



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

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# Elmshaven

After living in Australia for nine years, Ellen White, along with her son William and his family returned to the USA. They arrived in San Francisco in September 1900 not having any idea where to settle down and live. She was 72 years of age and had several books in mind that she wanted to write, so she thought she would like to live in a quiet spot close to the Pacific Press which was located in Oakland.

After several days of fruitless search for an appropriate house, someone encouraged her to go to the Rural Health Retreat in St. Helena to rest and visit with old acquaintances. While she was there she shared her dilemma with her friend, Mrs. Ings. Mrs. Ings told her that a gentleman named Robert Pratt was selling his home. Ellen White decided to go and look at it. It was a seven-room home on a knoll near the middle of a 60 acre property. The land stretched from rich river-bottom land on the west to the mountains on the east and part way up the steep hillside. The land, the completely furnished house and the farm buildings were all on sale for \$5,000.

Ellen White thanked God for providing her a property that was so well adapted to her needs, and she quickly signed papers and was able to move in almost immediately. With her staff, she moved in on October 16, just 25 days after arriving in San Francisco.

"This is a most beautiful location," she wrote to a friend. "The surroundings are lovely." She described ornamental trees from various parts of the world, flowers, shrubs, extensive orchards, etc. Behind the house to the east was the farmer's cottage, which, with a little adaptation, could be turned into an office building. Be-

yond this was a barn and a stable, completely stocked with livestock and equipment. Several springs at the foot of Howell Mountain would supply water. There were also several good building sites that could be used for homes for her staff.

Overjoyed, Ellen White wrote to friends: "It is like stepping out of our ["Sunnyside"] home in Cooranbong [Australia] into one already prepared for use, without any care on our part." – *Letter 146, 1900*

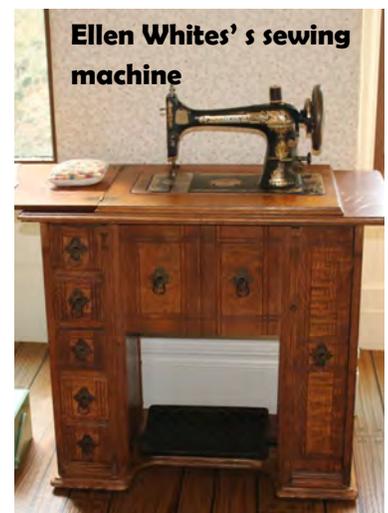
Sister White needed a new name for the property to put on her letters and documents that she published. Since there was a row of elm trees in front of the house, she decided to call the place Elmshaven.

There was plenty of land for orchards, vineyards, gardens, berry patches, hay fields, and cow pastures. There were 2,000 plum trees in the orchards when she bought the place. The vineyard of wine grapes was soon replaced with table grapes.

Elmshaven was largely self-contained, providing not only housing and office space, but a large and diverse food supply.

It was here that Ellen G. White spent the final years of her life. It was here that she wrote, the last three volumes of *The Testimonies for the Church*, *The Ministry of Healing*, *Education*, *The Acts of the Apostles*, *Prophets and Kings* (which was published after her death), *Gospel Workers*, and *Counsels to Parents, Teachers and Students*.

Sister White was a homemaker at heart, always an advocate of the importance of "Domestic Science." "Exercise in household labor is of the greatest advantage to young girls." –*Christian Education*, p. 17. "Let girls be taught that the art of dressing well includes the ability to make their own clothing.



This is an ambition that every girl should cherish. It will be a means of usefulness and independence that she cannot afford to miss. “—*Education*, p. 248–249. “Young girls should have been taught how to cut, make, and mend garments, and thus become educated for the practical duties of life.” —*Ibid*, p. 289. She is quoted as saying “I prize my seamstress.” —*Child Guidance*, p. 375

The following quotes are a few excerpts from her diary while she was living in Elmshaven.

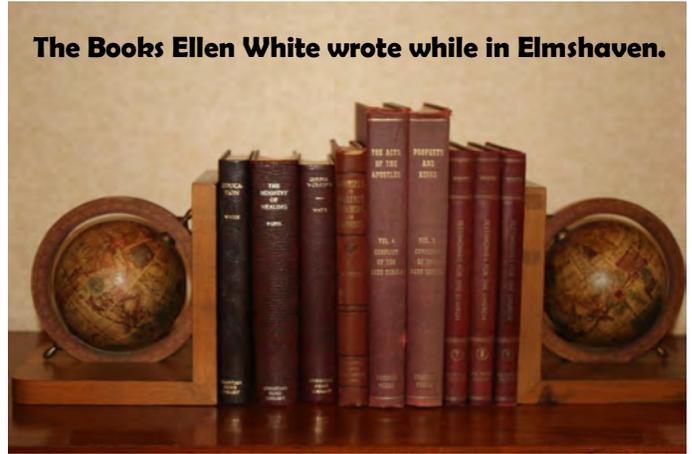
“St. Helena, Feb. 3, 1902. I thank the Lord I am in my own home. I am still suffering with throat and lungs and heart difficulty. I have an urgent invitation to occupy rooms in the house I built and sold to the sanitarium on the hillside. The rooms I occupied as my own are now to be used by me if I will accept them and take treatment at the sanitarium. But this is not an easy thing to do. Here are my workers in the office I have built to accommodate them. Should I leave, the work could not be carried on successfully. I appreciate the favor so kindly presented to me. I shall make every effort that I think in my weak condition I can bear. I have decided to remain in my own home if I can do so, until I am strong enough to ride in my carriage to the sanitarium and take treatment, which I cannot possibly do just now.

“I have at the present time an indistinct voice. I can talk but a few words, then no sound comes. This is singular for me, but my workers need me where they are at work that I can, even in my feebleness, prepare work for them. I have much written. I dare not give myself up to receive thorough treatment, for this could not be and I continue my writing.

“There is such a thing as overdoing the personal treatment given to sick persons. Quietude, rest, sleep, careful diet, cheerful surroundings, and plenty of sleep will be essential. Sleep I cannot obtain as I would. I carry far too intense an interest for souls that know the truth and are out of the way. I am deeply moved by the consideration that there are many cases who need words of counsel, reproof, exhortation; many are not growing up into Christ, seeking His favor and strength from His strength, and many need encouragement. Often I am unable to sleep past twelve o'clock. I retire between seven o'clock and eight. My heart is drawn out in deep, earnest desire to see and understand what is my lot and place for me to occupy. Next November 26 I shall be 75 years old. I praise God for my memory and my reason, even in my infirmities.” —*Manuscript Releases*, vol. 18, p. 211–212

“Elmshaven, Nov. 26, 1902. This day I am 75 years old. I

### The Books Ellen White wrote while in Elmshaven.



thank my heavenly Father that I have the use of all my faculties. I can occupy the room fitted up for me and ascend and descend the stairs with quickness and ease, requiring no assistance. I have every reason to praise the Lord that my right hand has not lost its cunning. I can trace the writings upon paper with ease; for this I am thankful. My mind in regard to the Scriptures is clear, and the comfort I receive from writing on Scriptural subjects is a source of continual gratitude. For one month I am awakened at twelve o'clock, and matters have been opened before me and deeply impressed upon my mind in regard to the cause and work of God to be carried forward at this important period of time when all the signs Christ has foretold should come are taking place as He predicted.” —*Manuscript Releases*, vol. 18, p. 218–219

“Elmshaven, St. Helena, California, July 22, 1907 . This morning I praise the Lord that I have not suffered as I did last night. The left limb has troubled me for many long years. The ligaments were torn from the ankle. The word was, You will never be able to use your foot, for it has been so long without close investigation that nothing can relieve the difficulty and unite the ligaments torn from the ankle bone. The limb was injured from my being thrown from my pony. I was riding in a journey to Middle Park [Colorado]. [SEPTEMBER 4, 1872.] The hip was injured and the whole limb was shrunken, and now this new difficulty. But all this was relieved by the best kind of treatment.

“I use my limb carefully, but last night the pain in the ankle seemed unendurable. I could not sleep but I could pray, and the Lord, who has relieved me so many times, helped me. Our Saviour has told us to call upon Him. I have felt so thankful for that prayer Christ taught His disciples. It embraces everything for the inhabitants of the earth. Toward morning I slept, and when I awoke the pain was gone. I realize now the Lord was merciful,

and I will praise Him in whom is my dependence and my trust. The Lord be praised.

"I had reason to be thankful the pain was not in my heart, for I have suffered with my heart, but the Lord is very gracious to me. I shall be eighty years old next November 26. I can go up and down stairs as readily as my young women workers, and the Lord has wonderfully blessed me with voice to reach the thousands upon our campground. I will praise the Lord and glorify His name." —*Manuscript Releases*, vol. 16, p. 126–127

"Elmshaven, St. Helena, California, August 12 [11], 1907. Sunday morning, half past two o'clock. I have had a precious night's rest. I lay awake giving praise and thanksgiving to the Lord for this past night's rest. I am so thankful to my God for the blessing of freedom from pain.

"I took a bath in cold water and rubbed myself thoroughly and felt no chill. I am seated on the cot lounge writing by lamplight. I have not had freedom from pain in many months before this morning, and my heart is thankful to God. Everyone in the house is sleeping.

"I have been praying most earnestly for wisdom to place in print the very things that, should I not live, will be a help and strength to those who will be pleased to use them. My heart is filled with thanksgiving and praise. Heaven is full of richest blessings to bestow upon all who need these precious blessings, if they ask the Lord with heart and soul, and have a strong desire to receive to impart. The Lord Jesus has passed through every temptation that human beings have had. We read that He 'knoweth how to deliver the godly out of temptations,' for He hath been 'in all points tempted like as we are'—tempted in His human nature that He might know how to succor those who shall be tempted." —*Manuscript Releases*, vol. 16, p. 129–130

On Sabbath, February 13, 1915, Sister Ellen White fell as she entered her writing room. She fractured her hip. This was her final illness.

"One Sabbath day, only a few short weeks before she breathed her last, she said to her son:

"I am very weak. I am sure that this is my last sickness. I am not worried at the thought of dying. I feel comforted all the time, that the Lord is near me. I am not anxious. The preciousness of the Saviour has been so plain to me. He has been a friend. He has kept me in sickness and in health.

"I do not worry about the work I have done. I have done the best I could. I do not think that I shall be lin-

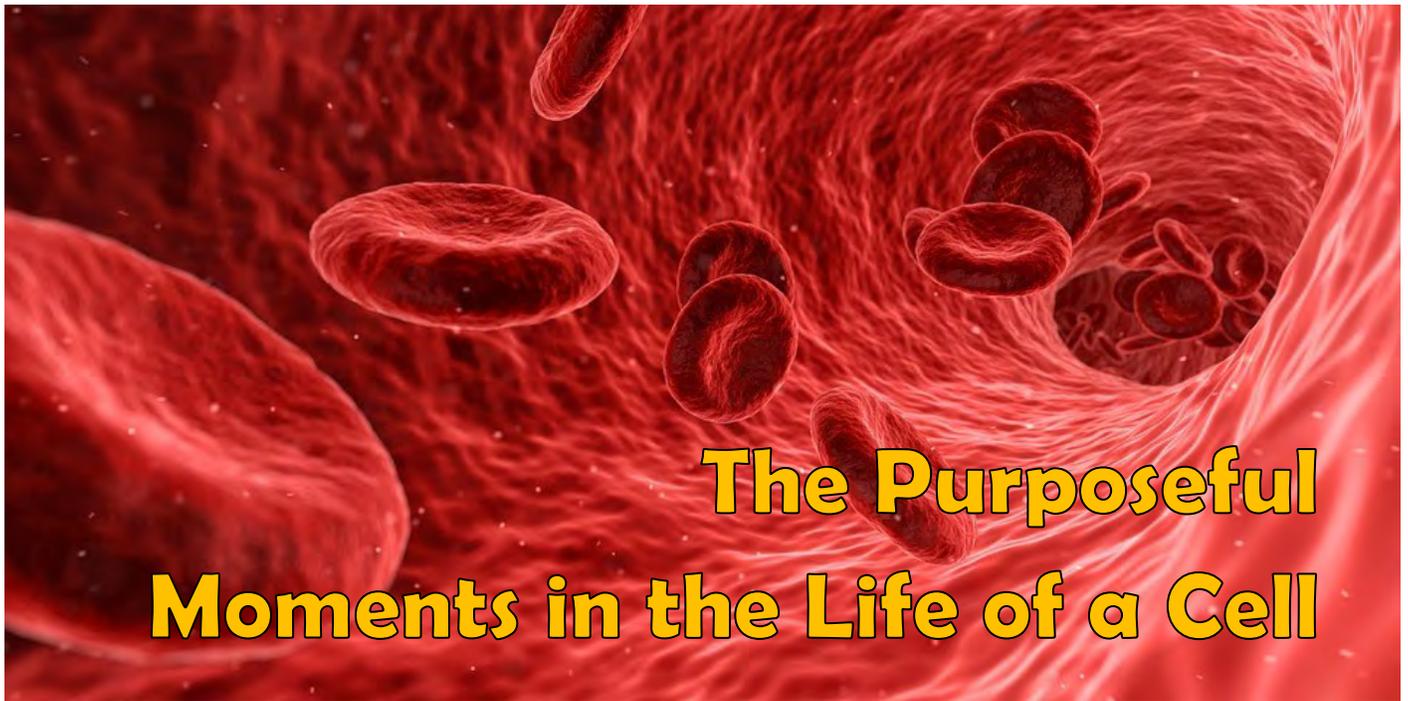
gering long. I do not expect much suffering. I am thankful that we have the comforts of life in time of sickness. Do not worry. I go only a little before the others." —*Life Sketches of Ellen G. White*, p. 444–445

"The end came on Friday, July 16, 1915, at 3:40 P. M., in the sunny upper chamber of her 'Elmshaven' home where she had spent so much of her time during the last happy, fruitful years of her busy life. She fell asleep in Jesus as quietly and peacefully as a weary child goes to rest. . . .

"For several days prior to her death, she had been unconscious much of the time, and toward the end she seemed to have lost the faculty of speech and that of hearing. The last words she spoke to her son were, 'I know in whom I have believed.'

"'God is love.' 'He giveth His beloved sleep.' To them the long night of waiting until the morning of the resurrection is but a moment; and even to those who remain the time of waiting will not be long, for Jesus is coming soon to gather His loved ones home. As our beloved sister herself declared to those about her one Sabbath day during her sickness, 'We shall all be home very soon now.'" —*Ibid.*, p. 449





# The Purposeful Moments in the Life of a Cell

Stop! Think for a minute! Ask yourself. . . how are you feeling right now, this very moment? Do you feel happy? Are you sad? Are you angry? Are you anxious? Are you content? Are you fearful? Are you feeling vengeful? Are you lonely? Do you feel peaceful? Do you have no feeling at all?

What is the purpose of this moment and how you feel? Does it matter what you are doing with this moment? The next moment you may feel differently. The next moment has not yet come. It will come, in a moment, and what you *do* with the next moment is your decision. How you *feel* the next moment is also your decision.

We all have times when we are very busy and being useful with our moments. There are also times when all the chores are done and moments get wasted. Does it really matter if a few moments are wasted in idleness, as long as the majority of the moments are being used efficiently?

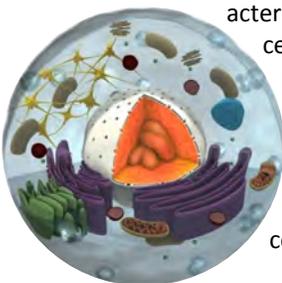
Emotions that we feel at this very second can change quickly as circumstances change. The emotions can linger on to other moments if we harbour them. What do you feel this moment? Is it good? Is it bad? If it is good, you want the next moment and the following one to also have the same emotion. If it is negative, you would do well to not allow the negative emotions creep into the next moment (although many times they do). It is better to give the negative emotions to Jesus and make the next moment better.

These seconds/moments are the building blocks of our characters. You can compare them to a human cell. Each cell is unique and very intricate in its purpose and function. Even though they are microscopic, their proper functioning is vital to the health of the body. These cells are constantly at work—no rest. It is these cells that comprise the human being. Damaged

and mutated cells can lead to diseases such as cancer. Although you may seek various medical treatments to remove cancerous cells, if even one microscopic diseased cell is left behind, it will replicate and the disease process will continue. Healthy cells (building blocks) lead to a healthy and often happy life. Each cell has a purpose and must perform its function well, at all times, in order to maintain healthy functioning of the entire body. So with the moments in the Christian life. They can be compared to a cell, with each moment being of value. Each one is a building block of character. Each negative moment, if allowed to continue into the next moment, and the next, can lead to a cancerous, diseased Christian. “It is a positive duty to resist melancholy, discontented thoughts and feelings—as much a duty as it is to pray.” —*The Ministry of Healing*, p. 251

I heard one Minister in the church mention on numerous occasions about the value of a moment. This is all that matters now. Not the next moment, or the past moment. This moment is all that you have. What you make of it, will build your character. You have charge and control of only this one moment—not the future or the past. You can choose to be happy with this moment, or you can choose any of the negative emotions. The choice is yours. Only this moment is yours to do with as you feel best. Hopefully it is a moment that you will not be ashamed to have replayed to you in the heavenly courts.

It is the cells in the body that comprise to make tissues, and tissues comprise organs and organs comprise the entire human body. Likewise, moments are important because they add up to minutes, which add up to hours, which add up to days, which add up to weeks, which add up to months, which add up to years, which add up to your lifetime. Your lifetime and character is built on what you do each single moment (cell), and this will determine your eligibility to enter the heavenly Canaan. “There are really no nonessentials in the



Christian's life. Our character building will be full of peril while we underrate the importance of the little things." – *Christ's Object Lessons*, p. 356. The little moments are vital. Just like tiny diseased cells can multiply and lead to serious illness, so diseased moments can multiply to cause a diseased Christian.

"We have a great work to do. Let us not pass in idleness the precious hours that God has given us in which to perfect characters for heaven. We must not be inactive or slothful in this work, for we have not a moment to spend without a purpose or object." – *Testimonies for the Church*, vol. 3, p. 540. What did it say? *We have not a moment to spend without purpose or object.* Let that thought sink into your mind for a few minutes.

To make sure every moment has purpose, we must carefully embrace each of them. Everything we do and every person we come in contact with deserves our full attention, each moment. Does that mean we are to be in constant activity? Can we not sit down and rest? Yes, we can rest. However, even when resting we should savour the moment and make the moments purposeful. "Be still, and know that I am God." Psalm 46:10. How peaceful it is to rest in a lovely scene in nature and just contemplate the love of God and recount the many blessings He has bestowed upon us. While driving in the car or riding in a bus, while waiting for appointments, all these moments spent should be purposeful. We can have a religious book with us, or we can listen to Bible CD's, or religious music, or simply commune with Jesus. No moment should be lost or wasted.

Imagine if one (or a small group) of the cells in your body took a rest. Suppose your red blood cells got tired of swimming through the blood vessels and decided to take rest for a few hours. Or perhaps the white blood cells decided to relax during a crisis when an injury occurred. Or maybe they did some non-purposeful activities on occasion during quiet times, like when you are sleeping. The healthy cells do not normally decide to suddenly start swimming against the current, or float into areas they should not be. However, when the cells do act out of their normal function they were created for, it leads to disease. The cells must constantly maintain correct and healthy activity. Not one moment is spent at rest or without healthy purpose for them. So also, in the Christian life. *Not a moment is to be spent without a purpose*, and each moment in the life of a Christian should have a purpose of doing the will of God.



Moments are what you will be judged upon. You will not be judged on the large missionary endeavours you have done so much as how you spent your little moments when there was a lull in your activities. "Never underrate the importance of little things. Little things supply the actual disci-

pline of life. It is by them that the soul is trained that it may grow into the likeness of Christ, or bear the likeness of evil. God help us to cultivate habits of thought, word, look, and action that will testify to all about us that we have been with Jesus and learned of Him!" – *Child Guidance*, p. 129–130

Some people are futurists. They have difficulty being happy and managing well the moments because they are always living in anxiety about tomorrow. They worry what the future holds, and the current moments are filled with fear and worry. "Let us not make ourselves miserable over tomorrow's burdens. Bravely and cheerfully carry the burdens of today. Today's trust and faith we must have. But we are not asked to live more than a day at a time. He who gives strength for today will give strength for tomorrow." – *The Review and Herald*, June 20, 1907

What did the Apostle Paul counsel us to do? "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus." Philippians 4:6–7. The word "careful", here is literally "anxious." We are told to be anxious for nothing!!! Nothing!! Why? Because we can bring all our requests and burdens to Jesus. This way each moment will be filled with a peaceful trust in Jesus.

Some other futurists never seem to be content or fully happy and peaceful because they are thinking that at some future time, when everything they have worked for and planned for, have come to fruition. When they have achieved all the goals they set out for in life, then they will be blissfully happy. But today, they are anxiously striving for that utopia. They are not able to be happy because this moment they are always thinking of only the next moment. They work for tomorrow—not for the current moment. Then some futurists have only short-term goals. They trudge through the work week, looking forward to the happy moments they expect they will experience on the weekend, a few days free from work. Or maybe a future vacation—a week of bliss. The moments during the week drag on in sadness and weariness, while the moments on the weekend fly by on the wings of bliss—free from care or worries. Imagine if all cells worked in fits and starts. How would the body function? And how would your life be if you only served the Lord in fits and starts? You would not progress very well.

A famous quote in English states that, "Life is a journey, not a destination." Meaning, "We are not meant to rush through life. . . it's about savouring every moment of each day. It's about how we learn the lessons along the way." <http://suzanne-mcrae.com/2012/04/27/life-is-a-journey/#.XJLbDihKjIU>

The challenge we have as Christians is to be happy and content all along the journey on the straight and narrow pathway. Life is not about weekends and vacations. Life is how you can manage each moment, at all times and all circumstances, in peaceful, happy, contentment. The cells keep

doing their duty, through thick or thin. There are some Christians who mournfully travel the narrow way, waiting for the heavenly Kingdom where they will be blissfully happy. They often do not last long. They give up the journey. "If we are heaven-bound, how can we go as a band of mourners, groaning and complaining all along the way to our Father's house? Those professed Christians who are constantly complaining, and who seem to think cheerfulness and happiness a sin, have not genuine religion." —*The Ministry of Healing*, p. 251

Then there are people who are always living in regret for past mistakes and wasted moments. They keep pining away, living in sorrow—worried that they are too sinful for God to love. "If you are conscious of your sins, do not devote all your powers to mourning over them, but look and live. Jesus is our only Saviour; and although millions who need to be healed will reject His offered mercy, not one who trusts in His merits will be left to perish. While we realize our helpless condition without Christ, we must not be discouraged; we must rely upon a crucified and risen Saviour. Poor, sin-sick, discouraged soul, look and live. Jesus has pledged His word; He will save all who come unto Him." —*Faith and Works*, p. 37

Yes, we may have wasted many moments in the past, and we can never bring them back or relive them. They are gone into



history—faithfully recorded by our recording angel. When we live in the past and cannot get over our sinful condition, or cannot not let go of painful experiences, perceived wrongs, or difficult times, we condemn ourselves to experience the same in the present moments and the future ones. We cannot change the past. We can,

however, come to terms with it, know that it is over, and move on. "Time squandered can never be recovered. We cannot call back even one moment. The only way in which we can redeem our time is by making the most of that which remains, by being co-workers with God in His great plan of redemption." —*Christ's Object Lessons*, p. 342

The cells do their duty, now and always. They forget the past, and do not fear the future. They dutifully perform their task, moment by moment. We also need to learn to live in the moment, letting go of the past and not worrying about the future. When we are positive and optimistic in the present moment, we open the possibility of a positive and promising future. All that matters is this moment. "Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus." Philip-  
pians 3:13–14

"Today you are not to have the faith of tomorrow. You have only faith for today; tomorrow you will find faith when that comes; so don't worry about tomorrow. It is today, Am I the

Lord's? Today have I the witness of His Spirit? Today does my name come upon the lips of the great Advocate of heaven? Today am I walking in harmony with Jesus Christ and heavenly angels? The heavenly intelligences are at work to bring the light of the knowledge of the truth as it shineth in the face of Jesus Christ, to humanity." —*Sermons and Talks*, vol. 1, p. 190. Reread the above statement, substituting "today" with "this moment".

"When we concentrate our attention on the present we focus on the task at hand. We give our full attention to what we are doing and we let go of outcomes. Seizing each moment in life allows us to prolong its value and make it more meaningful. Rather than seeking quantity of time, when we live in the moment we enjoy and savor every minute." <https://www.essentiallifefskills.net/live-in-the-moment.html>. When we appreciate each moment and garner the lessons from it, we will live consciously, purposefully and responsibly.

While it is a good thing to live for the moment and make the best of each moment, we are not to neglect to plan and prepare for the future (should time be granted to us). It is not sin to do so. The true Christian is able to live happily and productively for the moment and yet plan for the future. "Go to the ant, thou sluggard; consider her ways, and be wise: Which having no guide, overseer, or ruler, Provideth her meat in the summer, and gathereth her food in the harvest." Proverbs 6:6–8. Ants are rarely seen resting. Their actions are all purposeful—for the good of the colony. And Solomon continues by saying, "Yet a little sleep, a little slumber, a little folding of the hands to sleep: So shall thy poverty come as one that travelleth, and thy want as an armed man." Proverbs 6:10–11. Purposeful moments will be productive in preparation for the future.

The decision of how you feel at this particular moment is not governed by chance. It is not governed by feelings or circumstances. It is governed by your choice. When things go wrong or people disappoint you, you can choose to be angry and upset. Or, you can choose to rest your case with your heavenly Father as did Jesus. "For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow His steps: Who did no sin, neither was guile found in His mouth: Who, when He was reviled, reviled not again; when He suffered, He threatened not; but committed Himself to Him that judgeth righteously." 1 Peter 2:21–23. You can come off smiling from a negative experience this moment, by choice, if you trust in God, that He is in control of all.

This past Sabbath, the elder in our church told us of an acquaintance of his. He is a very pleasant man, who sadly has developed cancer. He always seemed to have a cheerful attitude and in his own words, he said, "You are as happy as you want to be."

Job, also, could praise the Lord the moment when he lost all his children and material property. "The LORD gave, and the

LORD hath taken away; blessed be the name of the LORD.”  
Job 1:21

Good feelings follow the choices we make each moment. Is it normal and human to have only good feelings every moment? Jesus said, “Blessed are the poor in spirit. . . they that mourn.” Matthew 5:3, 4. Yet James, wrote, “Count it all joy when ye fall into divers temptations.” James 1:2. We can have calm peaceful trust in God, though poor in spirit, or mourning over past sins and regrets. However, we do not need to be morose or depressed when life is difficult.

We do experience negative emotions during some moments since we are human, but we should not allow the diseased cells (moments) to control our lives. We need a strong immune system to fight the disease and our immune system is our connection with Jesus. He is our great example; He never changed His course of life when He had Gethsemane looming in front of Him, regardless of how He was feeling about it. Every moment throughout His entire life was filled with purpose. Even on the cross He was mindful of how He used His moments. The dying thief found salvation in the dying moments of the Saviour.

If you have moments of fear, the apostle John wrote: “There is no fear in love; but perfect love casteth out fear: because fear hath torment. Perfect love casteth out fear.” 1 John 4:18

If there is a moment when you feel vengeful, stop and consider the words of the Apostle Paul, “Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is Mine; I will repay, saith the Lord.” Romans 12:19

And have you ever had a moment when you felt angry? “Let us ever keep before us the perfect Pattern. It is a sin to speak impatiently and fretfully or to feel angry—even though we do not speak.” —*Child Guidance*, p. 95

We all will experience loneliness, sorrow, grief, anxiety, fear, anger at times. As we learn to trust in Jesus, these negative emotions will not be harboured for more than a moment. As soon as the temptation comes from Satan (with these emotions), the true Christian will turn to Jesus and give them over to Him. We will let our immune system fight the diseased cells. You may not feel immediate happiness when going through difficulties, like the loss of a loved one; however, Jesus promises that He will comfort you and help turn your negative emotions to positive ones, this very moment if you ask Him. He will not wait an hour, a day, a week or a month. He can give you peace right now. Just believe and trust. Sing praises to the Lord after you pray. He has heard and answered. “When you receive help and comfort, sing to the praise of God. Talk with God. Thus you will become a friend of God. You will rely on Him. You will obtain a faith that will trust *whether you feel like trusting or not*. Remember that feeling is not an evidence that you are a Christian. Implicit faith in

God shows that you are His child. Trust in God. He will never disappoint you. He says, ‘I will not leave you comfortless: I will come to you. Yet a little while, and the world seeth Me no more; but ye see Me: because I live, ye shall live also’ (John 14:18, 19). We do not see Christ in person. It is by faith that we behold Him. Our faith grasps His promises. Thus it was that Enoch walked with God.” —*Mind, Character and Personality*, vol. 2, p. 538 (emphasis mine). He is with us, each moment.

Each moment, “Let us educate our hearts and lips to speak the praise of God for His matchless love. Let us educate our souls to be hopeful and to abide in the light shining from the cross of Calvary. Never should we forget that we are children of the heavenly King, sons and daughters of the Lord of hosts. It is our privilege to maintain a calm repose in God.” —*The Ministry of Healing*, p. 253

“One of the most earnest prayers recorded in the Word of God is that of David when he plead, ‘Create in me a clean heart, O God.’ God’s response to such a prayer is, A new heart will I give you. This is a work that no finite man can do. Men and women are to begin at the beginning, seeking God most earnestly for a true Christian experience. *They are to feel the creative power of the Holy Spirit.*” —*The Seventh-day Adventist Bible Commentary*, vol. 4, p. 1164–1165 (emphasis mine)

This is the feeling we want to have each moment—the feeling of the creative power of the Holy Spirit. The consciousness of His presence and His ability to keep us from sin and from evil each and every moment.

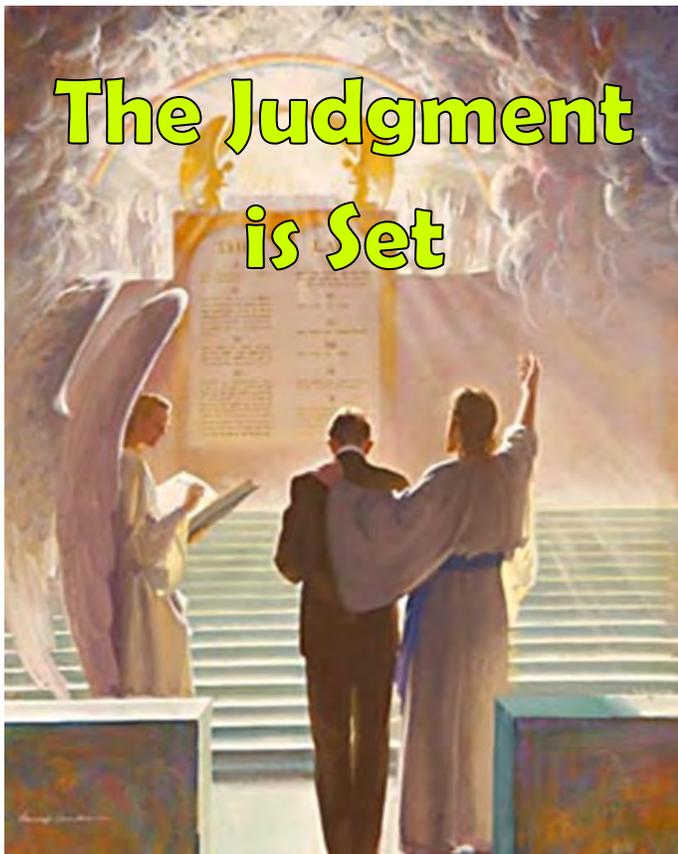
Each cell works purposefully its entire life and when its energy is spent with age, it dies. So also with the true Christian, they will work purposefully their entire lives until the Lord lays them to rest.

May we feel His presence every moment, and be like the cell—making every moment purposeful, destroying any unhealthy cells (emotions) that may cause spiritual disease. May the peace of Christ be with you all. Amen.

**Wendy Eaton**



# The Judgment is Set



It was October 22, 1844 when the judgment was set in heaven, and the books were opened—the books that contained the actions, the words, and the thoughts of God’s people. The judgment started in 1844 from those who died, over 6,000 years ago, and continues to our time. When the dead have been judged, the judgment continues upon the living, and all the church members will be judged. The following event will be the shaking and separation of all who are not accepted in the judgment. They will be shaken out and all who remain will receive the Latter Rain.

To receive the seal of God in the judgment we must reflect the image of Jesus fully, and be perfect as our Father in heaven is perfect. (Matthew 5:48). Jesus told us to, “Strive to enter in at the strait gate.” Luke 13:24. Therefore, to reflect the image of Jesus fully, requires striving daily, constant prayer and Bible reading—with the help of God. Faith and works go hand in hand.

What is the result when His people reflect His image fully? “God will soon do great things for us if we lie humble and believing at His feet. . . . More than one thousand will soon be converted in one day, most of whom will trace their first convictions to the reading of our publications.” —*Colporteur Ministry*, p. 151. This will finally complete the number 144,000 who will be saved through the Three Angel’s Messages.

Sister White writes further, “In visions of the night, representations passed before me of a great reformatory move-

ment among God’s people. Many were praising God. The sick were healed, and other miracles were wrought. A spirit of intercession was seen, even as was manifested before the great Day of Pentecost. Hundreds and thousands were seen visiting families and opening before them the word of God. Hearts were convicted by the power of the Holy Spirit, and a spirit of genuine conversion was manifest. On every side doors were thrown open to the proclamation of the truth. The world seemed to be lightened with the heavenly influence. Great blessings were received by the true and humble people of God. I heard voices of thanksgiving and praise, and there seemed to be a reformation such as we witnessed in 1844.” —*Testimonies for the Church*, vol. 9, p. 126

In the beginning she mentions hundreds that she saw, but thousands were added daily that joined the church of God.

Terrible is the condition of those who were rejected in the judgment. “In that day a man shall cast his idols of silver, and his idols of gold, which they made each one for himself to worship, to the moles and to the bats; To go into the clefts of the rocks, and into the tops of the ragged rocks, for fear of the LORD, and for the glory of His majesty, when He ariseth to shake terribly the earth.” Isaiah 2:20–21

“So long as they can conceal their transgressions from their fellow men, many, like Achan, feel secure, and flatter themselves that God will not be strict to mark iniquity. All too late their sins will find them out in that day when they shall not be purged with sacrifice or offering forever. When the records of heaven shall be opened, the Judge will not in words declare to man his guilt, but will cast one penetrating, convicting glance, and every deed, every transaction of life, will be vividly impressed upon the memory of the wrongdoer. The person will not, as in Joshua’s day, need to be hunted out from tribe to family, but his own lips will confess his shame. The sins hidden from the knowledge of men will then be proclaimed to the whole world.” —*Patriarchs and Prophets*, p. 498

David prayed to God to search him and to reveal to him any sin that he should confess and overcome. “Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.” Psalm 139:23–24

Our private sins we confess only to God, but sins that we have committed against another person, we must confess to God and to the other person. “Have they sowed discord among the brethren and sisters of the church? If these things have been committed, they should be confessed before God and the church.” —*Counsels on Health*, p. 374

Unconfessed sins will keep a person out of heaven. “Let church members bear in mind that the fact that their

names are registered on the church books will not save them. They must show themselves approved of God, workmen that need not be ashamed. Day by day they are to build their characters in accordance with Christ's directions. They are to abide in Him, constantly exercising faith in Him. Thus they will grow up to the full stature of men and women in Christ—wholesome, cheerful, grateful Christians, led by God into clearer and still clearer light. If this is not their experience, they will be among those whose voices will one day be raised in the bitter lamentation; 'The harvest is past, the summer is ended, and my soul is not saved! Why did I not flee to the Stronghold for refuge? Why have I trifled with my soul's salvation, and done despite to the Spirit of grace?'

"'The great day of the Lord is near, it is near, and hasteth greatly.' Zephaniah 1:14. Let us be shod with the gospel shoes, ready to march at a moment's notice. Every hour, every minute, is precious. We have no time to spend in self-gratification. All around us there are souls perishing in sin. Every day there is something to do for our Lord and Master. Every day we are to point souls to the Lamb of God, who taketh away the sin of the world.

"'Be ye also ready; for in such an hour as we think not the Son of man cometh.' Matthew 24:44. Go to your rest at night with every sin confessed." —*Testimonies for the Church*, vol. 9, p. 48

To keep nine commandments will not save us; we must faithfully keep all ten commandments, and also love God above all and our neighbour as ourselves. "For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all." James 2:10

If you have besetting sins remaining in your book on your judgment day, your name will be removed from the Book of Life. Since we do not know when our judgment takes place in heaven, we must overcome sin daily. It is possible to overcome all sin. We are forgiven by the merits of Jesus' blood and He gives us power and willingness to overcome. He has promised to cleanse us from all sin if we confess. "If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." 1 John 1:9

"He that committeth sin is of the devil; for the devil sinneth from the beginning. For this purpose the Son of God was manifested, that He might destroy the works of the devil. Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is born of God." 1 John 3:8–9

It is possible for everyone to be born again and be saved. However, Sister White writes in 1897, "The new birth is a rare experience in this age of the world. This is the reason why there are so many perplexities in the churches. Many,

so many, who assume the name of Christ are unsanctified and unholy. They have been baptized, but they were buried alive. Self did not die, and therefore they did not rise to newness of life in Christ." —*The Seventh-day Adventist Bible Commentary*, vol. 6, p. 1075

"Not one in one hundred among us is doing anything beyond engaging in common, worldly enterprises. We are not half awake to the worth of the souls for whom Jesus died." —*Testimonies for the Church*, vol. 8, p. 148

"Why there is so little exercise of true faith, and so little of the weight of truth resting upon so many professed believers is because they are indolent, in spiritual things. They are unwilling to make exertions, to deny self, to agonize before God, to pray long and earnestly for the blessing, and therefore they do not obtain it. The faith which will live through the time of trouble must be in daily exercise now. Those who do not make strong efforts now to exercise persevering faith will be wholly unprepared to exercise that faith which will enable them to stand in the day of trouble." —*Spiritual Gifts*, vol. 3, p. 186

These are the reasons why only a remnant will be saved. Jesus spoke a parable of a wedding garment, which is the righteousness of Christ. In this investigative judgment it will be examined if all the guests have a wedding garment on. If not, then they were cast into outer darkness, which means that the Holy Spirit left them. The wedding garment is a gift from God to us. We cannot produce Christ's righteousness; we must ask the Lord to give it to us, and then care for it carefully so that we will not lose it. Adam and Eve lost it. To receive it again Jesus had to die for them, and for us also.

If you want to be clothed with Christ's righteousness on your judgment day, then start today. Pray without ceasing, read the Bible every day to gain strength from above and then get involved in missionary work, and confess all your sins. If there is a possibility that you may have forgotten some sins that you may have committed years ago, then pray to God like David did that God will bring them your memory. It is a great happiness if our names remain in the Book of Life, when our names are called in the judgment. Amen.

**Timo Martin**





**Every week in 2019 you should make a careful examination to learn what heaven requires of you.**

“The experience of Israel, . . . as recorded in the one hundred fifth and one hundred sixth psalms, contains lessons of warning that the people of God in these last days especially need to study. I urge that these chapters be read at least *once every week*.” —*Testimonies to Ministers*, p. 98 (emphasis mine)

In reference to this quote, part 1 contained counsels and warnings from the experiences of Ancient Israel in the wilderness. These events were recorded for examples so that we do not follow their footsteps. While in the wilderness, although everything good was provided for them, the Israelites fell astray many times. Last month we reviewed the sins of, Lust, Idolatry, Fornication, and Tempting God (as recorded in 1 Corinthians 10:6–9) This month we will continue with their sin of Murmuring against God.

### 5. MURMURING AGAINST GOD

The warning in 1 Corinthians ends with these words, “Neither murmur ye, as some of them also murmured, and were destroyed of the destroyer.” 1 Corinthians 10:10. The previous section was about tempting God. “Tempting God” and “murmuring against God” do not have the same meaning. “Murmuring” against God is a rebellious spirit, while “tempting” means dissatisfaction and an unthankful spirit.

We read of the Israelites murmuring against God in Numbers chapter 16 and 17. “The judgments visited upon the Israelites served for a time to restrain their murmuring and insubordination, but the spirit of rebellion was still in the heart and eventually brought forth the

bitterest fruits. The former rebellions had been mere popular tumults, arising from the sudden impulse of the excited multitude; but now a deep-laid conspiracy was formed, the result of a determined purpose to overthrow the authority of the leaders appointed by God himself.

“Korah, the leading spirit in this movement, was a Levite, of the family of Kohath, and a cousin of Moses.” [Because of] jealousy and dissatisfaction, . . . “Korah had been secretly opposing the authority of Moses and Aaron, though he had not ventured upon any open act of rebellion. He finally conceived the bold design of overthrowing both the civil and the religious authority. He did not fail to find sympathizers. Close to the tents of Korah and the Kohathites, on the south side of the tabernacle, was the encampment of the tribe of Reuben, the tents of Dathan and Abiram, two princes of this tribe, being near that of Korah. . . . In the bitterness of their disappointment, their former doubts, jealousy, and hatred had returned, and again their complaints were directed against their patient leader.” —*Patriarchs and Prophets*, p. 395

“And thus Korah and his associates gained the attention and enlisted the support of the congregation. The charge that the murmurings of the people had brought upon them the wrath of God was declared to be a mistake. They said that the congregation were not at fault, since they desired nothing more than their rights; but that Moses was an overbearing ruler; that he had reproved the people as sinners, when they were a holy people, and the Lord was among them.” —*Ibid.*, p. 397

“They had seen the judgment of God fall upon Miriam because of her jealousy and complaints against Moses.

The Lord had declared that Moses was greater than a prophet. 'With him will I speak mouth to mouth.' 'Wherefore, then,' He added, 'were ye not afraid to speak against My servant Moses?' Numbers 12:8." – *Ibid.*, p. 396

"Jealousy had given rise to envy, and envy to rebellion. They had discussed the question of the right of Moses to so great authority and honor, . . . they deceived themselves and one another into thinking that Moses and Aaron had themselves assumed the positions they held. . . . They decided that all their disasters were chargeable to [Moses], and that their exclusion from Canaan was in consequence of the mismanagement of Moses and Aaron. . . . [In] Korah's accusations against Moses. . . the old charge was reiterated, that he had led them out to perish in the wilderness, that he might seize upon their possessions.

"For a time this work was carried on secretly. A soon, however, as the movement had gained sufficient strength to warrant an open rupture, Korah appeared at the head of the faction, and publicly accused Moses and Aaron of usurping authority which Korah and his associates were equally entitled to share. It was charged, further, that the people had been deprived of their liberty and independence. 'Ye take too much upon you,' said the conspirators, 'seeing all the congregation are holy, every one of them, and the Lord is among them: wherefore then lift ye up yourselves above the congregation of the Lord?'" – *Patriarchs and Prophets*, p. 397–398

*Rebellion against leadership! Were any of their accusations true? No!*

The question was asked, "And what is Aaron, that ye murmur against him?" – *Ibid.*, p. 399. Moses stated: "'Even tomorrow,' he said, 'the Lord will show who are His, and who is holy; and will cause him to come near unto Him: even him whom he hath chosen will he cause to come near unto Him.' The test was to be deferred until the morrow, that all might have time for reflection. . . . Dathan and Abiram. . . insolently refused to acknowledge his authority. Their reply, uttered in the hearing of the congregation, was, 'Is it a small thing that thou hast brought us up out of a land that floweth with milk and honey, to kill us in the wilderness, except thou make thyself altogether a prince over us? Moreover thou hast not brought us into a land that floweth with milk and honey, or given us inheritance of fields and vineyards: wilt thou put out the eyes of these men? We will not come up.'

"[Clearly and publicly], They accused Moses of pretending to act under divine guidance, as a means of estab-

lishing his authority; and they declared that they would no longer submit to be led about like blind men, now toward Canaan, and now toward the wilderness, as best suited his ambitious designs. Thus he who had been as a tender father, a patient shepherd, was represented in the blackest character of a tyrant and usurper. The exclusion from Canaan, in punishment of their own sins, was charged upon him." – *Ibid.*, p. 398–399

*What a disgrace! Would the Lord allow this rebellious spirit to rule His chosen people? Surely, no.*

"Moses, by divine direction, bade the people, 'Depart, I pray you, from the tents of these wicked men, and touch nothing of theirs, lest ye be consumed in all their sins'. . . . Moses now declared, in the hearing of the congregation: 'Hereby ye shall know that the Lord hath sent me to do all these works; for I have not done them of mine own mind. If these men die the common death of all men, or if they be visited after the visitation of all men, then the Lord hath not sent me. But if the Lord make a new thing, and the earth open her mouth, and swallow them up, with all that appertain unto them, and they go down quick into the pit, then ye shall understand that these men have provoked the Lord. . . .' As he ceased speaking, the solid earth parted, and the rebels went down alive into the pit, with all that pertained to them, and 'they perished from among the congregation.'" – *Ibid.*, p. 400–401

"All Israel had fled in alarm at the cry of the doomed sinners who went down into the pit, for they said, 'Lest the earth swallow us up also.' 'But on the morrow all the congregation of the children of Israel murmured against Moses and against Aaron, saying, ye have killed the people of the Lord.' And they were about to proceed to violence against their faithful, self-sacrificing leaders." Finally, "fourteen thousand of the Israelites lay dead, an evidence of the guilt of murmuring and rebellion." – *Ibid.*, p. 402–403

"But further evidence was given that the priesthood had been established in the family of Aaron. . . . The rods were laid up in the tabernacle, 'before the testimony.' The blossoming of any rod was to be a token that the Lord had chosen that tribe for the priesthood. . . . This miracle effectually settled the question of the priesthood. It was now fully established that Moses and Aaron had spoken by divine authority, and the people were compelled to believe the unwelcome truth that they were to die in the wilderness. 'Behold,' they exclaimed, 'we die, we perish, we all perish.' They confessed that they had sinned in rebelling against their leaders, and that Korah and his company had suffered from the just

judgment of God. . . .

“Satan caused them to reject God as their leader, by rejecting the men of God’s appointment. Yet while in their murmuring against Moses and Aaron they blasphemed God. . . .

“Do not the same evils still exist that lay at the foundation of Korah’s ruin? Pride and ambition are widespread; and when these are cherished, they open the door to envy, and a striving for supremacy; the soul is alienated from God, and unconsciously drawn into the ranks of Satan. Like Korah and his companions, many, even of the professed followers of Christ, are thinking, planning, and working so eagerly for self-exaltation that in order to gain the sympathy and support of the people they are ready to pervert the truth, falsifying and misrepresenting the Lord’s servants, and even charging them with the base and selfish motives that inspire their own hearts. By persistently reiterating falsehood, and that against all evidence, they at last come to believe it to be truth. While endeavoring to destroy the confidence of the people in the men of God’s appointment, they really believe that they are engaged in a good work, verily doing God service.” —*Ibid.*, p. 403–404

The same thing was done by the people. The day after the destruction of Korah and his company they came to Moses and Aaron, saying, “Ye have killed the people of the Lord.” They blamed Moses and Aaron for causing the death of “good and holy men.” This act sealed their doom

Remember that “the history of ancient Israel is a striking illustration of the past experience of the Adventist body.” —*The Great Controversy*, p. 457. We have the same privileges and opportunities they had, but the same dangers (lust, idolatry, fornication, tempting God, and rebellion) also exist on our journey. Millions left Egypt but, because of their unbelief, only two adults reached Canaan. “Now all these things happened unto them for ensamples: and they are written for our admonition, upon whom the ends of the world are come. Wherefore let him that thinketh he standeth take heed lest he fall. There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.” 1 Corinthians 10:11–13

#### **ONCE EVERY WEEK**

In His wisdom, God wants us to read this history at least once every week.

“I cannot now consider this history further, but I ask you in every city, in every town, in every household, I ask every individual, to study the lesson of this scripture, bearing

in mind the words of inspiration, ‘Let him that thinketh he standeth take heed lest he fall.’ Here is presented the only election that is brought to view in the word of God. It is those who take heed lest they fall that will be accepted at last. . . . God bids us to beware. ‘Let him that thinketh he standeth take heed lest he fall.’” — *Testimonies to Ministers*, p. 103

“Battles are to be fought every day. A great warfare is going on over every soul, between the prince of darkness and the Prince of life. . . . The Prince of life is at the head of His work, He knows just how. . . to guide you through every path of danger.” —*God’s Amazing Grace*, p. 36

Dear brothers and sisters throughout the world, it is time for the people of God to wake up; every year and every month we are nearer the great day of the Lord. Now, more than ever, it is time to stand up and be prepared for carry out the great work which has been entrusted to us. “Christians should be preparing for what is soon to break upon the world as an overwhelming surprise, and this preparation they should make by diligently studying the word of God and striving to conform their lives to its precepts.” —*Prophets and Kings*, p. 626

I was much blessed by the article in the December 2017 issue of *The Reformation Messenger* entitled, “Because of Unbelief.” This article mentioned also that it was unbelief that caused the Hebrews to fail to reach their destination. Among those who crossed the Red Sea, only two arrived in Canaan (Joshua and Caleb) besides the generation born in the wilderness.

“So I swear in My wrath, They shall not enter into My rest.) . . . howbeit not all that came out of Egypt by Moses. . . . And to whom swear He that they should not enter into His rest, but to them that believed not?” Hebrews 3:11–19. We see that they were not able to enter in because of unbelief.

Even today if the remnant church will not heed the warnings, and walk wisely, they will not be saved—because of their unbelief.

The five dangers can be overcome by the wisely using the privileges given to us. “Wherefore let him that thinketh he standeth take heed lest he fall.” 1 Corinthians 10:12

The dangers through which Israel fell are written as a warning for us. May we stand firm and steadfast because the promises of YAHWHEH are our hope: “There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.” 1 Corinthians 10:13. Let the victory be ours! Amen.

**Victor Shumbusho, DR Congo**



# Tithing Principles

## 1. GOD IS OUR CREATOR, OWNER, SUSTAINER AND REDEEMER.

“For by Him were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities, or powers: all things were created by Him and for Him: And He is before all things, and by Him all things consist.” Colossians 1:16–17

(Isaiah 13:1; Genesis 1:1; Psalm 33:6–9; Exodus 20:8–11; Revelation 14:6–7; John 1:1–4; 24:1–2; Psalm 50:10–12; Haggai 2:8; James 1:17; 1 Chronicles 29:11–14; Deuteronomy 8:18; Acts 17:24–25; 1 Corinthians 6:19–20)

“We belong to God; we are His sons and daughters,—His by creation and His by the gift of His only-begotten Son for our redemption. ‘Ye are not your own; for ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s.’ The mind, the heart, the will, and the affections belong to God; the money that we handle is the Lord’s. Every good that we receive and enjoy is the result of divine benevolence.” —*Counsels on Stewardship*, p. 72

## 2. MAN IS A MANAGER OR STEWARD ADMINISTERING GOD’S GOODS.

“Thou madest him to have dominion over the works of Thy hands; Thou hast put all things under his feet.” Psalm 8:6 (1 Corinthians 4:1; Genesis 2:15; 1:26–28; 1 Timothy 6:7; Acts 4:32)

“A steward identifies himself with his master. He accepts the responsibilities of a steward, and he must act in his master’s stead, doing as his master would do were he presiding. His master’s interests becomes his. The position of a steward is one of dignity because his master trusts him.” —*Testimonies for the Church*, vol. 9, p. 246

## 3. JESUS IS OUR EXAMPLE IN FAITHFUL STEWARDSHIP.

“For I came down from heaven, not to do Mine own will, but the will of Him that sent Me.” John 6:38 (John 4:34; Matthew 26:39; 28:18–20)

“The great work which Jesus announced that He came to do was entrusted to His followers upon the earth. Christ, as our head, leads out in the great work of salvation and bids us follow His example. He has given us a world-wide message. This truth must be extended to all nations, tongues, and people. Satan’s power was to be contested, and he was to be overcome by Christ and also by His followers. An extensive war was to be maintained against the powers of darkness. And in order to do this work successfully, means were required. God does not propose to send means direct from heaven, but He gives into the hands of His followers talents and means to use for the very purpose of sustaining this warfare.” —*Testimonies for the Church*, vol. 3, p. 388

## 4. GOD IS TO BE FIRST IN EVERYTHING.

“Thou shalt have no other gods before Me.” Exodus 20:3

“Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself.” Luke 10:27 (Matthew 6:33; 2 Corinthians 8:5; Proverbs 3:9–10; Exodus 23:19)

“Our Redeemer claims far more than we give Him. Self interposes its desire to be first; but the Lord claims the whole heart, the entire affections. . . . When we are in harmony with God, the thought of His honor and glory comes before everything else. No person is preferred before Him in our gifts and offerings. We have a sense of what it means to be partners with Christ in the sacred firm.” —*Testimonies for the Church*, vol. 6, p. 103–104

## 5. THE TITHE PRINCIPLE IS DIVINE IN ORIGIN

“But he whose descent is not counted from them received tithes of Abraham, and blessed him that had the promises.” Hebrews 7:6 (Malachi 3:7, 10; Hebrews 7:6; Genesis 14:18–20)

“But the tithing system did not originate with the Hebrews. From the earliest times the Lord claimed a tithe as His; and this claim was recognized and honored. Abraham paid tithes to Melchizedek, the priest of the Most High God. Genesis 14:20. Jacob, when at Bethel, an exile and a wanderer, promised the Lord, ‘Of all that Thou shalt give me I will surely give the tenth unto Thee’. Genesis 28:22. As the Israelites were about to be established as a nation, the law of tithing was reaffirmed as one of the divinely ordained statutes upon obedience to which their prosperity depended.” –*Patriarchs and Prophets*, p. 525

## 6. MAN IS CO-PARTNER WITH GOD.

“Now then we are ambassadors for Christ, as though God did beseech you by us: we pray you in Christ’s stead, be ye reconciled to God. We then, as workers together with Him, beseech you also that ye receive not the grace of God in vain.” 2 Corinthians 5:20; 6:1 (Malachi 3:10–12)

“The greatest lesson to be taught and to be learned is the lesson of copartnership with Christ in the work of salvation.” –*Counsels to Parents, Teachers, and Students*, p. 434

## 7. THE TITHE IS HOLY EVEN AS THE SABBATH IS HOLY.

“And all the tithe of the land, whether of the seed or of the land, or of the fruit of the tree, is the LORD’s: it is holy unto the LORD.” Leviticus 27:30, 32

“The very same language is used concerning the Sabbath as in the law of the tithe: ‘The seventh day *is* the Sabbath of the Lord thy God.’ Man has no right nor power to substitute the first day for the seventh. . . . In like manner a tithe of our income is ‘holy unto the Lord.’ The New Testament does not reenact the law of the tithe, as it does not that of the Sabbath; for the validity of both is assumed, and their deep spiritual import explained.” –*Counsels on Stewardship*, p. 66

## 8. REGULARITY AND SYSTEM TO BE EXERCISED IN RETURNING TO GOD HIS OWN.

“And at that time were some appointed over the chambers for the treasures, for the offerings, for the firstfruits, and for the tithes, to gather into them out of the fields of the cities the portions of the law for the priests and Levites: for Judah rejoiced for the priests and for the Levites that waited.” Nehemiah 12:44 (Nehemiah 10:32–39; 2 Chronicles 31:11–21)

“This matter of giving is not left to impulse. God has given

us definite instruction in regard to it. He has specified tithes and offerings as the measure of our obligation. And He desires us to give regularly and systematically. . . . Let each regularly examine his income, which is all a blessing from God, and set apart the tithe as a separate fund, to be sacredly the Lord’s. . . . After the tithe is set apart, let gifts and offerings be apportioned ‘as God hath prospered you.’” –*The Review and Herald*, May 9, 1893

## 9. THE TITHE IS TO BE BROUGHT TO GOD’S STOREHOUSE.

“Bring ye all the tithes into the storehouse, that there may be meat in Mine house, and prove Me now herewith, saith the LORD of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.” Malachi 3:10 (Exodus 23:19)

“The tithe is sacred, reserved by God for Himself. It is to be brought into His treasury to be used to sustain the gospel laborers in their work.” –*Testimonies for the Church*, vol. 9, p. 249

“It is part of your work to teach those whom you bring into the truth to bring the tithe into the storehouse as an acknowledgment of their dependence of God.” –*Evangelism*, p. 250

## 10. THE TITHE IS RETURNED TO GOD IN PROPORTION TO THE INCOME, IN RECOGNITION THAT ALL WE ARE AND HAVE ARE HIS.

“And they shall not appear before the LORD empty: Every man shall give as he is able, according to the blessing of the LORD thy God which He hath given thee.” Deuteronomy 16:16–17 (Deuteronomy 14:22–23; 2 Corinthians 8:12)

“In the Bible system of tithes and offerings the amounts paid by different persons will of course vary greatly, since they are proportioned to the income.” –*Counsels on Stewardship*, p. 73

“In God’s dealing with the Jews and His people to the end of time, He requires systematic benevolence proportionate to their income.” –*Testimonies for the Church*, vol. 3, p. 405

## 11. RETURNING TITHES AND OFFERINGS IS PART OF WORSHIP, A JOYFUL EXPRESSION OF PRAISE, LOVE, AND GRATITUDE.

“And now behold, I have brought the firstfruits of the land, which thou, O LORD, hast given me. And thou shalt set it before the LORD thy God, and worship before the LORD thy God: And thou shalt rejoice in every good thing which the LORD thy God hath given unto thee, and unto thine house, thou, and the Levite, and the stranger that is among you.” Deuteronomy 26:10–11 (2 Corinthians 8:7–9; 9:12–13)

“God imparts His gifts to us that we also may give, and thus make known His character to the world. Under the Jewish economy, gifts and offerings formed an essential part of God’s worship. The Israelites were taught to devote a tithe of all their income to the service of the sanctuary. Besides this they were to bring sin offerings, free-will gifts, and offerings of gratitude. These were the means for supporting the ministry of the gospel for that time. God expects no less from us than He expected from His people anciently. The great work for the salvation of souls must be carried forward. In the tithe, with gifts and offerings, He has made provisions for this work.” –*Christ’s Object Lessons*, p. 300

**12. IN THE OFFERING SYSTEM THE INDIVIDUAL DETERMINES THE AMOUNT.**

“Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful giver.” 2 Corinthians 9:7

“God, the Creator of man, by instituting the plan of systematic benevolence, has made the work bear equally upon all according to their several abilities. Everyone is to be his own assessor and is left to give all he purposes in his heart.” –*Testimonies for the Church*, vol. 4, p. 469

“In determining the proportion to be given to the cause of God, be sure to exceed, rather than fall short, of the requirements of duty.” –*Ibid.*, p. 485

**13. THE BIBLE AND THE SPIRIT OF PROPHECY CLEARLY DEFINE THE TEMPORAL AND SPIRITUAL BLESSINGS THAT RESULT FROM FAITHFUL STEWARDSHIP.**

“And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work.” 2 Corinthians 9:8 (Deuteronomy 28:1–13; Malachi 3:10–12; 2 Corinthians 9:8–11

“The spiritual health and prosperity of the church is dependent in a great degree on her systematic benevolence. It is like the lifeblood which must flow through the whole being, vitalizing every member of the body.” –*Testimonies for the Church*, vol. 3, p. 405

**14. THE SUPREME PURPOSE OF THE TITHE IS TO DEVELOP CHARACTER AND TEST OUR LOYALTY TO GOD.**

“Return unto Me, and I will return unto you, saith the LORD of hosts. But ye said, Wherein shall we return? . . . Bring ye all the tithes into the storehouse, that there may be meat in Mine house, and prove Me now herewith, said the LORD of hosts.” Malachi 3:7–12

“God planned the system of beneficence, in order that man might become like his Creator, benevolent and unselfish in character, and finally be a partaker with

Christ of the eternal, glorious reward.” –*Testimonies for the Church*, vol. 9, p. 255

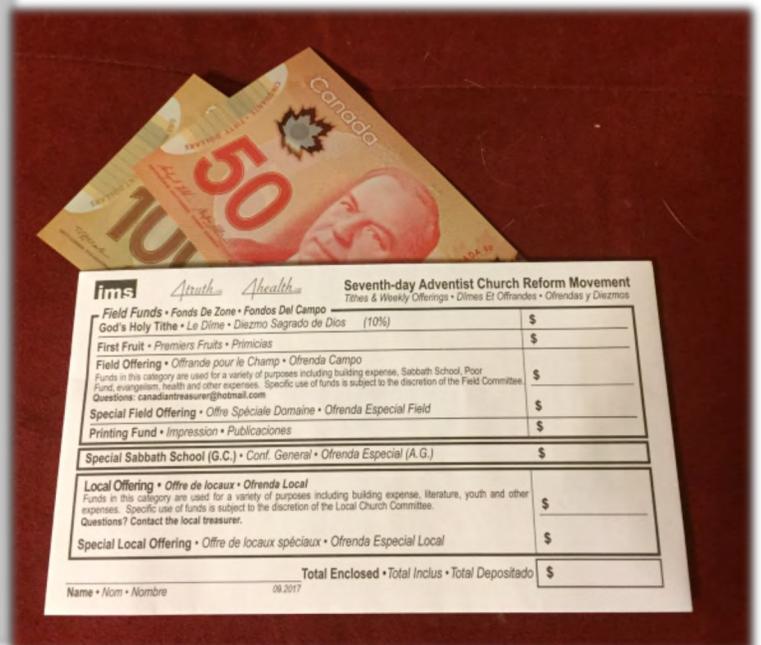
**15. IT IS THE CLEAR DUTY OF CHURCH LEADERS, MEMBERS AND PARENTS TO UNDERSTAND THAT FAITHFULNESS IN TITHE PAYING IS ONE OF GOD’S REQUIREMENTS.**

“Bring ye all the tithes into the storehouse, that there may be meat in Mine house, and prove Me now herewith, saith the LORD of hosts, if I will not open the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.” Malachi 3:10 (Leviticus 27:30, 32; Numbers 18:21; Deuteronomy 6:6–9; 8:11–18; Luke 11:42)

“Let the church appoint pastors or elders who are devoted to the Lord Jesus, and let these men see that officers are chosen who will attend faithfully to the work of gathering in the tithe. If the pastors show that they are not fitted for their charge, if they fail to set before the church the importance of returning to God His own, if they do not see to it that the officers under them are faithful, and that the tithe is brought in, they are in peril. They are neglecting a matter which involves a blessing or a curse to the church. They should be relieved of their responsibility, and other men should be tested and tried.” –*The Review and Herald*, December 1, 1986

“As great light has been given, God expects corresponding zeal, faithfulness, and devotion on the part of His people. There must be more spirituality, a deeper consecration to God, and a zeal in His work that has never yet been reached.” –*Testimonies for the Church*, vol. 5, p. 717. Amen!

*Ellen G. White*



# Quo Vadis?

## (Where are you going?)

Moments flee, hours do not last, days go by, the weeks rush fast  
Months speed forward fast, another year into eternity is cast.  
Nothing can return, time is swallowed up, some memories may remain a bitter cup --  
or stay as sweet delight in what has been. . .

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Think, o man, what you are living for, is pleasure, money, fun you score?  
Is the hunt for earthly treasure, trifling mirth, the major drive what life is worth?  
In this age "must have, must get, must see,"  
Self is first, so blind as to forget, a life of greed must end in misery.  
Precious years are squandered chasing vain pursuit, but lacking to produce the fruit,  
The Holy Spirit longs impart to those with earnest virtue do regard.  
But judgment lingers not, soon it will come, what will be your lot,  
weighted in the balance – wanting of obedience and faithfulness to God?  
You know the truth – but strayed away, esteemed it lightly, chose the way  
to venture after glitter and display –  
That must perish, so will you, this divine justice has to do.  
Wake up and be alarmed, from where so charmed to his bewitching ground  
Satan lured, beguiling you to gain and sin, casting out Jesus from within –  
but soon must give for this account.  
What seems enchanting as a whole, is but detrimental to the soul.  
Repent and pray and weep and seek again the One you have forsaken,  
You had cherished in your heart, for Jesus was your part.  
How perilous to neglect devotion, casting the eye on worldly notions,  
chasing dubious visions!  
How swiftly comes the fall, from truth thus to depart – O, how deceitful is the heart!  
Come now in spirit sorrow stricken and kneel before the cross,  
confess your sins, bemoan the loss, of times and years,  
which caused the Saviour suffer grief and tears.  
Surrender body, mind, and soul, the cleansing blood of Jesus makes you whole.

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A new creation now you are, filled with joy and peace and love,  
 with gratitude to live and serve, walking in the Spirit from above.  
 The Quo Vadis quest is stayed, your solemn view now fixed,  
 To yonder realms with light arrayed, and heavenly bliss and beauty mixed.  
 The Saviour's wounds were not in vain, enduring bitter anguish, pain and shame.  
 Out of love from Satan's evil spell, He ransomed you from death and hell.  
 The only worth of life is yield yourself to Him,  
 To know the bliss obeying, loving Him.  
 To Christ give all, surrender nothing less –  
 for beside Jesus all other things are nothingness! Amen.

*Edda Tedford, Canada*



## An Impressive Experience

“The afternoon of March 2 I spent in counsel with Brother and Sister S. N. Haskell, discussing the work in Oakland and their plans to go East to spend some time in South Lancaster. After our visit I was weary and retired early. I was suffering with rheumatism in my left side and could get no rest because of the pain. I turned from side to side, trying to find ease from the suffering. There was a pain in my heart that portended no good for me. At last I fell asleep.

“About half past nine I attempted to turn myself, and as I did so, I became aware that my body was entirely free from pain. As I turned from side to side, and moved my hands, I experienced an extraordinary freedom and lightness that I cannot describe. The room was filled with light, a most beautiful, soft, azure light, and I seemed to be in the arms of heavenly beings.

“This peculiar light I have experienced in the past in times of special blessing, but this time it was more distinct, more impressive, and I felt such peace, peace so full and abundant no words can express it. I raised myself into a sitting posture, and I saw that I was surrounded by a bright cloud, white as snow, the edges of which were tinged with a deep pink. The softest, sweetest music was filling the air, and I recognized the music as the singing of the angels. Then a Voice spoke to me, saying: ‘Fear not; I am your Saviour. Holy angels are all about you.’

“‘Then this is heaven,’ I said, ‘and now I can be at rest. I shall have no more messages to bear, no more misrepresentations to endure. Everything will be easy now, and I shall enjoy peace and rest. Oh, what inexpressible peace fills my soul! Is this indeed heaven? Am I one of God's little children? and shall I always have this peace?’

“The Voice replied: ‘Your work is not yet done.’

“Again I fell asleep, and when I awoke I heard music, and I wanted to sing. Then someone passed my door, and I wondered if that person saw the light. After a time the light passed away, but the peace remained.” – *Testimonies for the Church*, vol. 9, p. 65–66 *Ellen G. White*

*Note: Pictured above is the bed that Sister White saw this experience.*



HEALTH MATTERS:

# Food Additives:

## Artificial Colours and Artificial Sweeteners

“Our artificial civilization is encouraging evils destructive of sound principles. . . . The practices they enjoin, and the indulgences they foster, are steadily lessening both physical and mental strength, and bringing upon the race an intolerable burden. . .

“Many transgress the laws of health through ignorance, and they need instruction. But the greater number know better than they do. They need to be impressed with the importance of making their knowledge a guide of life.” – *Counsels on Diet and Foods*, p. 441

“If ever there was a time when the diet should be of the most simple kind, it is now. . . . Grains and fruits prepared free from grease, and in as natural a condition as possible, should be the food for the tables of all who claim to be preparing for translation to heaven.” – *Counsels on Diet and Foods*, p. 64

look more appetizing), consistency, and length of shelf life (preservation—delaying spoilage). They are also used for anti-caking, glazing, bleaching, and to maintain nutritional value through preservation. When combining raw foods to create a processed food product, often the means of processing creates a final product that is of a distasteful colour or odour, or clumps together; it may feel unpleasant when placed in one’s mouth. Many additives are chemicals that taste like food, so that when they are added to a food product, the product tastes like the food it is claimed to be. Other additives improve the “mouthfeel” of a product.

Most additives are chemical in nature, and have names that we as consumers do not recognize. Some additives have been taken from plants and animals, but have been highly processed before they are added to food products. How do we know what exactly is contained in an additive? The other question that we should ask ourselves

is whether the additive is from a vegetarian or vegan food source. Some additives are clearly from non-vegetarian sources such as rennet and glycerin. Others like mono- and diglycerides can be from plants or animals, while others are clearly from plant sources. To ensure that an additive is vegetarian, look for a label on the food product that indicates the products is “suitable for vegetarian diets” or specifically says either “vegetarian” or “vegan.” Even bread, which we would consider a vegetarian product, often may contain an animal source of monoglycerides. Unless the product is labelled as such, the only way to know if the additive is vegetarian or vegan would be to contact the manufacturer directly.

This month we will discuss two types of food additives that we find in processed foods—artificial colours and artificial sweeteners—and whether they are healthy for human consumption. It is the responsibility of the food manufacturers to test any food additive to determine its safety for human consumption. The government does not do any independent testing of additives. However, many groups who have concerns about the impact of food additives have done independent studies, some of which have shown alarming results.

Some additives that have been used in processed foods have now been determined as unsafe, and have been banned. The question arises about the safety of current additives, and whether any of them will be removed at a later date due to safety concerns. In the meantime, people are consuming these additives which could have negative implications to their health.

**INGREDIENTS**

WHOLE GRAIN WHEAT, SUGAR AND/OR GOLDEN SUGAR, RICE FLOUR, HIGH MONOUNSATURATED CANOLA OIL, FRUCTOSE, MALTODEXTRIN, DEXTROSE, SALT, CALCIUM CARBONATE, CINNAMON, TRISODIUM PHOSPHATE, MONO AND DIGLYCERIDES, SOY LECITHIN, CARAMEL COLOUR, BHT, SODIUM BENZOATE

**VITAMINS & MINERALS:** IRON, NIACINAMIDE (VITAMIN B3), CALCIUM PANTOTHENATE (VITAMIN B5), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), FOLATE.

**CONTAINS WHEAT AND SOY INGREDIENTS.**

When one looks at an ingredient list on a package of processed food, there are many items on the list that do not appear to be a food. Many chemicals are added for many different reasons. They are added to enhance the technical value of the food but do not add any nutritional value. They are typically added to improve the texture, flavour, colour (to make it

Many of these additives are in foods that we consider healthy, vegetarian, or vegan. Even certain “non-organic” substances are allowed as ingredients in or on processed products labelled as “organic”. Often these substances are additives that are questionable in terms of their effects on human health. In the United States, Europe and Canada, an organic label can be affixed to a food that has been certified as 95% organic. The reason for this is that some non-organic ingredients, including additives, are so “essential” that they are permitted in organic food. Additives to organic food must be on the government’s “approved” list in order to be used. Often the amount allowed in any food product is also dictated by the government. However, this oversight does not guarantee the safety of the additive in terms of our health.

### ARTIFICIAL FOOD COLOURING

In Canada, the List of Permitted Colouring Agents put out



by Health Canada contains food additives that are used to add or restore colour to a food. Often in processing, colour is removed or changed, and in order for

the food to look appealing, artificial colours are added. Artificial food colouring is used to brighten and improve the appearance of a large variety of processed foods. They can be found on the ingredient list in their various colour names, such as Allura Red, Brilliant Blue, and Sunset Yellow. Some colours are not identified with a colour name, such as annatto and tartrazine to hide the fact that an artificial food colour has been added. Artificial food colourings were originally manufactured from coal tar, which comes from coal. Today, most synthetic food dyes are derived from petroleum, or crude oil. To avoid artificial colours derived from petroleum, people try to consume foods whose colours are obtained from animals or plants, such as caramel, carotene, paprika, cochineal (from insects), and turmeric. 30-40% of processed foods contain naturally-derived food dyes.

Vegetarians should research any colour additives to determine if they are plant or animal based. Often the ingredient list will only state “natural colouring”, “artificial colouring” or just “colour”; in these cases the source of the colour is not identified, nor which specific chemical-based colour is being used. Unless the package states “no artificial colouring”, the word “colour” indicates a chemical colour. However, even with the words “natural colouring” the colour can potentially be from an animal source. The only way to know if the product is vegetarian is if the food claims to be vegetarian, or by contacting the manufacturer. Many foods do have labeling that indicates that

“this food can be part of a vegetarian diet.” This will ensure that the product does not contain animal sources of colour.

More recently, there have been concerns about the potential health effects of these colours. Specific synthetic dyes such as Blue 1 have been shown to affect health by damaging chromosomes. Some countries have banned this colour. Some other examples are: Citrus red 2—bladder cancer—banned in the US. Fast green—bladder cancer; Blue 2—brain tumours; Red 40—chromosome damage, hyperactivity, and lymphomas. Red 40 is the most commonly used artificial food colouring in the United States.

Yellow 5 (tartrazine) is implicated in many adverse health effects—asthma, insomnia, allergies, behavioural effects, aggression, hyperactivity, lymphomas, thyroid tumours, and chromosome damage. Yellow 6 (sunset yellow)—eczema, hives, allergies, asthma, hyperactivity, thyroid tumours, and chromosome damage. Again, these are additives that were once considered safe, and now there is the recognition that these colours may not be healthy.

Some studies have shown that artificial food colours result in an increased risk of cancer. In the past, Red 3 was widely used, but was shown to increase the risk of thyroid tumours in animal studies; it has been replaced in foods by Red 40. In the US, the FDA tried to ban Red 3 but was unsuccessful; foods and products containing Red 3 can still be found. Although derived from plants, some types of caramel artificial colouring contain a potentially carcinogenic chemical called 4-methylimidazole.

Americans are consuming five times more food dyes now than in 1955. The problem with artificial colours is that not enough is known about the effects on human health; and as research continues, colours that were considered safe are no longer determined to be safe. More research is needed. However, we are consuming these colours in our foods while the testing for their safety continues.

In the end, food dyes are found primarily in processed foods, which should be limited in a healthy diet. Always opt for whole foods, which are higher in important nutrients and naturally free of artificial food coloring.



## ARTIFICIAL SWEETENERS



As the negative aspects of sugar have become more widely known, people are trying to restrict their consumption of sugar. The dietary guidelines from the US Department of Agriculture recommend a maximum of 10 teaspoons of sugar a day for the average person. Most Americans eat much more sugar than that—more like 30 to 40 teaspoons a day. Consuming high amounts of sugar is now linked to a host of health issues: obesity, chronic inflammation, diabetes, heart disease, and even cancer.

The obesity epidemic now encompasses two-thirds of the American population, including a third of children. In response to the consumer's wish to reduce sugar consumption, the food manufacturers developed artificial sweeteners, which taste like sugar but do not contain any calories. Artificial sweeteners are chemicals, created to sweeten food. They are used in many diet foods and beverages to enhance sweetness while reducing calorie content and so are popular among people who are trying to lose weight. They are also a cheaper alternative to real sugar. Very small amounts are needed as they contain the same level of sweetness as sugar in minute amounts. The different types of artificial sweeteners are anywhere from 200-20,000 times sweeter than table sugar. Some artificial sweeteners do contain calories, but because they are needed in such small amounts to sweeten food, they do not add significant calories to a food product.

The molecules of artificial sweeteners register the same way that sugar does in our mouth; our taste buds recognize the sweet taste. This alerts the brain that calories are on the way. The brain then sends signals to our pancreas to prepare for the release of insulin, which is needed for the cells to absorb the sugar. If the body is activated by the artificial sweetener, and there is no actual calories in the form of sugar the body gets confused as the pancreas still releases insulin. Continued over-production of insulin can lead to insulin resistance. The body no longer responds appropriately to glucose. This affects the body's metabolism, leading to diabetes and weight gain.

Common types of artificial sweeteners include aspartame, sucralose, saccharine, neotame, and acesulfame potassium. They are usually at the end of a food's ingredient list as very small amounts are needed to add sweetness to food products. These sweeteners are also found in individual packets, sold at restaurants or in grocery stores. The colour of the package typically indicates which sweetener is contained in the package. Aspartame—blue; saccharine/cyclamate—pink; sucralose—yellow/purple; stevia and monk fruit—green.

Some sweeteners have been banned since their introduction into our food. Cyclamate has been banned in the United States since 1970, however 130 countries approve its use, including Canada. In the past, saccharine was banned as it caused cancer in mice. Now it is allowed as researchers do not feel that the amount of saccharine consumed by any one

person will cause cancer. Will currently allowed sweeteners be banned in the future because of negative health effects?

Neotame is newer synthetic sweetener developed by Monsanto as its patent for aspartame was running out. Aspartame contains a substance that people with a certain medical condition cannot metabolize (phenylalanine); aspartame and neotame are made up of substances which metabolize into formaldehyde, which is a highly toxic poison. They also contain an excitotoxin that damages nerves. Neotame is made by adding 3, 3-dimethylbutyl (a chemical that the EPA lists on its most hazardous chemical list) to aspartame. Because it is used in such small amounts in food, it is considered safe to use. It is the cheapest sweetener on the market, 1% the cost of sugar and 3% the cost of HFCS (High fructose corn syrup). It has been approved for use in the US since 2002, and in the EU since 2010. Neotame is 7000-13,000 times sweeter than table sugar, and 30 times sweeter than aspartame. Neotame is also used as a substitute for molasses in livestock feed to encourage the animals to consume more food and thus increase their weight; people to who consume animal products are potentially also consuming neotame.

As a further concern, not all sweeteners are approved for use in all countries. Each country does its own studies into food additives, and based on their own research, they choose either to allow or ban a substance. There is clearly not a worldwide consensus on the potential effects on our health with artificial sweeteners. Thus, for these reasons, artificial sweeteners are the cause of heated debate. Another concern is that, although the FDA sets limits for what it considers safe amounts of artificial sweeteners in any one food, given the amount of foods that contain them, can we pass the limit on the amount that is safe?

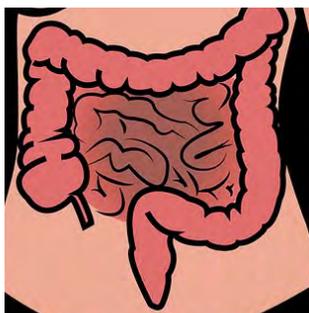
Although products containing artificial sweeteners are often "calorie-free" and thus inviting to those who want to reduce their caloric intake, there is debate as to whether they actually help people lose weight. Some studies show that they might actually increase a person's appetite, leading to weight gain. Since, the pathways in our brain that tell us that we are full are not triggered by artificial sweeteners due to their lack of calories, people consume more food as they still feel hungry; the body craves calories to satisfy hunger. Also, people who consume "zero-calorie" foods often feel that they then can compensate by indulging in sugary foods, often eating just as many calories if not more. This is true even with natural, low-calorie sweeteners such as stevia and monk fruit.

Artificial sweeteners can also cause people to crave all sweet sugary foods. The body gets used to a certain food, and then develops a preference for it. This is the addictive component of artificial sweeteners that people are cautioned about. On the other hand, some studies show that some people feel less hunger and consume less calories when they substitute foods containing sugar with foods that contain artificial sweeteners. The debate continues. . . .

The concern about artificial sweeteners is when it comes to

children. As more of these chemicals are included in more and more products, it is important to study how they affect the human body, especially over a lifetime of consumption. It has been found that mothers who use artificial sweeteners can pass them on in their breast milk, so children can be exposed to these sugar substitutes from their very first meal. If sweets can be used as a once-in-a-while treat, rather than a staple, this teaches children that the expectation of sugary foods is not a given at each meal. Then the amount of natural sugar given to children does not lead to weight gain, and artificial sweeteners can be avoided.

There are studies that indicate that artificial sweeteners increase a person's risk of cancer; however, the National Cancer Institute states that they have found no connection between artificial sweeteners and cancer. It is known that the proper balance of bacteria in your intestine—your gut flora, also known as the microbiome—is incredibly important for health. An altered gut flora can disrupt the body's ability to regulate blood sugar. There is evidence that artificial sweeteners may



disrupt the gut flora, therefore more research needs to be done. However, it appears that there is evidence that this is a cause for concern.

New Canadian research published in 2017 suggests that artificial sweeteners may be doing more harm than good. Scientists are warning that they may be tied to long-term weight gain, obesity, diabetes, high blood pressure and heart disease. The study also showed that there is a 14% increase risk of diabetes in people who consume artificial sweeteners on a daily basis compared to those who do not.

Another study shows that aspartame and acesulfame potassium increase lipids (cholesterol, triglycerides) in the bloodstream and decreases a molecule that is involved in clearing lipids from the bloodstream. They cause dysfunction in the lining of blood vessels, and have been linked to potential cardiovascular problems. The interesting finding was that these changes did not happen in the presence of natural sugars. This suggests that artificial sweeteners can contribute to diabetes and obesity by an entirely different mechanism in the body than natural sugars. The cause of these changes in the body is that artificial sweeteners appear to alter the activity of the genes responsible for the breakdown of fats and proteins. This is different from normal sugars, which contribute to cardiovascular disease through insulin resistance and by damaging the cells lining the body's blood vessels.

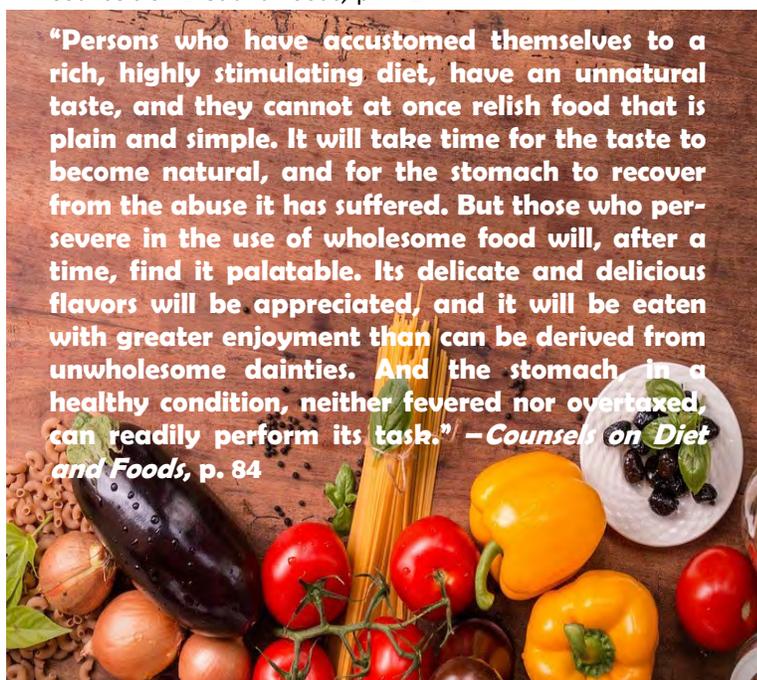
The concern arises because many people are increasingly consuming no-calorie sweeteners as a healthy option; and there is increasing use of artificial sweeteners in food products. According to researchers, over 40% of adult Ameri-

cans consume no-calorie sweeteners on a daily basis. Often consumers try to avoid artificial sweeteners, so a food manufacturer will be careful not to openly disclose the addition of an artificial sweetener. People need to go to the ingredients list to determine if the product contains any of the artificial sweeteners. Because they are so prevalent in our food products, many people who would choose to avoid using them are not aware they are consuming them. A Canadian researcher, Meghan Azad states that “there might be adverse effects of these sweeteners and there certainly isn't strong evidence they're beneficial. It might be a good idea to avoid [artificial sweeteners]. Caution is warranted until the long-term health effects of artificial sweeteners are fully characterized.”

Most health authorities consider artificial sweeteners safe when consumed in moderation, and so people use them to eat less sugar and lose weight.

Although there is a lack of consensus as to whether or not artificial sweeteners affect our health in negative ways, there is enough evidence to indicate that they do have negative effects and so the prudent thing would be to avoid foods that contain them altogether. Because there can be many different names for artificial sweeteners, it is hard to know whether a food contains them or not. To avoid artificial sweeteners, look for foods that are organic or ones that state that they are sweetened only with natural sugars. It is very difficult to find processed foods that do not contain some form of sugar, therefore, it is best to avoid processed foods as much as possible.

“There is great need of instruction in regard to dietetic reform. Wrong habits of eating and the use of unhealthful food are in no small degree responsible for the intemperance and crime and wretchedness that curse the world.” — *Counsels on Diet and Foods*, p. 441



# Janet's Problem



Janet and her little friends had a problem. That problem was the barefooted little boy who had recently come to live in the country. His home was the old house on the corner, in which no one had lived for years; at least no one except some wildlife, like birds and squirrels. The animals did not stay long after the arrival of Pete and his family, because Pete threw stones even at the bluebirds.

Janet was afraid of Pete. All the Primary Class children who attended the country school were afraid of the boy. He used to chase them and threaten to cut off their ears; once he whispered across the aisle to Betty that he would like to eat little girls, and she believed it.

The teacher said that Pete was a bad boy. There was never a school day when the child was not justly punished for something. It did seem as if no one ever said a kind word about Pete. Young Janet thought that even his mother was discouraged, because he cruelly teased his own brothers and sisters until they were in tears half the time.

No one in the country knew where Pete and his family lived before they came to the town. In reply to that question Pete said, "None of your business!" to the Sabbath school superintendent at church. At least he did attend church, but it did not seem to make a difference in his behaviour.

Janet was very much troubled about Pete. "He'll be a dreadfully bad man," she said to her mother, "unless someone can make him into a good little boy. The teacher says she can't do it—she's tried. She says it's a problem. Even the children's teacher at church cannot seem to help him."

"I'll tell you what to do, little daughter," said Janet's mother. "Try to think that Pete is the lovely boy he might have been if he had been born in a different

house, for example, the Perkin's house, and dear old Grandma Perkins was his own grandmother."

"But—but my mind isn't strong enough," objected Janet. "Besides, that wouldn't make Pete into a different kind of boy."

"No," agreed Wee Janet's mother; "but if you could imagine Pete is lovely, you must treat him in a different way, and it might make him better. However, it will make you a better person and you won't be so negatively affected by his behaviour."

The following day Janet tried her best to do as her mother suggested. The day after she begged all the little girls in the Primary Class to treat Pete as if he were a good boy. At last Janet and the Primary Class gave it up. It did not seem to do any good and they were getting frustrated.

"He just gets worse and worse," Janet told her mother. "He says he 'don't care for nothing or nobody'—that's just what he said."

"Well," replied Janet's mother, "there is one thing you can do, and that is, continue to always be polite and kind to him. Overcome evil with good. His behaviour may be bad, but if you treat him well and pray for him, maybe one day he will listen to the Lord and change his ways. But you cannot give up so easily."

Days passed. Every night when she said her prayers Janet remembered Pete. Each day she tried to be kind to him in every way known to a little girl eight years old and extremely small for her age. He threw the flowers she gave him into the dusty road and danced on them. He accepted her gifts only to destroy them, every one, and then called her "Cry-baby." Although she felt like crying, she held herself very well and tried not to let it bother her, but in her heart it really did.

At last the Sabbath-school superintendent learned that Pete was born and had lived all his life in a small apartment in a great city. His father died in State's Prison. After such a troubled beginning to his life, it seemed to Janet that there was almost no hope for Pete to ever change. But she kept on praying.

One Thursday morning the little girl's mother asked her to take a loaf of bread to Aunt Nancy. Janet shuddered as she had to walk right by Pete's house. Her mother, sensing her anxiety, tried to comfort and encourage her daughter. "You needn't be afraid to go by the Pete's house this morning," she said, "because your father was told that Pete went fishing today."

Janet was half way to Aunt Nancy's when not far up the road she saw Mr. Mason's red bull eating grass outside instead of inside the fence. He had somehow wandered out of his yard onto the road.

"Oh, that silly bull!" exclaimed the child, almost dropping her loaf of bread.

At that moment the red bull lifted his head. It is possible he thought that Janet was a big clover blossom. Anyway, the bull started walking briskly towards Janet. Mr. Mason always said the bull was harmless., but those horns did not look very harmless to Janet.

Janet, too frightened to move, screamed in terror. That scream brought a barefooted boy running over the fields. That boy was Pete.

"What's the matter, Janet?" he called.

At that moment Pete looked beautiful to Janet. It seemed to her that she never saw a finer looking boy than Pete, in his ragged clothing, when he picked up a stick and made the bull turn around and go the other way.

"Come on, Janet," called Pete. "I won't let him hurt you. I'll drive him back in his pasture and lock the gate. Just watch."

After the bull was safely in his pasture Pete insisted on going to Aunt Nancy's with Janet. "You might see a rattle snake on the way or some other danger," he explained, as if such a thing were probable.

Janet was very thankful to Pete for saving her and for keeping her company. She finally arrived at Aunt Nancy's house and went in to deliver her mother's loaf of bread. She visited for a half another and then decided to go home so she would arrive before dark. When she left Aunt Nancy's house she found Pete waiting at the gate. "Now I'll take you home," he said. "You're too little to be

out so late alone."

Janet's mother thanked Pete for taking care of her small daughter. Then she gave him a piece of gingerbread.

After that she showed him Janet's robin's nest and told him all about how the mother robin worked to build the nest, and how long she sat on the eggs before the little nestlings were hatched. Father Robin scolded Pete so vigorously for staying and watching too long



that Janet was afraid his feelings might be hurt. "You see," she explained, "he knows that you're a stranger.



"Now, Father Robin, don't make such a fuss." Janet said to the bird, "If Pete took care of me, he would take care of your babies, too. Wouldn't you, Pete?"

"Sure!" Pete replied with a broad grin.

From that hour there was a change in Pete. He told Janet's mother that he never knew anything about birds before; so she invited Pete to come every day to visit all of Janet's birds' nests and to read her bird books.

Before the end of the year, even the little girls in the Primary Class forgot, or appeared to forget, that Pete was ever a bad boy. He is in high school now, in town, and his mother never looks discouraged when she speaks of her eldest son, Peter, any longer.

As for Janet, to this day she sometimes wonders how it all came about. We can say that the prayers and kindness of young Janet and her friends helped to make the change. God had worked on the heart of the boy and used the young friends to help him change. You see Pete had a difficult upbringing and was mistreated by his father. His school mates in the city tormented and ridiculed him because of his father being in prison. Pete learned to hate. Until he was met with love.

People may misbehave but you do not know what experiences they made in life in the past to make them act badly today. Maybe all they need is some love and prayers and they will change. This is what Jesus did for us. "God commendeth His love toward us, in that, while we were yet sinners, Christ died for us." Romans 5:8. Our sins placed Him on the cross. But yet He still loved us, and he asks us to do the same for others.

# VEGAN CHEESE SAUCE

Making vegan cheese is not difficult. It is very simple. All you need is creamy vegetables, like carrots and potatoes. These vegetables are affordable everywhere. This vegan cheese is gluten-free and soy-free.

## INGREDIENTS

- 1 cup cooked potatoes (diced)
- 1 cup cooked carrots (diced)
- 1/2 cup cashew nuts soaked overnight, drained and rinsed
- 1/2 cup nutritional yeast
- 1 1/2 cup vegetable broth or water
- 1 tsp. paprika (optional)
- 1 Tbsp. fresh lemon juice
- 1 tsp. turmeric powder (optional)
- 1 tsp. salt
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. cumin powder (optional)



## PREPARATION METHOD

Boil the carrots and potatoes until soft. Then, blend all ingredients until a smooth sauce.

**NOTE:** For those who do not like the spicy flavour, the paprika, turmeric and cumin can be eliminated. Also, cashews may not be available or they may be very costly, therefore they can be eliminated and the vegetables can be increased. You can use 2 cups of carrots and 1 1/2 cups of potatoes. You may increase the salt to suit your taste.

*Dorcas N.K. Luboya*

For more delicious, easy, and healthy vegan recipes, visit [www.dorcasvegankitchen.com](http://www.dorcasvegankitchen.com).

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# **Curaçao—North American/Caribbean Division Symposium 2019**



## **Philippines**

**District Fellowship in Timog Church, Angeles City, Philippines**





This is Ellen G. White's writing chair/table. She came into this room in the early morning to begin her work. Often in the middle of the night. "I cannot sleep after twelve o'clock. There are many things that are brought before me which I wish to remember. I place myself in writing position. My mind has been greatly wrought upon during the night." —*Manuscript Releases*, vol. 16, p. 133

As she entered this room at noon on Sabbath, February 13, 1915, she fell and fractured her hip. It was in this room in a hospital bed that she spent the last few months of her life.