us to learn of Him and become humble as He is.

And Paul calls us to have the mind of Jesus. Esteeming others better than ourselves. May the Lord help us to learn the lessons of meekness from Jesus. AMEN

*Timo Martin*

## TWO CROWNS

Ps. 8:5. “You made him a little lower than the heavenly beings, and crowned him with glory and honour.”

Here man is representative of God in ruling all the created existences of the world and is spoken of as crowned with glory and honour. It means ideally that this is man’s true position and function in God’s creation... He’s crowned King to rule the world under God!

But, ultimate fulfillment of this truth is in Jesus Christ (Heb. 2:6-9) the truly ideal and perfect Man.

Many scriptures speak of the Christian’s crown, as Rev. 2: 10, “Be faithful unto death and I will give you the crown of life”, and Rev. 3:11, “Hold fast that you have so that no one take your crown.” ‘

Paul said that. .. “the crown of righteousness will be given to him by the Lord...” on that day... and the same will be also given to all faithful Christians. 2 Tim. 4:8.

The “Crown of Life” and “crown of righteousness” are not to be thought of as separate or distinct glories to be received at the Lord’s coming... both are total victory over death and sin.

Jesus had a crown of thorns (Christ’s thorn- zizyphus spina-cristi came from a 12’ shrub; has 2 large, sharp curved thorns at the bottom of each leaf... probably the paliurus spinachristi, Christ thorn). Matt. 27:39. The crown of thorns as intended by soldiers had two functions:

1. to mock and humiliate Jesus Christ... grotesque imitation of royalty
2. increase physical torture on him.

Not gently laid on head, but forced down with cruel violence--emphasized contempt for him.

If man’s true position and function in God’s creation is representative of God... if man was crowned King to rule the world under God...

Why so many wars, crime, violence, divorce, drug addiction, alcoholism, pornography, suicides, child abuse, battered wives... ?

In America a recent nation-wide religious survey was made to give a portrait of religion in America. . . first of its kind ever made. Interesting. . . because every 10 years the Census Bureau asks Americans their income, their race, even how many bathrooms they have. . . but fear of Church-State problems kept any question about religion off the census questionnaire. Findings: State with most atheists is Oregon... Greek Orthodox have lowest divorce rate... Unitarians the highest... Most important and astonishing; Mr. Martin Marty, a religion scholar at University of Chicago said that in a high-tech, highly affluent nation, we have 90% who identify themselves with religion.

There are many spiritual movements in the USA. One popular spiritual movement is called the New Age Movement, which combines mysticism, psychology and holistic healing. The scriptures tell us regarding spiritism... 1 Tim 4: 1 (seducing spirits and doctrines of demons), who wrestle flesh and blood. See Eph. 6: 12, spiritual wickedness in high places.

So, where is the religion, where are the crowns? The glory-honour? Perishable crowns were won by ancient Greek athletes. Their ambition was rewarded by these perishable crowns. (2T 48, SC 28). Sis. White had a vision of two crowns in Battle Creek, Mich on Oct. 25, 1861. (IT 347) She saw the earth... dark, gloomy, and angel told her, look carefully. She was shown people on earth, some surrounded by angels of God, others in total darkness, surrounded by evil angels. An arm reached down from heaven, holding a golden scepter (staff, royal authority). Top--crown, diamonds, bright light, words, all who win me are happy and have eternal life. Below--another scepter, upon it jewels, gold silver, some light, earthly crown, treasure, riches is power. All who win me, fame and honour.

She saw a vast multitude rushing forward to obtain this earthy crown, push, crowd weaker, trample, held fast, faces anxious, relatives pushed aside, count, recount treasure. The strong drove back the weak. Multitudes were deformed, sick, aged. Pressed, some died. Dead bodies, onward rush trampled over dead bodies. Those reached it, applauded Satan and evil angels around put charm on them. Many professed Christians. Some had a little light. One hand on heavenly, one hand on earthly. Some were disgusted with the company of eager ones and went for heavenly treasure... changed from dark to light... gloom to joy.

Another company pressed forward, their eyes fixed on the heavenly crown... a crowd appeared, angels helped make way for them, closer, brighter... transformed like angels. They didn’t look back on earthly things.

They were mocked by those chasing the earthly crown. They threw black balls at them, but didn’t hurt them. Those who looked at the black balls were stained.

Matt. 7: 19-24. “where treasure is your heart is... you cannot serve two masters you cannot serve God and mammon.”



The multitude love earth's treasures... some profess to be followers of Jesus are ambitious for earth's treasures. They lose sight of and love for heaven: They act like the world.

A young man came to Jesus. Matt. 19:16, and asked, "what shall I do to have eternal life?" Jesus said, part with possessions. The young man left sorrowful. The disciples were amazed. Who can be saved. With man it is impossible, with God all things are possible.'..

Those clamoring for an earthly crown resort to any means possible to get property. They become insane, their whole thoughts and energies are focused on it, they trample on others, on the poor and the aged. They have but few years ahead of them, they are nearer to the grave, they become more anxious to get earthly treasures, the members of their families suffer to survive, they ignore the poor. Yet Abraham would not hold back his own son.

Those going for an earthly crown with all their strength and energy, show by their works that they have no interest in heavenly things.

The young man kept the commandments but the Lord told him he lacked one thing. He desired eternal life but loved his possessions more!

Many are deceived by themselves, their energies and powers are not used, they're troubled and confused. Mark 4:19. Their lights went out, they didn't seek important truths, their choked the truth.

Multitudes of deformed, sick, press for an earthly crown. They rush on to a miserable end. Those who reached the earthly crown and were applauded, the whole aim of their life were riches. The world gives them this honour. They have influence in the world. Satan and his angels have them, and are happy. Satan's agents are rebellious to God.

Those pushing their way to a heavenly crown were God's faithful people. The angels help them on.

The false balls thrown at the saints were false doctrines and falsehoods, by those who love to make a lie. Take great care to live a blameless life, refrain from the appearance of evil, move forward. Pay attention to falsehood, of wickedness. While the eyes of the righteous are fixed upon the heavenly priceless treasure, they will be more and more like Christ and will be transformed and ready for translation.

Which of the two crowns are you seeking after?

AMEN

*John Theodorou USA/Greece*

## FINDING PEACE IN A BUSY WORLD

*“Many shall run to and fro...” Daniell2:4*

If you could describe the modern world with one word it would be a word like, ‘hectic,’ ‘the rat race,’ ‘the fat lane,’ or ‘the grind.’ Things seem to be moving faster and faster, and anyone who can’t keep up is in danger of being left behind. As you commute to and from work each day, everyone seems to be in a hurry to get to his or her prospective destination. Even while taking a holiday, or a family day out to a park, we always take our mobile telephones in case we need to be contacted. With the invention of the computers, technology has exploded and stepped up the pace of every duty in life with the invention of modern conveniences. We are able to cook faster, clean faster, get to our destinations faster, to do our shopping faster- what is the hurry? So we can get to other important and pressing duties, and pack more activities into one day. The amount of activity we sometimes try to accomplish in one day would have taken a week, 100 years ago. What are we hurrying to? Where are we going? Sometimes we don’t even know ourselves; we just seem to be in a hurry all the time along with everyone else. Paul encourages us to lead a quiet life. “And that ye study to be quiet, and to do your own business, and to work with your own hands, as we commanded you;” 1Thess 4:11. How can we lead a quiet life when technology accelerates and increases the complexity of our lives? When a global economy makes everyone’s business our business?

### HOW TO LEAD A QUIET LIFE

The challenge to lead a quiet life in a hectic world is not always an easy task. To some it may seem impossible, but as believers in the Lord, we can take decisive steps that will benefit us personally and spiritually. Paul gives us important counsel in his exhortation to “work with your own hands.” The focus is not on ‘hands’ but on ‘your own’. It was not manual labour that Paul insisted on, but self-support. “For even when we were with you, this we commanded you, that if any would not work, neither should he eat. For we hear that there are some which walk among you disorderly, working not at all, but are busybodies. Now them that are such we commanded and exhort by our Lord Jesus Christ, that with quietness they work, and eat their own bread.” 2 Thess 3:10-12.

An important step to leading a quiet and peaceful life is not, (as some may think), a life of ease and release from any responsibilities. This only creates unrest in the soul and leads to other sins. “Idle hands are the tools of the devil.” To quietly keep busy doing your own work, minding your own business in a relaxed manner, rather than in a frenzied manner will bring peace to the soul. Often the rush to finish one’s work is for the purpose of having time for leisure and recreation at the end of the day. However, this can be equally stressful if it involves rushing out and around to see friends after work or going shopping or playing intensive sport.

As far as quiet living, Paul was not talking about lowering the noise level, but rather to reducing needless distractions that take our minds off what is really important in life. It is easy to get busy with the things of this world and allow them to take priority over spiritual matters in our life. Just when we want to take time to pray and study, Satan suddenly brings to our mind some extremely pressing duties that need immediate attention and the prayer and study time is often cut short. We need to learn to prioritize our many duties and put God first.

### LIVING PEACEABLY

Paul goes on to counsel the believers to live peaceably with others without disturbance or conflict. In other places Paul writes, “If it be possible, as much as lieth in you, live peaceably with all men.” Rom 12:18. “Follow peace with all men, and holiness, without which no man shall see the Lord.” Heb 12:14. Minding our own business and working for ourselves are both means to that end, of living peaceably with all men both inside and outside the faith.

*How else can we live peaceably?*

By avoiding quarrels and complaints, “Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.” Col. 3:13.

‘By refusing to take offence when others hurt us,’ Great peace have they which love thy law: and nothing shall offend them” Ps 119:165.

By not getting entangled in risky business affairs of others, “My son, if thou be surety for thy friend, if thou hast stricken thy hand with a stranger, Thou art snared with the words of thy mouth, thou are taken with the words of thy mouth.” Prov 6: 1,2.

And by humbly accepting the circumstances that God sends us for our good rather than grumbling, “And we know that all things work together for good to them that love GOD, to them who are called according to his purpose.” Romans 8:28. Paul learned this lesson well so he knew what he was talking about. “Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content. I know both how to be abased, and I know how to abound: everywhere and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ which strengtheneth me. Phil 4:11-13.

## SPIRITUAL LIVING

To be a follower of the Lord, we are required to live spiritual lives. Spiritual living brings peace and quietness to the soul, even if outward circumstances are turbulent. To live like this it requires setting priorities in our lives. What is really important to us? Is it spending time with our family or buying a new luxury car? Does our job encourage harmonious relationships with others or does it foster backstabbing and power- grabbing? Do we have time to respond to others’ needs, or are we too busy trying to supply our own?

Our habits and routines may be in tune with, or in conflict with, the spiritual values we hold. If we take time to think about it, we can usually recognize those patterns of behaviour that war against our desire to be spiritual as they disrupt our peace. We will be able to discern the duties Satan places before us to take our time away from our spiritual duties. In light of this, it is important that we consciously choose occupations, activities, and patterns of behaviour that promote, rather than interfere with, a spiritual lifestyle, bringing peace to the soul.

Does living spiritually mean talking and behaving in a certain way when you are with other Christians? Does it mean withdrawing from the hectic duties in the world and devoting ourselves to our spiritual disciplines like the Roman Catholic monks? Is this true peace.

There is really no mystery to it. Spirituality is simply living by spiritual values rather than being controlled by materialistic attitudes or concerns. It means living by “every word that proceedeth out of the mouth of God.” When we put our relationship with the Lord at the centre of our lives, Christ’s values automatically will find expression in our daily lives and we will have peace. We must choose to have Christ control our lives and decide that we want to keep His law. He will give us the strength and power to be spiritual.

The struggle is to let spiritual values direct our lives when the momentary difficulties and demands of life threaten to consume our attention. How do we maintain perspective and put God first yet still deal with the concerns of daily living?

Peter wrote his second epistle with the expectation that he would soon die. He recognized the dangers of being drawn away from spiritual living by involvement in worldly affairs. Peter had some advice for the early Christians to help them maintain a balanced perspective necessary to spiritual living. One day the world will pass away. And for now, we should live with an eye to those things that will endure.

“But the day of the Lord will come as a thief in the night; in the which the heavens shall pass away with fervent heat, the earth also and the works that are therein shall be burned up. Seeing then that all these things shall be dissolved, what manner of persons ought ye to be in all holy conversation and godliness, Looking for and hasting unto the coming of the day of God wherein the heavens being on fire shall be dissolved, and the elements shall melt with fervent heat? Nevertheless we, according to his promise, look for a new heavens and a new earth, wherein dwelleth righteousness. Wherefore, beloved, seeing that ye look for such things, be diligent that ye may be found of him in peace, without spot and blanless.” 2 Peter 3: 10-14.

We are not to ignore what is going on around us and spend our time staring up into the sky as we wait for Christ’s return! He is trying to remind us that this world and everything in it is temporary. Don’t cling to the world and its goods. Instead of living for the moment, live for eternity. Then we will have true peace as we see everything in its right perspective in the light of eternity and we won’t get caught up in the rat race of this world.

Prayer is an important resource for spiritual living. Prayer allows us to experience closeness with God and recognize His presence in our lives. Prayer is a demonstration of our reliance on God. And prayer is practical, for in prayer we can communicate our daily needs and desires directly to the Lord and know that He will respond. We all need to take time alone with God in prayer daily to have strength for the duties of life, and to have peace and quietness in our soul.

### TAKING TIME TO REST

One of the most important duties we need to fulfill in order to lead a peaceful and quiet life is to know when it is time to rest. Paul encouraged us to work, but we can't work forever. While it is true that more people rust out rather than wear out, some will still wear out. There is danger that some can get in the rat race in doing the Lord's work. They are in a continuous frenzy of activity. While it is good work that they are doing, it is not the Lord's will for them to be hustling here and there with no time to rest and recharge their batteries. It is equally wrong to overwork. Ellen White was constantly reproving her husband for trying to do too much - for trying to do everyone else's work as well as his.

From the life of Jesus we have His example. "Calling the twelve about Him, Jesus bade them go out two and two through the towns and villages... On this first tour the disciples were to go only where Jesus had been before them, and had made friends. ... These disciples were to be heralds of the truth, to prepare the way for the coming of their Master." DA 350/1.

"On returning from their missionary tour, 'the apostles gathered themselves together unto Jesus, and told Him all things, both what they had done, and what they had taught. And He Said unto them, 'Come ye yourselves apart into a desert place, and rest awhile: for there were many coming and going, and they had no leisure so much as to eat.' Mark 6:31."

"The disciples came to Jesus and told Him all things. Their intimate relationship with Him encouraged them to lay before Him their favourable and unfavourable experiences, their joy at seeing results from their labours, and their sorrow at their failures, their faults, and their weaknesses. They had committed errors in their first work as evangelists, and as they frankly told Christ of their experiences, He saw that they needed more instruction. He saw, too, that they had become weary in their labours, and that they needed to rest." DA 359.

"And He took them, and went aside privately into a desert place belonging to the city called Bethsaida." Luke. 9:10.

"To every thing there is a season, and a time to every purpose under the heaven." Eccl. 3:1. Solomon makes a list of all things that happen in their set time and we could add to this list, 'at time to work and a time to rest.'

"They had found much encouragement in their work; for Christ did not send them away without His Spirit. and by faith in Him they worked many miracles; but they needed now to feed on the Bread of Life. They needed to go to a place of retirement, where they could hold communion with Jesus and receive instruction for future work.

"Christ is full of tenderness and compassion for all in His service. He would show His disciples that God does not require sacrifice, but mercy. They had been putting their whole souls into labour to the people, and this was exhausting their physical and mental strength. It was their duty to rest... Like Moses in the wilderness of Sinai, like David among the hills of Judea, or Elijah by the brook Cherith; the disciples needed to come apart from the scenes of their busy activity, to commune with Christ, with nature, and with their own hearts." DA 360. Jesus didn't simply say it was their privilege to have a little time of rest; rather it was their duty to rest.

"The rest which Christ and His disciples took was not self-indulgent rest. The time they spent in retirement was not devoted to pleasure seeking. They talked together regarding the work of God. and the possibility of bringing greater efficiency to the work. . Though Jesus could work miracles, and had empowered His disciples to work miracles, He directed His Worn servants to go apart into the country and rest. When He said that the harvest was great, and the labourers were few, He did not urge upon His disciples the necessity of ceaseless toil, but said, "Pray ye therefore the Lord of the harvest, that He will send forth labourers into His harvest." Mat. 9:38. God has



appointed to every man his work, according to his ability (Eph. 4: 11- 13), and He would not have a few weighted \\\with responsibilities while others have no burden. no travail of soul” DA 361/2

“In a life wholly devoted to the good of others, the Saviour found it necessary to withdraw from the thoroughfares of travel and from the throng that followed Him day after day. He must turn aside from a life of ceaseless activity and contact with human needs, to seek retirement and unbroken communion with His Father.

“Come ye yourselves apart,” He bids us. If we would give heed to His word, we should be stronger and more useful..

“In all who are under the training of God is to be revealed a life that is not in harmony with the world, its customs, or its practices; and everyone needs to have a personal experience in obtaining a knowledge of the will of God We must individually hear Him speaking to the heart. When every other voice is hushed, and in quietness we wait before Him, the silence of the soul makes more distinct the voice of God, He bids u.,; ‘Be still, and know that I am God.’ Ps. 46:10. Here alone can true rest be found. And this is the effectual preparation for all who labour for God. Amid the hurrying throng, and the strain of life’s intense activities; the soul that is thus refreshed will be surrounded with an atmosphere of light and peace. The life will breathe out fragrance, and will reveal a divine power that will reach men’s harts” DA 363.

## ENOCH

“Enoch was a preacher of righteousness, making known to the people what God had revealed to him. Those who feared the Lord sought out this holy man, to share his instruction and his prayers. He laboured publicly also, bearing God’s messages to all who would hear the words of warning. His labours were not restricted to the Sethites. In the land where Cain had Sought to flee from the divine Presence. the prophet of God made known the wonderful scenes that had passed before his Vision. . . .

“He was a tearless reprovor of sin. While he preached the love of God in Christ to the people of his time, and pleaded with them to forsake their evil ways, he rebuked the prevailing iniquity and warned the men of his generation that judgment would surely be visited upon the transgressor... .

“The power of God that wrought with His servant was felt by those who heard... .

“In the midst of a life of active labour, Enoch steadfastly maintained his communion “,;ith God. The greater and more pressing his labours, the more constant and earnest were his prayers. He continued to exclude himself, at certain period.” from all society. Alter remaining for a time among the people, labouring to benefit them by instruction and example, he would withdraw, to spend a season of solitude, hungering and thirsting for divine knowledge, which God alone can impart. Communing thus with God, Enoch came more and more to reflect the divine image. This face was radiant with a holy light, even the light that shineth in the face of Jesus As he came forth from these divine communing even the ungodly beheld with awe the impress of heaven upon his countenance.” PP 86,87

## JOHN THE BAPTIST

John the Baptist could have been trained in the rabbinical schools of his time as his father was a priest. But that was not according to God’s will. The education from those schools would not have prepared him for his lifework. He was called into the desert where he might learn from nature and from God. It was a quiet and lonely region where he lived, but it was his own choice to forgo the enjoyments and luxuries of life for the stern discipline of life in the wilderness. His spiritual life was uninterrupted by the clamor of the world. To him the solitude of the desert was a welcome escape from society. However he did not separate himself completely from society. Time to time he left his quiet retreat and went to the cities to mingle with men. He was a keen observer of the activities in the city and he especially studied the people. Someday he would have to bring these people a Very startling message, Through this quiet time in the wilderness his spiritual perceptions became very clear. He developed strength and decision of character through the aid of the Holy Spirit resist the power of Satan.

Although we all may not have the privilege of growing up in such a quiet atmosphere as did John, we all need to take time out from the cities and go commune with God in the quiet wilderness areas. Thankfully in this world of sin, we still have a few places where we can escape the hustle of activities that we are engaged every day.

### HOME IS A SANCTUARY

Each home should be a sanctuary from the busy world outside. Many who come home bring the outside world inside, however we should leave the world outside, and find rest, peace and happiness in the home. Home should be a place to rest and relax. We may not always have time to go out into nature to rest awhile like Jesus did with His disciples, however we should be able to come into our homes every evening to rest awhile, commune with God, and regain our spiritual strength for the next day's duties.

“The very atmosphere of a truly Christian home is that of peace and restfulness.” AH 450. “By giving their children love, sympathy, and encouragement at home, parents may provide for them a safe and welcome retreat from many of the world's temptations.” AH 185. “God wants the home to be the happiest place on earth, the very symbol of the home in heaven.” AH 102

“Cleanliness, neatness, and order are indispensable to the proper management of the household. But when the mother makes these the all-important duties of her life, and devotes herself to them, to the neglect of the physical development and the mental and moral training of her children, she makes a sad mistake.” AH 21.

“Too many cares and burdens are brought into our families, and too little of natural simplicity and peace and happiness is cherished. There should be less care for what the outside world will say and more thoughtful attention to the members of the family circles. Many need to learn how to make home attractive, a place of enjoyment.” AH 108.

### MARTHA

“As Christ gave His wonderful lessons, Mary sat at His feet, a reverent and devoted listener. On one occasion, Martha, perplexed with the care of preparing the meal, went to Christ, saying, ‘Lord, dost Thou not care that my sister hath left me to serve alone? Bid her therefore that she help me.’ This was the time of Christ's first visit to Bethany. The Saviour and His disciples had just made the toilsome journey on foot from Jericho. Martha was anxious to provide for their comfort, and in her anxiety she forgot the courtesy due to her Guest. Jesus answered her with mild and patient words, ‘Martha, Martha, thou art careful and troubled about many things: but one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.’ Mary was storing her mind with the precious words falling from the Saviour's lips, words that were more precious to her than earth's most costly jewels.

“The ‘one thing’ that Martha needed was a calm, devotional spirit, a deeper anxiety for knowledge concerning the future, immortal life, and the graces necessary for spiritual advancement. She needed less anxiety for the things which pass away, and more for those things which endure forever. Jesus would teach His children to seize every opportunity of gaining that knowledge which will make them wise unto salvation. The cause of Christ needs careful, energetic workers. There is a wide field for the Marthas, with their zeal in active religious work. But let them first sit with Mary at the feet of Jesus. Let diligence, promptness, and energy be sanctified by the grace of Christ; then the life will be an unconquerable power for good.” DA 525.

There is a time to work and a time to rest. Both are needed for successful and peaceful living in this world. May God help us to find the right balance between the two so that we will not be caught up in the rat race of society, but can calmly do our daily duties, finding rest and refreshment in our ‘sanctuary’ apart from the busy life that we face in the world. AMEN

*W. Eaton*

## WORDS FROM THE CROSS (1)

**“Father, forgive them, for they do not know what they do.” Luke 23:34.**

Pontio Pilato had washed his hands off thinking that in this way he was free of guilt, and Jesus was handed “to the will” of the multitude (23:25) and led to Calvary to be crucified between two criminals. He had heard how Barrabas had been chosen to be set free and He was condemned to death on the cross by an excited mob that shouted: “Crucify Him, crucify Him.” (Luke 23:21)

The King of kings was nailed to a cross for the sins of the whole world and while all sorts of people surrounded the cross to mock Him and the soldiers at its feet were casting lots over His garments, He uttered these words full of compassion: “Father, forgive them, for they do not know what they do. “

Jesus spoke seven times as He hung on the cross, three times He showed His concern and interest in others, once he dared ask something for Himself, He made two appeals to His Father and finally He announced the end of His mission on the earth: to give His life for the sinner,” to pay the enormous debt man has with His Creator.

“Father, forgive them, for they do not know what they do,” these were the first words immediately after He willingly lay on the cross. Did those men know what they were doing? Did they have an idea whom they were crucifying? Did they have the slightest idea that what they were doing to Jesus, if the infinite mercy of God had not interceded, should have happened to them? Did they understand that the cross was the ladder that joined the earth with heaven and that through it one could ascend to the Father? Did they have the slightest idea that before their own eyes prophecies foretold centuries before were being fulfilled? Did they realize that at that moment heaven was opening up to hold all of humanity?

If they had known, everything would have been done with much solemnity, with tears in their eyes, with a contrite heart, with horror of their sins that required the death of their Creator, of God Himself; but they did not know what they were doing and that is why they laughed, mocked, insulted Him thus signing their own condemnation,

Do we know what we are doing every time we sin? Are we aware that we crucify Jesus anew? Do we follow our own emotions, our thoughts, our feelings, do we walk on our own ways with a joyful heart?

Are we, maybe, from those about whom the Lord has to say over and over again: “Father, forgive them, they do not know what they do”? or does our heart bleed every time we transgress, we give in to our weaknesses, because we see Him with his body bruised due to the evil treatment He received from those cruel men, we see the thorns on his forehead and the blood mixed with tears rolling down His cheeks, His swollen lips, his naked back stuck to the rough wood, and we know, deep in our heart, that neither the Jews, nor the Roman soldiers crucified Him, but we, you and I, our sins, our vanity, our selfishness, our greediness, our pride took to the cross the humble and generous Son of God whose love is unlimited?

May the Lord make us aware of our acts and may He make us hate sin with all our heart so that the precious blood of Jesus may have a healing effect upon us. Amen.

*Theresa Corti, Greece*

## WORDS FROM THE CROSS (2)

*“Assuredly, I say to you, today you will be with Me in Paradise.” Luke 23:43.*

The crucified Christ did not concentrate on Himself and His sufferings. He did not pay attention to the pain of the wounds that had been inflicted on Him or the insults addressed to Him. His last moments on this earth, the last seconds of His life were too precious to dedicate them to think of Himself, so He spent them still working, in the same way he used to do it, through His example, in order to gain souls for the kingdom of heaven. He could not do otherwise. He was God with us. “

The dignity with which He accepted the cross, the gentleness of His appearance, the compassion that could be read in His eyes, the sobriety of His conduct, the steadiness of His character made Him stick out among men, He, the Son of man. That is how one of the criminals hanging next to Him, saw in Him the Son of God, saw God Himself hidden in the miserable appearance which He was turned into by the same men He had come to save, saw God Himself dying for humanity that rejected Him until the last moment. The thief on the cross, as he; compared himself with Jesus, saw, for the first time in his life, that he deserved the cross because he was a malefactor, but there, was someone who had done nothing wrong” (Luke 23:41) “under the same condemnation”( 23:40) as the criminals. That moment Jesus had turned into the worst of malefactors, into the most abominable being on this earth because He was carrying upon Himself the guilt of each man who ever walked upon this planet. He was carrying yours and my shame, and in spite of His pain, He did it with joy because he could already get a glimpse of “the fruit of the travail of His soul”(Is. 53:11): your salvation and mine.

At that moment, He projected Himself out of time and space and saw Himself, not among two criminals, but surrounded by a multitude of saints, dressed in white, with golden crowns on their heads and leaves of palm in their hands, standing before the throne of God the Father. He saw Himself traveling from planet to planet escorted by a ‘1;foup of those who had been selected to tell the glory of the Father’s love that had worked the miracle of converting malefactors into saints. “

The thief on the cross had the experience of justification by faith and was reconciled with God through our Lord Jesus Christ. (Rom. 5:1) Have you also had this experience? Have you seen yourself condemned to death and Jesus tiling your place on the cross? This man expired in peace, with hope and joy in His heart.

There was another criminal who had a deep experience with Christ, although we do not know whether he treasured that experience or not. Barrabas, that rebel, that terrible criminal who had justly been condemned to the cross was in jail waiting for the moment in which he would be conducted to Calvary to be crucified. Suddenly he heard a great uproar and the voice of men screaming “Crucify him, crucify him.” (Luke 23: 18) What was going on? He could not understand. Why was his name on the mouth of the crowd? Who was the man who had been chosen to take the cross in his place and why? Was it possible? Could an innocent die for a wicked one? Would the authorities agree to such an illogical and unrighteous petition? He had spent many nights without being able to close an eye, thinking that the punishment for his deeds was drawing closer. He was afraid, he wished that day might never come. He could set; that although he had been the leader of a rebellion against the authorities, revealing courage and braveness, intact he was a coward, a fearful man who panicked before the idea of punishment. He wished he could die of a natural death and avoid the pain of the nails piercing his flesh, but he knew no miracle would happen, he had to pay the consequences of his deeds. He had not really repented for what he had done, but he feared the consequences of his actions.

And now, as he was thinking about all this, he heard footsteps coming nearer, someone stopped before his door. The door was opened and the guardians took him to “Pilate. There he saw the Man, the one who would carry his cross, his sins, with the air of a king in spite of his shabby appearance. They put him next to Jesus, and he felt his purity, saw his clear eyes full of compassion, and felt enfolded by His love. He felt like a wave of tenderness enveloping him, stirring his whole being, touching each one of his cells. His guts tightened up as he saw so much



Unselfishness and love and he saw how the Son of Man, who could not be other than the son of God, was taken like a sheep to the slaughterhouse. (Is. 53:7)

We do not know whether Barrabas accepted the grace heaven was offering him, if he accepted in his heart Jesus' vicar death and led a righteous life after this encounter with his Redeemer, or if, when the scene of that solemn moment came to his mind as the Holy Spirit worked on his soul, he rejected it, thus hardening his heart, whichever the result may be, that man, literally, experienced what it means to deserve the cross and for someone to take his place upon it; the plan of salvation was revealed to him in all its magnitude, .c

Has it been revealed to us? Have we seen Jesus, the saint, taking your place on the cross? Have we seen ourselves as malefactors who are set free from condemnation and to whom the opportunity is given, by the infinite grace of God, to lead a pure and sanctified life? If it is so, we have accepted His grace and the promise Jesus made to the thief on His right is valid for us too: 'Assuredly, I say to you, today you will be with Me in Paradise. " It was not on that precise day that the thief ascended to heaven, but that day his name was registered in the books above as a citizen of heaven, and in God's eyes, even if he would lie in the tomb for centuries waiting for the glorious day of the second coming of His Son to resurrect the dead, he was alive.

May the Lord help us to accept His grace, and when we contemplate the cross where we should be crucified, our hearts may be filled with gratitude. Amen.

*Theresa Corti, Greece*

## **“WAYSIDE MINISTRY”**

Concerning missionary work, we need to understand what is required of us by the Lord, and whatever we do, one needs to dedicate oneself to the Lord, it being just doing the washing up after a meal (this is mentioned in the “Spirit of Prophecy”) or cooking a good vegetarian meal for the family or friends, digging the garden to grow your own organic vegetables, planting fruit trees, preaching a sermon, visiting the sick, or house to house work, etc. All of our “wayside ministry” needs to be dedicated. Here are some suggestions that you may like to follow, and you can improve upon them if you wish.

It is recorded in Proverbs 11”30, last part; “ And he that winneth souls is wise’

### **Direct Approach:**

Door to door visitation, selling books, etc. Tracts given out personally.  
Sign up students for Know Your. Bible course. Visit rest homes, hospitals, prisons, etc.  
Visit ships in the harbour, go two by two in this.  
TV and radio message talks, contact stations.  
Vegetarian cooking classes.  
Offer labour on donation basis for charity. Work in the community.  
Temperance talks to interested groups.  
Organize and open a welfare facility by renting a small shop or garage, etc.  
Visit family members, leave books, etc.  
Write articles for the “Messenger,”  
Hotel visitation, talking to tourists and give tracts.  
Encourage Bible students to become agents for the course.

### **Indirect approach:**

Personal letter writing.

Leave tracts, etc. anywhere, bus seats, etc.

Sign up Know Your Bible students on the phone or Internet.

Include tracts in business payments.

Letters to editor's magazines & newspapers.

Post Ministry of Healing to health professionals.

Make up an appeal letter for support for a country health work to friends.

Make use of free advertising in community newspapers.

Send out time prophecy, i.e. new world order information to lawyers, politicians, doctors, fire dept. and police dept.

Leave message literature in public libraries (but ask first). -

*Ernie Gale, New Zealand.*

## **THE SANCTUARY**

### *Part 1*

When Adam and Eve sinned, God in his great love gave them a promise "And I will put enmity between thee and the woman, and between thy seed and her seed" Gen. 3:15. A descendant from the woman would be born and save humanity from eternal death. God took time to explain and show the terrible consequences of sin to Adam and Eve, only the death of an innocent man could take the place and redeem a sinful human race. In the process of explaining the consequence of sin, God calls by name a lamb, the lamb comes trotting until it comes before the Creator, He takes the innocent lamb in his loving hands and raising up his hand with a dagger he discharges it over the neck of the lamb. Blood gushes out and stains the robe of the Creator, the lamb has died. Adam and Eve had never seen an animal die, it's a shock to them and tears come out of their eyes as they see the consequences of their sin. The Bible says "for the wages of sin is death" Rom 6:23. They needed to experience the death of a lamb to be able to understand the gravity of sin. They should have died in the moment they disobeyed, for God had told them the day that thou eatest of the tree of the knowledge of good and evil thou shalt surely die, but they didn't die in that same moment. Jesus in his marvelous grace and righteousness offered himself as a substitute to redeem the human race, and God the Father in his love provided his Son as a substitute "whose names are not written in the book of life of the Lamb slain from the foundation of the world" Rev.13:8. Jesus is the lamb that takes away the sin of the world. The lamb that died in the hands of the Creator, represented the true lamb Jesus Christ, the Savior to a lost world.

God called another lamb. This time he takes Adam's hand and teaches him how to discharge the dagger over the neck of the lamb. What lesson were they to learn? Adam and Eve would never forget the consequences of their sin. In that moment God taught them the system of sacrifices for sin. This is a true story. The Bible states "Unto Adam also and his wife did the Lord God make them coats of skin, and clothed them. Adam was to teach every descendant of his to take the dagger and kill the lamb for the forgiveness of their sins. We can say our ancestors in the Old Testament lived by faith. For 4,000 years there was shedding of blood. Having the faith that one day the Messiah would be born and redeem what had had been lost by our first parents.

Adam and Eve had two sons. "And in the process of time it came to pass, that Cain brought of the fruit of the ground an offering unto the Lord. And Abel, he also brought of the first fruits of his flock and of the fat thereof. And the Lord had respect unto Abel and to his offering. "Gen 4:3,4. Abel's profession was a shepherd and Cain's profession an agriculturer. Cain brings the fruit of the ground, instead of what God had said to bring as an offering

for sin. Cain wasn't a bad man, he wanted to please God but the problem is he wanted to please God his own way. God desires us to obey him. The word of God says without the shedding of blood there is no remission-for sin.

I would like to ask the question. Before the flood where, were the sacrifices for sin made?

"The fallen race were long permitted to gaze upon the home of innocence, their entrance barred only by guarded gate of Paradise the divine glory was revealed. Hither came Adam and his sons to worship God." P.P. Page 62. The Sanctuary before the flood was before the Garden of Eden. The Bible tells us that Adam lived 930 years, for seven generations he taught and talked to his descendants about the System of sacrifices.. He would come to the door of the garden, and tell his sons, grandsons and great-grandsons his experience and how before they would eat of the tree of life, but now because of the consequence of sin they couldn't but if they would be faithful one day they could all eat again of the tree of life.

Let's travel to the time of Moses. God tells Moses in the Mount of Sinai.. "And thou shalt set bounds unto the people round about, saying, take heed to yourselves, that ye go not up into the mount, or touch the border of it: whosoever toucheth the mount shall be surely be put to death "Ex.19: 12.. They couldn't trespass the limits. It was the place where God was abiding. The point here is the presence of God destroys the sinner. Moses was the spiritual leader of the nation of Israel and God gave him important instructions. "And let them make me a sanctuary; that I may dwell among them"Ex.25:8. The earthly sanctuary was going to be a shadow of the heavenly sanctuary. From Exodus chapter 25 through 40 we have the instructions God gave Moses for the building and Services in the sanctuary. It is important for us to study the sanctuary and its services? Let me tell you, 15 chapters are dedicated to the sanctuary in Exodus. It would be a copy of the heavenly sanctuary.

Guiding the nation of Israel was a cloud. We read in 1 Cor. 10:1-4 that the cloud was Jesus Christ. It also states "Behold I send an angel before thee, to keep thee in the way, and to bring thee into the place Ex.23:20. Jesus is the angel that was leading them through their journeys. The moment comes when " ...Moses finished the work. Then a cloud covered the tent of the congregation, and the glory of the Lord filled the Tabernacle ... for the cloud of the Lord was upon the tabernacle by day, and fire was on it by night, in the sight of all the house of Israel... "Ex. 40:33-38. That same Jesus comes every Sabbath and the opening of every Sabbath School. He descends over the church and His presence is with us. By faith we can see his presence today. We read through the Old Testament how the people of God for so many years had to offer an offering for sin, for the forgiveness of their sins from the time of Patriarchs and Prophets, to the time of the Kings until the time came when the system of sacrifices for sin had to be done away with.

When the true Lamb, Jesus Christ died on the cross the veil in the temple was rent from the top to the bottom.. It mean the end of the system of sacrifices and the early sanctuary. Then began a work in the heavenly sanctuary when Christ ascended to heaven, he began his ministry as a Priest. May the Lord help us to understand the gravity of sin and the consequences it has brought to each human being, let us take the banner of Christ an be able to understand that it's only through the grace of our Master that we can be saved. AMEN.

*Servant in Christ: Joshua Martinez*

## LOOKING UNTO JESUS

Looking unto Jesus our author and finisher of our faith. Looking unto Jesus. What does it mean? When I was a small boy my math professor one day told us a story, which happened to him when he was teaching in my College. One day while attending the secondary school he was teaching the students about an important subject on math. Without understanding this subject he could not proceed further. Before starting the course he asked all his students to pay attention and listen carefully and only look at the black-board while he explained an important theory. Again he insisted not to take away their eyes away from the black-board until it was finished. He told them,

when I finish explaining I will ask you questions whether you all understood all the theories which you are about to hear. And he continued his discourse.

Ninety percent of the students were keenly looking and listening what he was explaining. When the study was over he started to question each student whether they understood what he was explaining. But when he came to one student who was sitting in the back of the row when he questioned him he didn't reply so he asked him again whether every thing entered into his brain. But he replied, no sir everything entered but the tail is' still hanging. Surprised by his reply he again asked him whether everything entered. But he replied with the same answer. "No sir, only the tail is hanging", pointing to the roof. There in the roof was a hole. When he looked at what he was showing, the professor saw a little rat playing and his tail was still hanging from the hole. Now he asked him questions about the subject. He didn't understand anything...He was only looking at this rat and he could not reply.

So looking made a big difference. All the time spent explaining to teach this student became a waste because he was looking somewhere else. So the professor became real sad because he was also a Christian who understood about this verse--looking at Jesus. He explained to us where we look makes a big difference in our daily life. What we behold changes us to be like the path we choose. And if salvation is our concern, when Christ comes to us to teach his words and asks us to look at Him and we go and look somewhere else like this student then Satan grabs us in his snare and traps us in his world wide web.

Satan has invented many amusing things for us to look at--sports clubs, television, radio, Theater, Movies, dance clubs, even computers etc. One day while watching a documentary program I came across the subject called the invention of the television. The man who invented the television first was Philo Farnsworth and he was only 14 years old when he first got the concept of how an electromagnetic wave can be deflected in a tube producing an image. He was born in 1906 near Beavel City, Utah a community settled by his grandfather in 1856.

When he was 12 his family moved to a ranch in Rigby, Idaho, which was four miles from the nearest high school, thus necessitating his daily horseback rides. Because he was intrigued with the electron and electricity he persuaded his chemistry teacher Justin Tolman to give him special instruction and to allow him to audit a senior course. And later his chemistry professor when testifying in a patent settlement stated how Farnsworth's explanation of the theory of relativity was the clearest and most concise he had ever heard. He was only 15 years then. According to legend the moment of inspiration came while he was tilling a potato field back and forth with a horse- drawn harrow and realized that an electron beam could scan images the same way line by line just as you read a book. Fransworth gained admission to Brigham Young university. The death of his father forced him to leave at the end of his second year but as it turned out at no great intellectual cost. There were at the time no more than a handful of men on the planet who could have understood Farnsworth's ideas for building an electronic-television system and it's unlikely that any of them were at Brigham Young.

With the help of some investors at the age of 21 he created his first camera and television and the first man on the planet earth to do so. For seven years he had to fight in court for his patent because of a Russian immigrant who went and patented his idea and now he had to prove it was his and with RCA to pay royalties for his invention. When he was 26 years old he was hospitalized for depression but later he recovered then at the age of 36 when he appeared on the television asked "if he had invented some kind of a machine that might be painful when used. Farnsworth answered yes, sometimes it's most painful. Later his son revealed what he meant "I suppose you could say that he felt he had created a kind of a monster, a way for people to waste a lot of their lives." His attitude was there's nothing on it worthwhile and we're not going to watch it in this household." Why did he come to this conclusion? Because today because of television our generation is plunging to a deeper sinful state. '

The young student carries a gun to school and shoots their fellow mates. And the ugly music scene and sex and robbery, all this adds to an already corrupted society. I don't discredit the man for his invention of the television



because of his invention we have the' computer monitor, oscilloscope and radar. All this came into existence because of his concept and really helped humanity as well as when we say one image is a thousand words. If television would have been properly directed and used it would have been the greatest blessing to mankind. It would have meant long distance school students would have studied many courses and used to spread the gospel of Christ.

.1 sometime watch educational programs like nature, how to paint, to build a house, and travel etc. If the government would have regulated and only given permission for it to elevate man kind and allowed noble men to see as to what we broadcast no souls would have fallen but elevated to a higher degree, it would have been a blessing to many but on the contrary it is debasing and awkward. Scenes are even watched by children and toddlers and the whole concept of moral issues are burned in the altar of corruption. For all this corruption our legislators are responsible when Christ comes. They all would have to answer they have no excuse.

It's true that what we look creates a big change in our life. We totally agree with this television inventor who says it's not good for the intellectual to behold this kind of garbage. What changed the two monstrous disciples of Christ when they joined Christ, what changed their attitude you can see in Luke 9:54. And when his disciples James and John saw {this}, they said, Lord, wilt thou that we command fire to come down from heaven, and consume them: even as Elias did? They will destroy right away anybody who opposes them. They were called the sons of thunder, but surely when they started to behold and started to look at Christ they started to change. "The Savior's lesson, resist not him that is evil was a hard saying for the revengeful human and they murmured against it among themselves. But Jesus now made a still stronger declaration: "ye have heard that it hath been said, thou shalt love thy neighbor, and hate thine enemy. But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you and pray for them which despitefully use you and persecute you that ye may be the children of your Father which is in heaven." Such was the spirit of the law which the rabbis had misinterpreted as a cold and rigid code of exactions. They regarded themselves as better than other men and as entitled to the special favor of God by virtue of their birth as Israelites, but Jesus pointed to the spirit of forgiving love as that which would give evidence that they were actuated by any higher motives than the publicans and sinners which they despised. He pointed His hearers to the Ruler of the universe under the new name, "Our Father." He would have them understand how tenderly the heart of God yearned over them. He teaches that God cares for every lost soul that "like as a father pitieth his children so the Lord pitieth them that fear Him." Psalms 103:13. Such a conception of God was never given to the world by any religion but that of the Bible.

Heathenism teaches men to look upon the Supreme Being as an object of fear rather than of love, a malign deity to be appeased by sacrifices, rather than a Father pouring upon His children the gift of His love. That's how the sacrifice of Christ on the cross for a race who doesn't deserve His kindness is not like anyone seen nor heard. His goodness cannot be measured nor His love comprehended. When John saw everyday the manifestation of His love, dealing with the poor and on the cross how He was praying for those criminals who tortured and killed Him, He perfectly understood the gospel of Love. That's how looking unto Jesus meant to him. It took 3 and 1/2 years to teach them daily then the results came to be. He who could create the worlds in 6 days spent 1277 days with them to make sure they would understand the spiritual kingdom.

"Let us run with patience the race that is set before us looking unto Jesus the Author and finisher of our faith. Who for the joy that was set before Him endured the cross despising the shame and is set down at the right hand of the throne of God. Heb 12:1,2. Paul speaks of the power in keeping our eyes on Jesus. We all with open face behold Him as in the glass the glory of the Lord are changed to the same image from glory to glory even as the spirit of the Lord. 2 Cor 3:18. Dear friends here is the power that will change ones life and keep us from falling and when we lift our eyes to Jesus and gaze unto His wonderful face it is by beholding Him by mediating upon His love that our lives are changed.

In Ed 282 "As the highest preparation for your work I pint you to the words, the .life, the methods of the Prince of teachers. I bid you consider Him. Here is your true ideal. Behold it, dwell upon it, until the Spirit of the divine

Teacher shall take possession of your heart and life Reflecting as a mirror the glory of me Lord you will be transformed unto the same image. This is the secret of power over your pupils. Reflect Him.” The great object of walking with Christian thought is to be like Jesus and at the end of me way we will be with Jesus. Here we have the secret. We must lift our eyes to Jesus. We must gaze upon Him always, for it’s only by beholding that we can reflect His glory and thus be transformed.

I wish if it were possible for me to tell you that as s(ou) as we accept Jesus we will be immediately like Him.. There will be no more struggle, no more need to learn patience, faith and trust and virtue.. We won’t have trouble or persecution but I cannot tell anyone such things for they are not true. I read the same words Jesus speaks in John 15: 19,20. If ye were of die world the world would love his own but because ye are not of the world but I have chosen you out of the world therefore the world hateth you. Remember the word that I said unto you, the servant is not greater than his Master. If they have persecuted Me they will also persecute you.”

Paul uses an analogue in Hebrew 12. He refers to the Christian experience as a race so ,intense that every weight and even the little things that so easy beset you must be laid aside. Now you can come to the conclusion that the Christian life is not an easy one nor is the pathway a rosy one.

In my uncle’s dispensary one day a jungle mother came ‘with her little son of 2 years old. He was very sick. And as my uncle did the diagnostic test posing the questions he knew he had to give him a dose of castor oil. My uncle never likes the idea of prescribing castor oil for the patient because of its bitter taste. He avoided getting himself involved in the operation and gave the responsibility to the mother and walked away. As soon my uncle went away he heard the cry of the baby yelling and he returned to see thinking it has swallowed the bitter oil. But when he entered the veranda there was the oil still in the spoon. The baby had not tasted a drop. But from a pack on her back that wise little jungle mother had taken a lump of native sugar and was holding it above the babies reach. She was saying if you want this lump of sugar you must take the oil without any fuss. And I saw how much the baby wanted that sugar. He swallowed down his tears but his mother insisted, “until you have taken the oil.” He looked at the oil then at the sugar then at the oil then at the sugar then .the baby looked quickly looked at the oil with his gaze on the sugar. He opened his mouth and swallowed the oil. Then his hands grabbed the prize.

I know what Paul meant when he told us to keep our eyes on Jesus. That lump of sugar didn’t change the bitterness, but it helped the little fellow to endure the hardship that went with taking it. If we will only keep our eyes on Jesus we will long to be like Him. We would desire nothing more than to get rid of this miserable nature of sinfulness, which makes us come short the glory of God. Even if we need some bitter draft in our lives we would ask God that we may become like Christ. When you truly become hungry and thirsty after righteousness and feed upon on the word of God the fruit of the spirit comes to our lives that when we pray to God and He shall send trials we shall able to say” thank you,” that it may produce the glories of harvest. The trials of our lives always produce a great harvest.

When the true Christian witnesses for Christ even his life produces much fruit. The best sermon he ,can give is the greatest trial of his life. The fruit yields much fruits. Do you really long to be like Jesus so you long to speak like Him or act like Him? So much should we be willing Oh! Lord if you see some terrible habit that is robbing me of my goal cut it out. Cut deep, hurt me, Lord. Take anything away, but make me like your son Jesus. I believe this is what Paul meant--run with patience the race that is set before you looking unto Jesus...

Furthermore we have had fathers of our flesh which corrected us and we gave them reverence. Shall we not much rather be in subjection unto the FATHER of spirits and live? 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. Wherefore lift up the hands which hang down and the feeble knees. And make straight path for your feet that which is lame be turned out of the way but let rather be healed.” Heb. 12:9-12. What is more joyous than a life filled with the gifts of the spirit and to be like Jesus.

This assurance is given in the paragraphs of education 192. “The great motive powers of the soul are faith, hope, and love; and it is to these that Bible study, rightly pursued, appeals. The outward beauty of the Bible, the beauty of imagery and expression, is but the setting, as it were, for its real treasure--the beauty of holiness. In its record of the men who walked with God, we may catch glimpses of His glory. In the One “altogether lovely” we behold Him, of whom all beauty of earth and heaven is but a dim reflection. “I, if I be lifted up,” He said, “will draw all men unto Me.” John 12:32. As the student of the Bible beholds the Redeemer, there is awakened in the soul the mysterious power of faith, adoration, and love. Upon the vision of Christ the gaze is fixed, and the beholder grows into the likeness of that which he adores. The words of the apostle Paul become the language of the soul: “I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord: . . . that I may know Him, and the power of His resurrection, and the fellowship of His sufferings.” Philippians 3:8-10. {Ed 192.11.}

Is it just Paul’s gospel or is it the profound message of the gospel of Christ as looking at Jesus? Christ spoke to Nicodemus about the greatest truth about looking unto Him “As Moses lifted up the serpent in the wilderness so shall the Son of Man be lifted up” John 3: 14. If we refer to the old testament as people spake against God. 21:5 And the people spake against God, and against Moses, Wherefore have ye brought us up out of Egypt to die in the wilderness? For [there is] no bread, neither [is there any] water; and our soul loatheth this light bread.

21:6 And the LORD sent fiery serpents among the people, and they bit the people; and much people of Israel died.

21:7 Therefore the people came to Moses, and said, We have sinned, for we have spoken against the LORD, and against thee; pray unto the LORD, that he take away the serpents from us. And Moses prayed for the people.

21:8 And the LORD said unto Moses, Make thee a fiery serpent, and set it upon a pole: and it shall come to pass, that every one that is bitten, when he looketh upon it, shall live.

21:9 And Moses made a serpent of brass, and put it upon a pole, and it came to pass, that if a serpent had bitten any man, when he beheld the serpent of brass, he lived.

The serpent of brass was a symbol of Jesus that He will be lifted for all the humanity and whosoever looks at Christ will live. That’s the virtue of Christ. The brass doesn’t have any living power. But Christ has the power to grant us life again. Because the fiery serpent will perish in a moment. But a miracle occurred by beholding this pole, whosoever believed and obeyed the voice of God and were healed. The same as Christ asks us to look at Him, if we look at Him all our thoughts, all our evil ways will change towards Him. But when we stop beholding Him our thoughts drift away. Then the soul starts to commit sin. The lamps are to impress upon the church the necessity of eternal vigilance as the price of safety. Devotion, watching, and prayer are not for a moment to be neglected.

The Lord is coming a second time to Our world, and there must be found in us a disposition to wait and watch for his appearing, lest coming suddenly he finds us sleeping. All whom Christ has united in holy covenant with himself are to feel that it is not safe at any time to be without oil in their vessels. The warning Christ has given is for us, and we shall be found guilty before God if we do not take heed to it.

“And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares. For as a snare shall it come on all them that dwell on the face of the whole earth. Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man.” Luke 21:34-36.

How did sin originate in this earth? Every sin we do is done in the same method. The angels had cautioned Eve to beware of (1) separating herself from her husband while occupied in their daily labor in the garden; with him she would be in less danger from temptation than if she were alone. But absorbed in her pleasing task, she unconsciously wandered from his side. On perceiving that she was alone, she felt an apprehension of danger, but dismissed her fears, deciding that she had sufficient wisdom and strength to discern evil and to withstand it.

Unmindful of the angels’ caution, (2) She soon found herself gazing with mingled curiosity and admiration upon

the forbidden tree. The fruit was very beautiful,

(3) and she questioned with herself why God had withheld it from them Now was the tempter's Opportunity. As if he were able to discern the workings of her mind, he addressed her: "Yea, hath God said, Ye shall not eat of every tree of the garden?" Eve was surprised and startled as she thus seemed to hear the echo of her thoughts. But the serpent continued, in a musical voice, with subtle praise of her surpassing loveliness; and his words were not displeasing. Instead of fleeing from the spot she lingered wonderingly to hear a serpent speak. Had she been addressed by a being like the angels, her fears would have been excited; but she had no thought that the fascinating serpent could become the medium of the fallen foe." PP 53,54. (4)And she ate the fruit not only made a medium for the fall of Adam.

Every sin is committed in the same fashion (1) Separation (2) Looking at the forbidden grounds. (3) The desire is kindled in the heart. (4) Sin is the result. That's what the Lord told in the ancient time the same is in the latter time. The message didn't change What did Christ say in Isaiah 45:22? "Look unto me, and be ye saved, all the ends of the earth: for I [am] God, and [there is] none else. Now again in Isaiah 33: 15-17. He that walketh righteously, and speaketh uprightly; he that despiseth the gain of oppressions, that shaketh his hands from holding of bribes, that stoppeth his ears from hearing of blood, andshutteth his eyes from seeing evil; He shall dwell on high: his place of defence {shall be} the munitions of rocks: bread shall be given him; his waters [shall be] sure. Thine eyes shall see the king in his beauty: they shall behold the land that is very far off.

This is a very important message as to why we are still sinners. This verse casts the true light of our message. DA pg. 32 When the soul surrenders itself to Christ, a new power takes possession of the new heart. A change is wrought which man can never accomplish for himself. It is a supernatural work, bringing a supernatural element into human nature. The soul that is yielded to Christ becomes His own fortress, which He holds in a revolted world, and He intends that no authority shall be known in it but His own. A soul thus kept in possession by the heavenly agencies is impregnable to the assaults of Satan. But unless we do yield ourselves to the control of Christ, we shall be dominated by the wicked one. We must inevitably be under the control of the one or the other of the two great powers that are contending for the supremacy of the world.

It is not necessary for us deliberately to choose the service of the kingdom of darkness in order to come under its dominion. We have only to neglect to ally ourselves with the kingdom of light. If we do not co- operate with the heavenly agencies, Satan will take possession of the heart, and will make it his abiding place. The only defense against evil is the indwelling of Christ in the heart through faith in His righteousness. Unless we become vitally connected with God, we can never resist the unhallowed effects of self-love, self-indulgence, and temptation to sin. We may leave off many bad habits, for the time we may part company with Satan; but without a vital connection with God, through the surrender of ourselves to Him moment by moment, we shall be overcome. Without a personal acquaintance with Christ, and a continual communion, we are at the mercy of the enemy, and shall do his bidding in the end."

If you analyze this verse to what conclusion do you come? And what does it really mean, looking at Jesus? It means "Prayer without ceasing." How can we sin like Eve? 1) Separate our self from Christ (continual communion) 2) Our soul start wondering after the forbidden ground and starts looking at sin. 3) Desire is created in the heart and 4) We commit sin. (mercy of the enemy, and shall do his bidding in the end). Many start off as Christians but few understand what its really like to be a true Christian.

Many times in the Old Testament as well as in the new we see what his disciples have done. We see what Enoch did. He prayed without ceasing and was translated to Heaven without seeing death. Look what prophet Samuel writes "Moreover as for me, God forbid that I should sin against the LORD in ceasing to pray for you." See what the Church was doing when Peter was in Prison "Peter therefore was kept in prison: but prayer was made without ceasing of the church unto God for him." See what Paul writes concerning himself "For God is my witness, whom I serve with my spirit in the gospel of his Son, that without ceasing I make mention of you always in my prayers."



So I hope now you understand what really means in “Looking at JESUS.” Amen.

*Augustus Ratneiya Montreal, Canada*

## **THE KINGDOM OF HEAVEN**

“The kingdom of heaven is like unto treasure hid in a field; the which when a man hath found, he hideth, and for joy thereof goeth and selleth all that he hath, and buyeth that field.” Matthew 13:44

The kingdom of heaven is a treasure. But if we are to find it we must search for it. We cannot expect to enter heaven without doing anything. It is a treasure not to be neglected. Treasures do not come to us without any effort on our part. We have to dig deep to find treasures of any kind, and the same it is with heaven. We have to give up our earthly treasures and search for heavenly ones. “For where your treasure is, there will your heart be also.” Matthew 6:21

If we lay up for ourselves treasures here on earth we cannot have our heart fixed on heavenly things. We will be too busy scratching together a few earthly possessions to be able to spend time in communion with Jesus.

Those who receive Christ by faith will be looked upon by Heaven as precious pearls for which the merchantman paid an infinite price, and the human agents who find Christ will realize that they have found a heavenly treasure. They will be anxious to sell all that they have in order to buy the field which contains this treasure. As they contemplate the love of God, as the plan of salvation opens to their view, as the mystery of Christ’s condescension becomes plainer to them, as they see the sacrifice that He made for them, they count nothing too dear to give up for His sake. The more they dwell upon the wonderful love of God, the vaster becomes its proportion, and the brightness of the glory of God becomes too glorious for mortal vision.

The Lord God of heaven collected all the riches of the universe, and laid them down in order to purchase the pearl of lost humanity. The Father gave all His divine resources into the hands of Christ in order that the richest blessings of heaven might be poured out upon a fallen race. God could not express greater love than He has expressed in giving the Son of His bosom to this world. This gift was given to man to convince him that God had left nothing undone that He could do, that there is nothing held in reserve, but that all heaven has been poured out in one vast gift. The present and eternal happiness of man consists in receiving God’s love, and in keeping God’s commandments. {Our High Calling p.13}

Jesus willingly gave up heaven, riches, a throne, power, glory, and His own life for us sinful humans. If He could give up that much just for a life of shame and reproach on this earth, then I am sure we can give up a few earthly possessions in exchange for heavenly riches, and everlasting life!! Amen.

*Ben Dammash, Queensland, Australia*

## **TWO BAPTISM SERVICES, A CONFERENCE AND A WEDDING**

After the Sydney Conference in December 2001, the first event on the Perth Calendar was a visit from Br Jerry Eaton in March 2002. This was for the planned wedding and baptism of Camron and Michelle, an Easter conference and the baptism of Derek, Raewyn and Bih. For several weeks leading up to the wedding, Camron and Michelle, with the help of the church folk, were busy with the wedding details.

We had met Br Marcus at the Sydney conference so he took the opportunity to come with Br Jerry to visit Perth for the first time.

On Thursday 21 March some of us had just been into the registry office to witness Camron and Michelle sign the marriage documents. We then rushed to the Airport where we met Marcus and also found Jerry.

Sunday the 24th March dawned beautiful and sunny and we met at the Caversham District Hall for the baptismal service and profession of faith. From the hall we made our way down to the edge of the Swan River at Guilford where we stood on the sandy bank under the shade of a tall gum tree and witnessed Camron and Michelle make a public stand for Christ. Br. Jerry first took Michelle and then Camron down into the water. Their baptism was witnessed by some ducks floating on the water which gloriously reflected the clear blue sky.

After a quick picnic lunch we drove out into the country to the top of a hill with 360 grad views where we made ready Camron and Michelle's house for the wedding ceremony and meal. The ceremony was conducted outside in the clear country air. As Camron and Michelle's family members and most of their friends were non-church members, the wedding proved to be a real witness, not only in the service itself but in their careful choice of wedding garments that represented the righteousness of Christ and also in the abundant vegan meal that was prepared.

With the delights of Camron and Michelle's baptism and wedding firmly in our memories we focused on the following weekend, which was the church conference and another baptism. For this weekend we traveled south to another country property also situated up on a hill with beautiful views of rolling hills dotted with trees and cattle. Our place of meeting for the conference was under a huge oak tree, planted by the Lord many many years ago. We placed the chairs in a semi circle with a beautifully painted backdrop of Christ and His Righteousness behind the lectern. The Lord blessed us abundantly as the weather was perfect for sitting out under the oak tree and the breeze kept us refreshed and alert.

The theme of our conference was "The Gateway to Heaven," The Scripture theme was taken from Matthew 7:13 "Enter ye in at the strait gate; for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat; Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it." The main titles for each day were "The Meaning of Babylon", "The True Gateway", "The 3 Veils of the Sanctuary", "The Church the Gateway", "The New & Living Way" "Preparation for the Society of Heaven" and "The Society of Heaven". Br John had prepared the last closing meeting for Monday but very early in the morning before daybreak the Lord woke Br. John and gave him a completely different message. This message brought the weekend to a climax; bringing all that we had heard and learned during the weekend together with great power and clarity. It was truly a very inspirational weekend and strengthened us all in the faith and to go forward as an army with banners.

Quite a number of Derek, Raewyn and Bill's friends from the independent groups in the South-West joined with us for a number of meetings and they were blessed by the experience.

On Sunday morning we made our way over to Glen Mervyn Dam where we witnessed the baptism of Derek, Raewyn and Bill. Raewyn and Derek's son and daughter-in-law, their two nephews and a friend traveled down from Perth in the morning especially to witness the baptism.

In the afternoon we celebrated the Lord's Supper and Communion Service. It was a beautiful and meaningful service and joy to share this experience of being one body in Christ with our newly baptized members. Our company has now grown to 15 members - one short of having our membership doubled since we began herein the West a year ago.

Due to the stand of Derek, Raewyn and Bill we now have a Branch Sabbath School in the Brookhampton area of the South West. To date and to the glory of God we now have here in the West a Perth group made up of 10 members and 17 regular non-members. Since Camron and Michelle have moved down to the Brookhampton district we also have a Branch Sabbath School of 5 members.

In remembering the experiences I thought it was quite significant that both locations were situated high on a hill—we were lights on a hilltop. It was our experience on both weekends that we had been lifted up by the Lord. The LORD Himself was also lifted up by the preaching and study of His word, and His name was praised by the five that publicly made their stand on the Lord's side.

I praise God for the way He has been leading us all here in the West into the truth of His church, and by faith I know that this is only a small foretaste of what the Lord will do for us not only here in Western Australia but thought the rest of the world. Amen.

## CHILDREN'S CORNER

### HOW TO CONQUER A GIANT

“What is the matter?” Asked Mrs. Hamlin. “What is hindering your work?”

Mr. Hamlin glanced up from his paper. “The work?” he said. “O, the old story; there are ‘giants’ in the land, and the committee feel like ‘grasshoppers’ !”

It was Earl's turn to look up. Earl was reading, but he generally had one ear for any conversation that was going on around him. His eyes went back to his book, but he kept wondering just what his father meant. Of course there were not giants these days! He waited until his father was turning the paper to another page, then he asked his question: “Father, what do you mean about ‘giants’ and ‘grasshoppers’?”

Mr. Hamlin laughed. “Your ears heard that, did they? Why, I meant what the ten spies did when they whined about giants, and called themselves ‘grasshoppers,’ instead of seizing their chance, as the other two wanted them to do. Don't you remember the story? I fear you are not remembering your Old Testament history as you remember your school history. The report of the spies is a very interesting story; you better look it up in your Bible and read it.”

“I remember about it now,” said Earl, “and I can guess what you mean about the committee. There are lots of giants around nowadays, aren't there?”

“Plenty of them!” said his father. “Look out that none of them scare you away from an opportunity.”

Earl laughed, and went back to his book.

The next day Earl was in the dining room doing his homework from school. His friend and classmate, Howard, sat on the arm of the large rocker, waiting for Earl to finish.

“I do wish you would come on!” he said. “The boys will be waiting for us at the ball field; I told them I would bring you along right away and the fun will all be over before we get there at this rate.

“Oh dear,” said Earl, consulting his book. “That is not the right answer either.”

“Of course it is not. I knew it would not be. There is not a student in the class, who has been able to find the answer to that question. Why, I know, because I heard them talking about that very one; and haven't I done that seventy-five times myself? My brother Dave tried to do it for me, and he did not get it either; he said there was some trick to it.”

“I would like to find the trick,” said Earl, wistfully.

“Well you can’t. I tell you there is not one of them who can. You need not think you are smarter than anybody else. We won’t get marked on that one question; they do not expect us to get it. I heard Professor Bowen tell Miss Andrews that there would not be a student in the room who could conquer it.”

“Is that so?” said Earl, running his fingers through his hair, and looking wearily at the long row of figures in his book.

“I don’t have it so far, that is for sure; and I’ve tried it in every way I can think of. I do not know if there is any use for me to go over it again.”

“Of course there is not! It is just one of those mean old trick questions that nobody is expected to get. So just put up your books, and come on. I know the boys have run out of patience with us for being so late.”

It just happened at that moment that Earl’s cousin, Carol, came into the room. She was seventeen and Earl admired her extremely. He had known her only three weeks, and already they were the best of friends; he valued her good opinion next to his father’s and mother’s. She had heard what had been going on between Earl and Howard and she simply replied, “And there we saw the giants.” And then she vanished to the other room.

Earl’s face reddened.

“What did she say?” asked Howard.

“O, never mind what she said! She was talking to me. Look here, Howard, You may as well go down to the ball field where the boys are waiting and tell them I won’t come and they don’t have to wait for me any longer. There is no use in you trying to change my mind; I am going to conquer that question if I have to sit up all night to do it. I am not a grasshopper, and it has to be done!”

“O, I think you are a bit crazy,” growled Howard. “We won’t have half as much fun without you; and, besides - why, you began to put away your books and were about to come.”

“I know I did; but I am not quitting now, and I will not come with you. Go ahead and tell the boys I am sorry, but it is not my fault; it is this old giant of a problem that is trying to beat me; and he can’t. I do not feel a bit like a grasshopper.”

“Say,” said Howard, “what have giants to do with that example? She said something about them.”

“They have nothing to do with it,” said Earl, with energy, “and I will prove that they have not. Now please leave me to my studies, I have a battle to fight.”

Howard groaned, and growled and finally left.

The next morning, just as the students has seated themselves into their Math class, it was announced that company was coming to listen in on the Math class.

“Just our luck!” muttered Howard. “Any other morning this term I should be ready for them. Did you know they were coming, Earl?”

No, Earl did not. He looked up in surprise. There were not only his father and Cousin Carol, but also a stranger, a



fine looking man, who, it was presently told the class, was Judge Dennison, who used to attend this school when he was a boy. And then, in came Principal Bowen, along with several other parents. They all took their seats and stayed through the entire hour.

Work went on well until that fatal thirty-ninth question was reached, and Howard was called upon to go to the board and write his answer.

“I cannot do it, Miss Andrews,” he said, “I tried it as many as fifty times, I think, in fifty different ways, and I could not get near the right answer.”

“That is very sad!” said Miss Andrews, trying not to laugh. “If you had not tried so many ways, but worked faithfully at only one way, you might have had better success.”

Then she called the boy next to him, with no better success. A long row of downcast eyes and blushing faces. Some of the students confessed that they had not even attempted the problem, but had been discouraged by the reports of others.

“Is there no one who is willing to go up to the board,” said Miss Andrews, “and attempt the work, carrying it as far as they can?”

At just that moment she caught sight of Earl Hamlin’s face, and spoke to him.

“Will you try it, Earl?”

And Earl went. Silence in the classroom. All eyes on the blackboard, and the quick fingers of one boy handling the chalk. How fast he worked! Had he multiplied right? Yes, that was right. He kept on working and got to the place where none of them knew what to do next. But he knew! Without a pause or any confusion, he moved on, through to the very last figure, which he made with a flourish. Moreover, he also knew how to explain his work, just what he did, and why he did it. As he turned to take his seat, the admiring class, whose honour he had saved, broke into applause, which the smiling teacher did not attempt to stop.

“I think we owe Earl a vote of thanks,” she said. “I confess my surprise as well as pleasure in his work; I did not expect any of you to succeed. In truth, I gave you the example rather as a test of patience than in the hope that you could conquer it. You remember, however, that I gave you permission to get help if you utterly failed. Will you tell us, Earl, if you had any help?”

“Yes, Ma’am,” said Earl. “My Cousin Carol helped me.”

And then Cousin Carol’s astonishment suddenly broke into laughter.

“I have not the least idea what he means,” she said, in her clear voice. “I was so far from helping him that I tried all by myself to do the question, and failed.”

The class began to cheer again, but hushed suddenly to hear what Earl was saying.

“All the same, she helped me,” he said, sturdily. Then, seeing that he must explain, he added, hurriedly: “We had been talking about the giants, you know, and the grasshoppers, just the night before, and I thought to myself then that I was not a grasshopper, anyhow; but I never thought about the question being a giant, and I was just going to give up when Cousin Carol came to the door and spoke about the giants, and then I went at it again.”

Some of the students looked hopelessly puzzled. Mr. Hamlin’s face was one broad smile. “Students of Old Testament history have the advantage here today, I fancy,” he said.

“Earl,” said Miss Andrews, “are you willing to tell us how long you worked on that question?”

“I began it at six o’clock,” said Earl, “and I got it just as the clock struck eleven.”

There was no use in trying to keep that class from cheering. They felt that their defeat had been forgotten in Earl’s victory.

Mr. Hamlin and Judge Dennison stood talking together after the class was dismissed.

“Do you know, I like best of all that word of his about his cousin’s helping him?” said Judge Dennison. “It was very good to see the determination of your son, to keep working and it took brains to study out that puzzle; but that little touch that showed that he was not going to accept the least scrap of honour that did not belong to him was what caught me. You have reason to be proud of your son, Mr. Hamlin.”

“He that endureth to the end shall be saved.” Matthew 10:22. “Fight the good fight of faith,” 1 Tim. 6: 12.

The math problem can be compared to our salvation – eternal life. None of us are expected to get it. Some people work hard. They try, and try, and try again, yet they keep failing. Others just look at the strait and narrow road to heaven and they don’t bother to try.. They take other people’s word for it that it is too difficult to attempt.

Only a few - two in a city and one in a family - will make it. But some will be there. Just like Earl’s math problem, it will not only take endurance and persevering effort, BUT also the help from some outside of ourselves. Our help comes from Jesus, who gives us strength and motivation to go on. Although Cousin Carol. failed at the math problem, her motivation was what Earl needed to go on. Jesus is our never failing helper.

In the end Earl gave all credit to Carol. Likewise when we are in heaven, we will not take credit to ourselves for being there, but will give all honour and glory to Jesus. We will not glory in the hard labour in our battle against sin and the long hours of missionary work that we have put in. Although we have done a part ourselves, we realize that without Jesus we could not have made one little step on the right direction.

So don’t give up - the giants can be conquered.

## **SWEET, WHITE AND DEADLY**

WE CELEBRATE IMPORTANT MILESTONES with cake and ice cream, and each holiday brings its own line of sugar-loaded sweets: chocolate hearts for Valentine’s Day, chocolate bunnies for Easter, and pounds of candy for Halloween. Around Christmas and New Year’s Day, many families bake cookies for co-workers and friends and exchange boxed, chocolate treats.

Sugar became common only recently in the course of history. While in 1822 the average American ate 8.9 lbs. of sugar per year, today that number has skyrocketed to 135-140 lbs. This means that the average American is eating/drinking almost 40 teaspoons of sugar per day!

Unless you are reading the labels, you are getting some sugar in your canned and frozen vegetables, breads, cereals, crackers, canned and dried soups, salad dressings, fruit yogurts, TV dinners, and cough drops. Some manufacturers even add dextrose, a form of sugar, to ordinary salt. Another reason why consumers are unaware of the large quantities of sugar they are eating is because it is concealed under different names. A single product may contain sugar as corn syrup, brown sugar, dextrose, maltose, molasses, fructose, levulose, sucrose, high fructose, corn syrup, or honey.

## WHERE IS THE SUGAR COMING FROM?

Some of the major sources of sugar in the American diet are soft drinks, syrups, jellies, jams, frostings, cakes, pies, cookies, pastries, and sweet crackers. Other common sources are desserts and drinks containing milk: ice cream, milk shakes, flavored yogurt, and chocolate milk. Surprisingly, considerable amounts of sugar also come from breads and cereals. The cereal industry has adversely changed since the day when W. K. Kellogg first developed his whole grain, toasted breakfast flakes. Most of the dry breakfast cereals on the market today have sugar added to them. Besides the high-sugar content, most dry cereals have another nutritional disadvantage; - they are a highly refined food.

## REFINED FOODS AND YOUR HEALTH

Refined carbohydrates are the most adulterated of all processed foods: 90% of all the nutrients are lost in the processing of cane and beets. In the average refining process the raw sugar, cane stalk is reduced and boiled down to as little as one tenth of its original weight, resulting in the loss of vitamins, minerals, proteins, fiber, and other essential elements. The high consumption of sugary items is achieved at the expense of nutrient- rich foods they displace. Sugar is a nutrient equally important to our bodies as any other. But if we are to remain healthy, sugar should be obtained only from unrefined, natural sources.

Refined carbohydrates also play a role in the etiology and retrogression of these as well as many other disorders: gout, kidney stones, urinary infections, gastric ulcers, cardiovascular diseases, periodontal diseases, intestinal cancer, diverticulitis, indigestion, varices, gum diseases, hormonal disorders, oral and vaginal infections, hemorrhoids, osteoporosis, mental disorders, and alcoholism.

## SOME MORE PROBLEMS

It seems contradictory, but the more refined sugar we ingest, the less sugar will be available in the blood and, consequently, fatigue, exhaustion and nervousness will result. But how does the excessive consumption of refined sugar make the blood-sugar level drop?

When we ingest unreasonable quantities of sugar, the blood-sugar level quickly increases. Immediately, a message is sent to the pancreas-the gland responsible for the production of insulin, a hormone that allows the cells to utilize glucose-in order to maintain the level of glucose in the blood at equilibrium. This large quantity of insulin enters the bloodstream causing a great amount of sugar to be metabolized and absorbed quickly and an increase in the production of fat and cholesterol. Thus, the level of glucose in the blood drastically drops. At this time, a message is sent to the nervous system, which realizes the necessity of once again maintaining the blood-sugar level at equilibrium. Immediately, the liver is called to action, and the glycogen stored in its cells is transformed into glucose and introduced into the bloodstream. As this resource is constantly needed, the amount of glycogen stored in the liver is reduced, and the liver starts to utilize it in situations of great stress exclusively.

This makes us feel weak, exhausted, irritable, and anxious, making our skin feel moist and cold in addition 'to inducing profuse perspiration. It is then felt as though we need to ingest more sugar, but in reality we need to abstain from it. By the ingestion of sweets, with their "empty calories," we feel satisfied for about 30 minutes, and as the cycle repeats itself, hypoglycemia becomes a part of our everyday lives. Besides sugar and refined foods, caffeine (found in coffee, teas, and colas) and nicotine (cigarettes) could also cause hypoglycemia.\*

Ingesting sugar-rich calories can lead to obesity. With a refined food diet, we tend to concentrate more calories in a smaller volume or space. Sixty grams of refined sugar contain identical number of calories as two-and-a-half pounds of beets. Because it is so concentrated, refined sugar tricks the appetite, resulting in excessive consumption. People who are overweight have a greater risk of getting diabetes and a number of coronary heart diseases.

Despite the fact that it is one of the main causes of the development of arthritis, sugar affects the teeth by depleting calcium. Sticky, sugar-rich foods also promote tooth decay by feeding bacteria that live in the mouth which in turn make acidic substances that attack the enamel of healthy teeth.

"Sugar taken every day produces a continuously over-acid condition, and more and more minerals are required from deep [with]in the body in the attempt to rectify the imbalance [Incidentally,] B vitamins are ... manufactured

by symbiotic bacteria living in our intestines. When refined sugar is taken daily, these bacteria wither and die, and our stock of B vitamins gets very low. Too much sugar makes one sleepy; our ability to calculate and remember is lost"-Sugar Blues, pp.137,138.

Sugar decreases your body's ability to fight infections. Sugar-rich foods impair the ability of white blood cells to defend the body against bacterial attack from 25% - 60%. Normal levels of white blood cells' activity do not return until several hours after a large serving of sugar has been ingested. Children who eat many sweets are particularly vulnerable because of their small body size.

## SWEETENERS

Aspartame is a popular artificial sweetener that has adverse effects on health. Symptoms due to eating aspartame-laced foods have been reported to the FDA as follows: headaches, nausea, vertigo, insomnia, numbness, suicidal depression, personality and behavioral changes, gastrointestinal disorders, fatigue, heart attack symptoms, pulmonary and cerebral edema, shock, and death. Many doctors have reported significant improvements or disappearance of symptoms after patients removed aspartame from their diet. Overweight people who use artificial sweeteners have not lost weight by using them. In fact, they usually compensate the missing calories by eating more foods.

## SOLUTIONS

The reeducation of our taste is easier than many people realize. It begins by securing a knowledge of that which is good for the health of the body. If you are convinced that refined sugar is something your body does not need, please consider the following suggestions which will help you eliminate it from your diet:

1. Buy sugarless, dry breakfast cereals: Sweeten your cereal with fresh or dry fruits such as raisins, dates, strawberries, peaches, apricots, raspberries, bananas, etc.
2. Cut down in steps: If you are a lover of sweets, lower the frequency of eating sugared foods.
3. Do not purchase any more sweets: If they are not around, the temptation to indulge will not be as great.
4. Read the labels: Avoid purchasing products that have sugar added to them.
5. Experiment. Try making some healthy alternatives.
6. Remember: "Hast thou found honey? Eat so much as is sufficient for thee, lest thou be filled therewith, and vomit it"-Proverbs 25: 16.

Habits, advertisements, appearance, and taste have made the use of refined sugar popular in our diet. Few realize that sweetening milk and juices; ingesting cakes, puddings, candies, and ice creams; feasting on creams; and eating desserts after salty meals result in intoxication. It causes gastric and emotional disorders, weakens the intellect, and deprives the body of nutrients-making the organism susceptible to various illnesses. In order to control diabetes and cavities, improve digestion and the absorption of nutrients, invigorate memory, correct gastric troubles, lose weight, avoid the loss of certain vitamins and minerals, stabilize the nervous system, etc., it is of great importance to overcome the habit of eating/drinking refined sugar in any form.

"You shall know the truth, and the truth shall make you free." John 8:32

Do not be a prisoner of your own eating habits!

***PSALM 34:8 0 TASTE & SEE THAT THE LORD IS GOOD: IF YOU TRUST IN HIM YOU'LL BE HAPPY***

***Kathleen Ross, RR 2 OLDS, Alberta Tel: 335-4155 T4H 1P3***



## DIGESTION

The habit of eating too much of the right things, of eating things that have no food value, and of eating too frequently is the cause of much of the ills in the world. Gluttony fills the hospitals, the asylums, the graveyards; it leads to mental, moral and physical degeneration, and result in national decay.

Most people have lost the sense of natural hunger and have develop an abnormal sense of what is called appetite. There is a vital difference between genuine hunger and false appetite. The former is a natural sign that the system requires food for the repairing of bone, muscle, nerve, etc; The latter .is an artificially cultivated sense which is impossible to satisfy.

The feelings in the stomach such as emptiness, craving, gnawing or faintness generally are not indications that more food is needed, but, the unnatural cravings of an abused, overused, inflamed stomach. REAL HUNGER is not confined to the stomach; it is felt all over the body. Most of us have developed perverted feelings in the stomach because of years and years of abuse.

“Daily abused, the digestive organs cannot do their work well. A poor quality of blood is made, and thus, through improper eating, the whole machinery is crippled. Give the stomach less to do. It will recover if proper care is shown in regard to the quality and quantity of the food eaten.”

“Many eat too rapidly. Others eat at one meal varieties of food that do not agree. If man and women would only remember how greatly they afflict the soul when they afflict the stomach, and how, deeply Christ is dishonored when the stomach is abused, they would deny the appetite and thus give the stomach opportunity to recover its healthy action. While sitting at the table we may do medical missionary work by eating and drinking to the glory of God.” Counsels on Health, p. 577.

Appetite is a hard and merciless tyrant, whose victims number fn the billions around the world. The more one yields to its demands, the more inflamed and enlarged the stomach becomes, until it finally increases to twice its natural size, and then usually sags in a very unbecoming manner Instead of emptying itself and contracting after each meal, the stomach loses the power to expel its contents as it should. “

The fermenting, decaying food, constantly present in the folds and pockets of a dilated stomach, causes irritation and stomach pains which are mistaken for hunger. To relieve this distress by taking more food only aggravates the problem. Indigestion is soon followed by many kinds of gastritis and dyspepsia or catarrhal conditions (mucous) and stomach ulcers. It is through this process that a suitable seedbed is provided for internal growths including cancer.

The stomach is the battleground for almost every human being. What. man puts into his stomach either nourishes him or destroys him. Man fills his stomach with seemingly harmless substances, but when mixed during digestion... causes gases that. poison and permeate throughout. the whole body. Unwise combinations of even good food cause fermentation In the digestive tract than have disagreeable and untimely results which can ‘prove to be very serious. Nerve exhaustion and digestive incompetence are very intimately bound up together.

*-Excerpt from “Something Better- Live Foods, God’s Original Design”*



A Triple Wedding in Manado, Indonesia conducted by H.R Karinda.