

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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- Telephone: 905-876-2518
- E-mail: imsmessenger@yahoo.com
- Internet: www.imsmessenger.org
- Mail: RR #3, 7899 15 Side Road, Milton, ON L9T 2X7, Canada

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The Valley of Humiliation

"In order to understand how great the love of Jesus is for you, look to Calvary. You can then know something of the depth, the breadth, and the height of that love, and you can see something of the condescension of God and the Lord Jesus Christ, as step by step the Saviour descended into the valley of humiliation. He did not stoop to sin, to defilement, but He stood on this atom of a world to battle with Satan and his host, and here to win for us an immortal inheritance, an inheritance which . . . fadeth not away.

"When He ascended on high, and led captivity captive, and gave gifts unto men, He left the battle in our hands, but we are not to fight in our own strength; we should certainly fail if we attempted it. Christ is there present with the Father to bring to our help the unseen intelligences. . . . What we need is the simplicity of faith, the meekness and humility of Christ. Then we shall trust wholly in the Lord of heaven, and He will be at our right hand to help us." *—In Heavenly Places, p. 270*

"Satan knows full well what a power for good is the life of a man of unbending integrity, and he puts forth zealous efforts to prevent men from living such lives. He comes to them with alluring temptations, promising them wealth, position, worldly honor, if they will but yield the principles of righteousness. And he has much success. . . . From the sad history of many who have failed we learn the danger of prosperity. It is not those who have lost their property who are in greatest danger, but those who have obtained a fortune. . . . Prayer is often requested for men and women in affliction, and this is right. But those in prosperity are more in need of the prayers of God's servants, for they are in greater

danger of losing salvation. In the valley of humiliation men walk securely while they reverence God and make Him their trust. On the lofty pinnacle, where praise is heard they need the help of special power from above." *—In Heavenly Places, p. 243*

"It is not the empty cup that we have trouble in carrying; it is the cup full to the brim that must be carefully balanced. Affliction and adversity may cause much inconvenience, and may bring great depression; but it is prosperity that is dangerous to spiritual life.

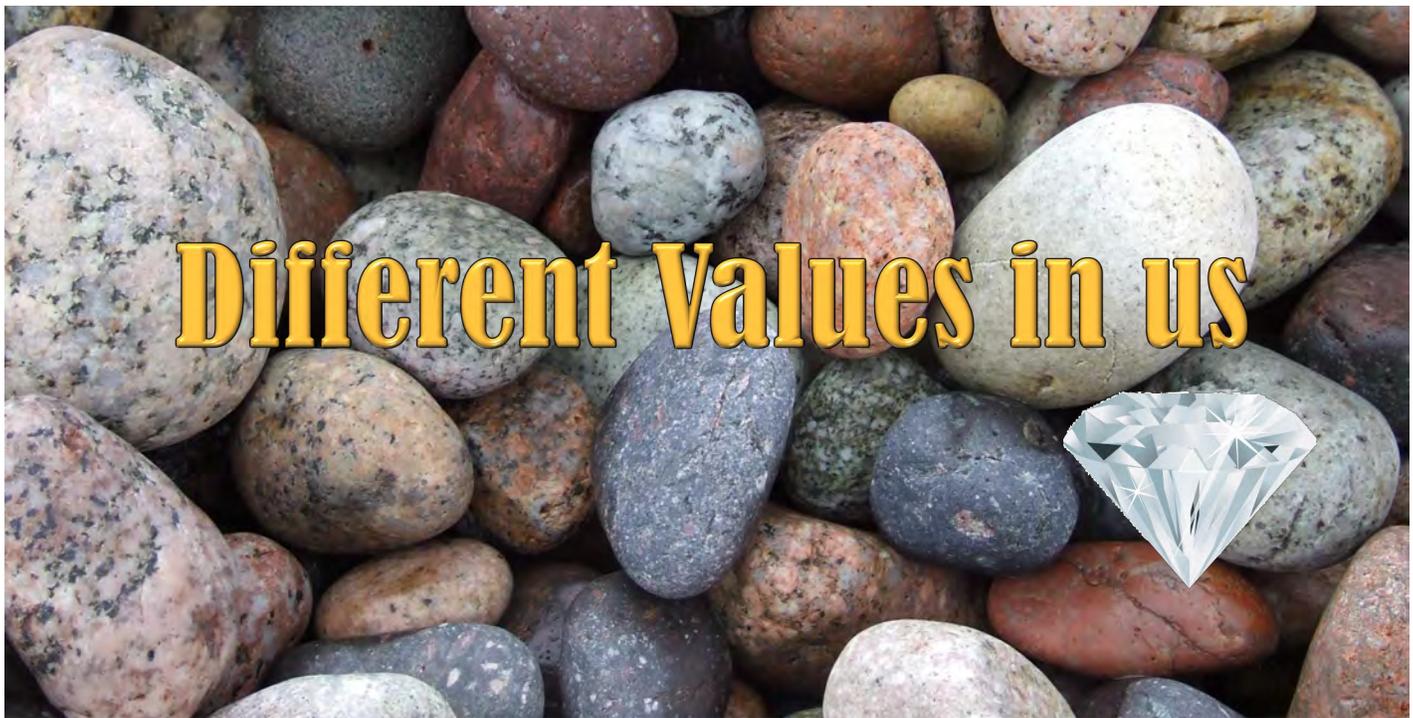
Unless the human subject is in constant submission to the will of God, unless he is sanctified by the truth, and has the faith that works by love and purifies the soul, prosperity will surely arouse the natural inclination to presumption.

"Our prayers need most to be offered for the men in high places. They need the prayers of the whole church, because they are entrusted with prosperity and influence.

"In the valley of humiliation, where men depend on God to teach them and to guide their every step, there is comparative safety. But let everyone who has a living connection with God pray for the men in positions of responsibility,—for those who are standing on a lofty pinnacle, and who, because of their exalted position, are supposed to have much wisdom. Unless such men feel their need of an Arm stronger than the arm of flesh to lean upon, unless they make God their dependence, their view of things will become distorted, and they will fall." *—The Review and Herald, December 14, 1905*

"The Need for Humility—Brethren and sisters, just as surely as we begin to look earnestly to Jesus and uncover our souls to Him, we shall go down deep into the valley of humiliation; and just so surely as we go down, we shall rise up again. The more humbly we live before God, the nearer we will come to Him, and the more distinct will be our view of Jesus Christ and His matchless light." *—Manuscript Releases, vol. 11, p. 240*

Ellen G. White



Different Values in us



A child was playing with the stones which he had found on the river's edge. One was different from the others, but to him they were all equal, until his father came and looked at them, and picked up the one that looked different. He realized that it was a valuable diamond, worth thousands of dollars.

The Jewish leaders were looking upon Jesus and Barabbas; they saw value in Barabbas, yet Jesus was worthless to them.

We also can make mistakes in our values. The Laodicean church looks upon themselves and says, "I am rich, and increased with goods, and have need of nothing; and knowest not that thou art wretched, and miserable, and poor, and blind, and naked." Revelation 3:17

Many flatter themselves that they are good, faithful Christians, but Jesus may tell them in the end, "I never knew you: depart from Me, ye that work iniquity." Matthew 7:23

"These poor souls I saw, were deceived by Satan. They flatter themselves that they are all right, that they are in favor with God and are rich in spiritual discernment, when they are poor, blind, and wretched. They are doing the work of Satan, but think they have a zeal for God." *-Testimonies for the Church*, vol. 3, p. 259

"There are thousands who are traveling the road of darkness and error, the broad road which leads to death, who flatter themselves that they are in the path to happiness and heaven; but they will never find the one nor reach the other." *-Ibid.*, p. 438

"Oh, how many flatter themselves that they have goodness and righteousness, when the true light of God reveals that all their lives they have only lived to please themselves! Their whole conduct is abhorred of God. How many are alive without the law! In their gross darkness they view themselves with complacency; but let the law of God be revealed to their consciences, as it was to Paul, and they would see that they are sold under sin and must die to the carnal mind. Self must be slain.

"How sad and fearful the mistakes that many are making! They are building on the sand, but flatter themselves that they are riveted to the eternal Rock. Many who profess godliness are rushing on as recklessly, and are as insensible of their danger, as though there were no future judgment. A fearful retribution awaits them, and yet they are controlled by impulse and gross passion; they are filling out a dark life record for the judgment." *-Ibid.*, p. 475

"If some who profess to believe present truth could understand their true position, they would despair of the mercy of God. They have been exerting all their influence against the truth, against the voice of warning, against the people of God. They have been doing the work of Satan. Many have become so infatuated by his deceptions that they will never recover. Such a state of backsliding cannot exist without causing the loss of many souls." *-Ibid.*, vol. 5, p. 103

Who is furthest from heaven, who is the greatest enemy of God, and Satan's most successful agent?

“None are further from the kingdom of heaven than self-righteous formalists, filled with pride at their own attainments, while they are wholly destitute of the spirit of Christ, while envy, jealousy, or love of praise and popularity controls them. They belong to the same class of the wicked one. Such persons are among us, unseen, unsuspected. They serve the cause of Satan more effectively than the vilest profligate; for the latter does not disguise his true character, he appears what he is.” – *Ibid.*, vol. 5, p. 226

How do the holy angels feel when Satan points to the lukewarm careless Christian and tells them, “Are these Christ’s followers? See what they do. Are these the ones that will be taken to heaven to have my place, from where I was cast out?” He is mocking the angels of God for protecting such worthless Christians.

From the quotations we just read, we learn that it is possible to misjudge ourselves; to value ourselves and others falsely. We can be very much deceived.

We are one human family, and we all have committed sins, yet our real value is vastly different—one is worthy of death, and the other is worthy of eternal life. What is it that makes the difference?

What is the value of the nations on the earth? “Behold the nations are as a drop of a bucket, and are counted as the small dust of the balance: behold, He taketh up the isles as a very little thing. . . . All nations before Him are as nothing; and they are counted to Him less than nothing, and vanity.” Isaiah 40:15, 17

What is the value of God’s faithful people? “Then they that feared the LORD spake often one to another; and the LORD hearkened, and heard it, and a book of remembrance was written before Him for them that feared the LORD, and that thought upon His name. and they shall be Mine, saith the LORD of hosts, in that day when I make up My jewels; and I will spare them as a man spareth his own son that serveth him.” Malachi 3:16–17

Among the masses of people, among the billions, there are few precious jewels, whom God will save, while others will be burned up in the end.

“Now therefore, if ye will obey My voice indeed, and keep My covenant, then ye shall be a peculiar treasure unto Me above all people: for all earth is Mine.” Exodus 19:5

The treasures that God has is so valuable that Jesus gave His life for them, and He wants to spend eternity in

their company on this earth. Now the question is, are you and I this peculiar treasure that God values so much? What does God see in us that is so valuable to Him, to pay such a price for us? What makes us His precious jewels? How does the rest of the world look upon God’s treasure and how much do they value God’s jewels?

“And others had trial of cruel mockings and scourgings, yea, moreover of bonds and imprisonment: They were stoned, they were sawn asunder, were tempted, were slain with the sword: they wandered about in sheepskins and goatskins; being destitute, afflicted, tormented: (Of whom the world was not worthy:) they wandered in deserts, and in mountains, and in dens and caves of the earth.” Hebrews 11:36–38

Jesus said, “If the world hate you, ye know that it hated Me before it hated you. If ye were of the world, the world would love his own: but because ye are not of the world, but I have chosen you out of the world, therefore the world hateth you.” John 15:18–19

When a prospector scoops sand with his pan from the river bottom, is it all nuggets of gold and precious stones? No, there is only one small piece of gold here, and one there, and they are carefully picked up while the rest of the sand and gravel are thrown back. So, also,



God is carefully seeking precious jewels among the nations of the world.

God values His jewels so much that He sent His Son to this world, to suffer and die for us. Now the important thing is, how much do we value our Father in heaven, and Jesus His Son, for all their efforts and sufferings They made for us? Is He the treasure and goodly pearl for us? Are we willing to give up all in order to buy the Pearl?

We read in the Bible, “The Lord saith, Be it far from Me; for them that honour Me I will honour, and they that despise Me shall be lightly esteemed.” 1 Samuel 2:30

God has given us a love letter in the form of a book—the

Bible. Among the millions of books in the world there is one that we can call a jewel; if we read it we honour God. If we love God, we will read His love letter every day. If we read worldly books and magazines, we honour Satan.

Another way to honour God is with our money and substance. "Honour the LORD with thy substance, and with the firstfruits of all thine increase." Proverbs 3:9

This does not say to pay tithes only, but to honour Him with all that we have. Every time you spend money ask yourself, "Does this honour God? Am I a faithful steward to Him?"

We can also honour God with our time, especially our free time—our holidays and evenings. Missionary work is very precious work in our free time; we honour God by doing it.

Do you honour God by attending all religious services? "Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching." Hebrews 10:25

"Some have made a serious mistake in neglecting to attend the public worship of God. The privileges of divine service will be as beneficial to them as to others, and are fully as essential.

"Some have failed to see the real importance, not only of attending religious meetings, but also of bearing testimony for Christ and the truth. If these brethren do not obtain spiritual strength by the faithful performance of every Christian duty, thus coming into a closer and more sacred relation to their Redeemer, they will become weak in moral power. They will surely wither spiritually unless they change their course in this respect." —*Testimonies for the Church*, vol. 4, p. 539–540

Our words which we speak will honour God or dishonour Him. Satan is honoured when Christians speak angry words, or gossip or speak evil of others. When they speak vanity and selfish words, Satan is rejoicing, and God is dishonoured.

Do you honour God by your appearance, your dress, your ornaments and your hairstyle? Can Christ be seen in you as you walk on the street?

God has given us instruction about whom we should love. We must love God, for sure, but others also. Children are to love their parents. Husbands and wives are to love each other. Members of the church are to respect and love one another. This all is a part of our holiness

and our value in the presence of the Holy Spirit. Yet, by dwelling on selfish and worldly thoughts we drive the Holy Spirit away.

By going to places of entertainment, reading worldly books and magazines, watching worldly shows, we drive angels away from our company.

In the end, God has very few jewels, few who honour Him. We sometimes put out an effort to obey God, but without love to Him it is not possible. If we only would learn to know ourselves, how poor and weak and selfish we are, this self-knowledge would lead us to humility and to trust in God only. If we would understand that all our good works depend on a power outside of ourselves, this would lead us to love God more than anything else.



Will God one day say to me, "Well done thou good and faithful servant"? When millions of false Christians are cast into the lake of fire—am I chosen to spend eternity in the company of Christ and His angels?

The struggle is fierce; therefore, many will fail in this testing time. We need to draw closer together, and carry each other's burdens, and to pray for each other.

Place Christ and Satan side by side, and then decide whom you will obey, to whom you will give your loyalty, affections, and honour. The Lord is worthy of our love, respect, and honour.

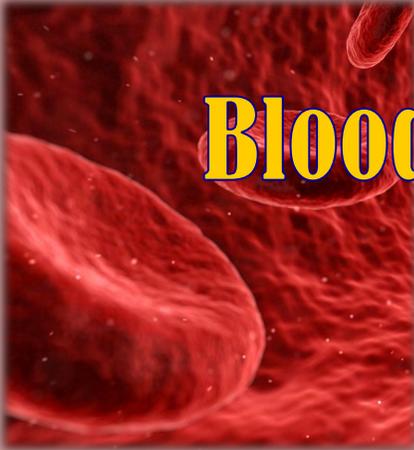
Let us make sure that we are the jewels of God. Examine yourselves every day, and surrendering to Christ, put out an earnest effort to overcome sin. If we find something wrong in our characters. Jesus will be an ever present help for us to overcome.

"This is the value God places upon man, and again He says, 'I will make a man more precious than fine gold; even a man than the golden wedges of Ophir.' But God will do nothing without the co-operation of the human agent." —*Temperance*, p. 287. Amen.



Timo Martin

Blood, Sweat, and Tears



I am sure most of us are familiar with these three words used together, “Blood, Sweat, and Tears.” They are simply fluids that the body emits in particular situations. Yet, when used together, they have taken on another meaning in the English language. In modern day usage they imply a huge amount of effort, dedication, and hard work. When someone wants something really badly, or accomplishes something with great effort and sacrifice to themselves, it is said that they put their blood, sweat, and tears into the endeavour, such as an education that earned them a PhD, or an athlete training for the Olympics.

The expression was used by Winston Churchill, British Prime Minister, in May 1940 in a wartime speech in which he declared: “I have nothing to offer but blood, toil, tears, and sweat.” His intention was to warn the British people of the hardships to come in fighting WWII.

Although Churchill has often been said to originate the phrase, it existed centuries before he lived. In 1611 John Donne wrote (First Anniversary), “. . . ’tis in vaine to dew, or mollifie it [this world] with thy teares, or sweat, or blood.”

Ultimately though, it came from the Bible. A man named Christmas Evans, a Welsh preacher, spoke a sermon in 1837 on the subject. He stated: “Christ the High Priest of our profession, when He laid down His life for us on Calvary, was bathed in His own blood, sweat and tears.” It is said that he knew the Bible by heart and took his choice of words from Luke 22:44 in *The King James Bible*. “And being in an agony He prayed more earnestly: and His sweat was as it were great drops of blood falling down to the ground.” Luke 22:44. Although in this verse, Jesus sweated literal blood, we can definitely say (as the saying indicates),

that Jesus put His blood sweat and tears into the salvation of mankind.

Churchill, although not a preacher or Bible Student, borrowing the phrase, “blood, sweat, and tears” for his famous wartime speech, he can be given credit for making it a popular saying in the everyday English language.

The thought for us to seriously consider is that, as Christmas Evans pointed out, Jesus put His blood, sweat and tears into our salvation. That is what it took on His part. Nothing less would suffice. Jesus gave up all His heavenly power to live like us. He was sinless; yet, Jesus fought for our salvation with cries and tears, discouragement, and exhaustion. Tears of grief, betrayal and heartache. It was in Gethsemane that Jesus was wrestling with the greatest decision of His earthly journey. He was deciding whether to go to the cross or not. Every aspect of His humanity was crying out against submitting to this awful ordeal. Yet, He decided to submit to His Father’s will—for you and for me. It is impossible for finite man to comprehend the intensity of His anguish as He bore the weight of the sins of the world. Never forget this struggle.



Now, Jesus asks the same of you—to put your blood,

sweat and tears into obtaining salvation. Why? Is it fair? He asks, not in a selfish manner such as, "Misery loves company." Or. "I suffered to provide this opportunity for you so now you have to suffer also to make it." No, that is far from the God we serve. He died to spare us any more suffering than is necessary. So why are we being expected to put our blood, sweat, and tears into our salvation?

Some Christians leave all the sorrow, suffering, blood, sweat, and tears to Jesus. They feel He has done all the suffering and sacrificing for them and their sin, and now they can drift into heaven. All they have to do is to claim to believe in, and to love, Jesus. They sing His praises, but they make no effort to change their lives or to help others. They believe there should be no suffering on their part. They think that they need make no effort because Jesus will change their character when He comes. While it is true that we cannot atone for our sins in the least by our actions, yet we are told, "We are to do all that we can do on our part to fight the good fight of faith. We are to wrestle, to labor, to strive, to agonize to enter in at the strait gate. We are to set the Lord ever before us. With clean hands, with pure hearts, we are to seek to honor God in all our ways. Help has been provided for us in Him who is mighty to save. . . The true worker will have divine power to aid him, but the idler will not be sustained by the Spirit of God." *—Faith and Works*, p. 48

"The work of gaining salvation is one of copartnership, a joint operation. There is to be co-operation between God and the repentant sinner. This is necessary for the formation of right principles in the character. Man is to make earnest efforts to overcome that which hinders him from attaining to perfection. But he is wholly dependent upon God for success. Human effort of itself is not sufficient. Without the aid of divine power it avails nothing. God works and man works. Resistance of temptation must come from man, who must draw his power from God. On the one side there is infinite wisdom, compassion, and power; on the other, weakness, sinfulness, absolute helplessness." *—The Acts of the Apostles*, p. 482

There are definite spiritual lessons to be learned from these three elements. Blood represents life. The shedding of blood results from a physical injury. Sweat reflects that for which you are willing to work, a result of physical exertion. Tears are an emotional response in an extreme situation such as overwhelming stress or joy. Let us look at each one of the elements separately.

Blood

Blood is associated with injury. It can be a minor wound that needs a little band-aid, or a major wound, that needs stitches. It can be a surgical wound—hurt to heal. "I wound, and I heal." Deuteronomy 32:39. "For He maketh sore, and bindeth up: He woundeth, and His hands make whole." Job 5:18. Or it can be a fatal wound leading to death. It took a fatal wound to the Son of God, to obtain salvation for you.



Christianity is built upon the fact that we have a Saviour who shed His blood on the cross so that you and I can have eternal life. The ceremonial laws in the Jewish nation, in the Old Testament, included many animal sacrifices. "For the life of the flesh is in the blood: and I have given it to you upon the altar to make an atonement for your souls: for it is the blood that maketh an atonement for the soul." Leviticus 17:11. Blood holds a high place in the plan of salvation. The blood of Christ is repeatedly described as the vital element in redemption. Remove the doctrine of the blood and blood atonement from the Bible and we are left without a Saviour. By His death Christ paid the penalty and satisfied the claims of the law. Jesus sweat great drops of blood, showing the extreme struggle and stress He was going through for your salvation.

We read, "And almost all things are by the law purged with blood; and without shedding of blood is no remission." Hebrews 9:22. Whose blood? Yes, Jesus' blood cleanses us from all sin; however, for us to be saved, we must follow Jesus to Calvary. Paul wrote, "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave Himself for me." Galatians 2:20. It requires our blood also in that our old nature must be crucified with Christ—killed.

In addressing the struggle against sin, the Apostle Paul stated that "Ye have not yet resisted unto blood striving against sin." Hebrews 12:4. You must resist, as did Jesus, unto blood if that is what it takes. You must resist the enemy even if you sweat blood, or are wounded—wounded unto death. Still resist. The martyrs in ages past, resisted unto death.

Blood is shed when a physical injury occurs. "And if thy right hand offend thee, cut it off, and cast it from thee:

for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell." Matthew 5:30. Jesus uses figurative language here. A fox may gnaw off its paw if held in a trap in order to escape. A lizard will sacrifice his tail, or a crab its claw. However, no person in their sane mind would wilfully injure themselves unless in an extreme situation. "To prevent disease from spreading to the body and destroying life, a man would submit to part even with his right hand. Much more should he be willing to surrender that which imperils the life of the soul." —*Thoughts from the Mount of Blessing*, p. 60. "All our sins must be put away. Every darling indulgence that hinders our religious life must be cut off. The right eye or the right hand must be sacrificed, if it causes us to offend." —*Our High Calling*, p. 155

The word "mortify" means to put to death. Blood will flow when someone is killed. This word is used twice in the New Testament. "For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live." Romans 8:13. Those who live after the flesh, it is inevitable—they will die. Paul then writes in present tense "do mortify", which would indicate a continuous process of putting to death. Something has to die. Either *our sins* die, or *we* must die. No man can be saved in his sins.

"Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry." Colossians 3:5. What are we told to put to death? Paul lists: fornication (sensual desires), uncleanness (moral defilement), inordinate affection (passionate desire), evil concupiscence (evil desire) and covetousness (desire for more). These are all selfish desires. Ask yourself if you still have any of these desires alive in your self? If so, they must be put to death—now.

We are to kill the old man in order to live with Christ. "Those who would rather die than perform a wrong act are the only ones who will be found faithful." —*Testimonies for the Church*, vol. 5, p. 53

"Again the Son of God was seized with superhuman agony, and fainting and exhausted, He staggered back to the place of His former struggle. His suffering was even greater than before. As the agony of soul came upon Him, 'His sweat was as it were great drops of blood falling down to the ground.' The cypress and palm trees were the silent witnesses of His anguish. From their leafy branches dropped heavy dew upon His stricken form, as if nature wept over its Author wrestling alone

with the powers of darkness." —*The Desires of Ages*, p. 689

Inanimate nature witnessed the seriousness of Jesus' agony, while the disciples were sleeping. Are you sleeping? Or are you resisting unto blood—agonizing for your salvation?

Sweat

When do we sweat?

When we have physically exerted ourselves. "In the sweat of thy face shalt thou eat bread." Genesis 3:19. The yoke is a symbol of labour; a symbol of service to make cooperative effort possible. The purpose of the yoke is not to make the burden heavier, but lighter.

"You are elected to wear the yoke of Christ, --to bear His burden, to lift His cross." —*Christian Education*, p. 118. "It is good for a man that he bear the yoke in his youth." Lamentations 3:27.



This is something that needs to be encouraged and taught to young children. A man is fortunate who has learned this lesson in his youth, then the remainder of his life will be tempered with patience. Then, "the youth may have principles so firm that the most powerful temptations of Satan will not draw them away from their allegiance." —*Maranatha*, p. 82. "God calls young men in the vigor and strength of their youth to share with Him self-denial, sacrifice, and suffering." —*Maranatha*, p. 121. Every Christian is called to put his/her sweat into the work of the Lord.

When we are scared, anxious or stressed. In this scenario, certain reactions occur in our body, and we may sweat. Some Christians may fear losing salvation due to the recognition of their sinful nature. To these Jesus says, "Come unto Me, all ye that labour and are heavy laden, and I will give you rest. Take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For My yoke is easy, and My burden is light." Matthew 11:28–30. "In these words Christ is speaking to every human being. Whether they know it or not, all are weary and heavy-laden. All are weighed down with burdens that only Christ can remove. The heaviest burden that we bear is the burden of sin. If we were left to bear this burden, it would crush us. But the Sinless One has taken our place. 'The Lord hath laid on Him the iniquity of us all.' Isaiah 53:6. He has borne the burden of our guilt. He will take the load from our weary shoulders. He will give us rest.

The burden of care and sorrow also He will bear. He invites us to cast all our care upon Him; for He carries us upon His heart." —*The Desire of Ages*, p. 328–329



When we are sick with a fever. The spiritual condition of the natural man is very sickly, "From the sole of the foot even unto the head there is no soundness in it; but wounds, and bruises, and putrifying sores: they have not been closed, neither bound up, neither mollified with ointment." Isaiah 1:6

Sin causes sickness—spiritual sickness. When we are sick it is natural to search for a remedy. There is only one remedy for sin and Jesus is wanting to discuss it with you. "Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool." Isaiah 1:18. In this promise the worst of sinners can find comfort and healing. With the help of God, any and all sinners, regardless of how guilty, may obtain purity, holiness and complete mastery over every besetment. Solomon wrote: "Whoso confesseth and forsaketh them shall have mercy." Proverbs 28:13. "No repentance is genuine that does not work reformation. The righteousness of Christ is not a cloak to cover unconfessed and unforsaken sin." —*Conflict and Courage*, p. 302

Sometimes the sweat can be good. A fever will kill the pathogens (enemy), cleansing the soul.

The Lord allows sickness sometimes in order to keep a person humble. Paul was sick for his salvation. "And lest I should be exalted above measure through the abundance of the revelations, there was given to me a thorn in the flesh, the messenger of Satan to buffet me, lest I should be exalted above measure." 2 Corinthians 12:7

Of Elisha, the faithful prophet of God, it is written, "Now Elisha was fallen sick of his sickness whereof he died." 2 Kings 13:14

Of Ellen G. White, the prophetess of the end times it is written, "We arrived on the campground Tuesday noon. Wednesday I was stricken with sickness. A burning fever came upon me, and for three days and almost four I was not dressed. The prospect of my laboring looked very dark." —*Manuscript Releases*, vol. 20, p. 359. Many times she was sick.

Sickness is not always a punishment from God for our unhealthful life habits. Sometimes, it is a test in the per-

missive will of God to keep one humble who would otherwise be prone to be proud.

Jesus sweat great drops of blood in extreme agony. As time gets closer to the end, the enemy will become more angry and aggressive towards God's faithful children. During the time of Jacob's Trouble, God's faithful children will be found agonizing in prayer. They will possibly be sweating in agony also.

Tears

"Thou tellest my wanderings: put Thou my tears into Thy bottle: are they not in Thy book?" Psalm 56:8. We all have shed tears at one point or another in our lives, whether tears of sorrow or tears of joy. Jesus has a very tender regard for the sorrows of man and makes note of every tear that you shed.



"Jesus wept." John 11:35. Yes, Jesus wept. This word in Greek (*dakruo*) used here literally means to "shed tears." What was the scenario? He wept when he came to the home of Lazarus, Mary and Martha. Lazarus had just died and Jesus was sad when He saw all the people weeping and wailing. His humanity was touched with human sorrow, and He wept with the sorrowing, not because Lazarus had died, but because of the people's expressions of sorrow. He knew that Lazarus would be raised up shortly.

Jesus did not weep for Himself in a pitying fashion as many do today, "poor me". In fact, on the way to Calvary, He told the weeping women, "Daughters of Jerusalem, weep not for Me, but weep for yourselves, and for your children." Luke 23:28. Jesus did not disdain their sympathy, but He was looking ahead to the destruction of Jerusalem in 70 A.D. when many would perish at the hands of the heathen.

We often weep for ourselves. "We are to grow daily in spiritual loveliness. We shall fail often in our efforts to copy the divine pattern. We shall often have to bow down to weep at the feet of Jesus, because of our shortcomings and mistakes; but we are not to be discouraged; we are to pray more fervently, believe more fully, and try again with more steadfastness to grow into the likeness of our Lord. As we distrust our own power, we shall trust the power of our Redeemer, and render praise to God, who is the health of our countenance, and our God." —*God's Amazing Grace*, p. 302

"The Lord is very pitiful and of tender mercy. He is touched by our sorrows, and even the utterance of them

moves His great heart of infinite love. There is no chapter in our experience too dark for Him to read, no perplexity too complicated for Him to unravel. Our Heavenly Father is not unobserving; He sees our tears, He marks our sighs, He notes our joys and sorrows. 'He healeth the broken in heart, and bindeth up their wounds.'" *-The Bible Echo, February 1, 1893*

We weep for help during our trials and difficulties, but do we weep because our sins caused the death of Jesus? Do we weep because each time we sin we, "crucify . . . the Son of God afresh, and put Him to an open shame?" Hebrews 6:6. We hurt the one who loves us the most. This should be a definite cause for weeping on our part.

Yet we are called to be happy. "As Christians we ought to praise God more than we do. We ought to bring more of the brightness of His love into our lives. . . .

"The Lord is not pleased to have His people a band of mourners. He wants them to repent of their sins, that they may enjoy the liberty of the sons of God. Then they will be filled with the praises of God, and will be a blessing to others." *-In Heavenly Places, p. 94*

The redeemed will cry tears of joy when they see Jesus coming in the clouds of heaven to take them away from the curse of this wretched world in which we live. "And God shall wipe away all tears from their eyes." Revelation 21:4

"The yoke [sweat] and the cross [blood] are symbols representing the same thing--the giving up of the will to God. Wearing the yoke unites finite man in companionship with the dearly beloved Son of God. Lifting the cross cuts away self from the soul, and places man where he learns



how to bear Christ's burdens. We cannot follow Christ without wearing His yoke, without lifting the cross and bearing it after Him. If our will is not in accord with the divine requirements, we are to deny our inclinations, give up our darling desires, and step in Christ's footsteps." *-Our High Calling, p. 100*

You must put your blood, sweat, and tears into your salvation. "In one way we are thrown upon our own energies; we are to strive earnestly to be zealous and to repent, to cleanse our hands and purify our hearts from every defilement; we are to reach the highest standard, believing that God will help us in our efforts. We must seek if we would find, and seek in faith; we must knock, that the door may be opened unto us. The Bible teaches

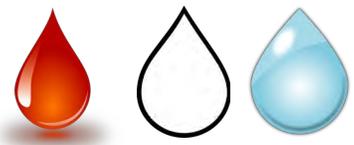
that everything regarding our salvation depends upon our own course of action. If we perish, the responsibility will rest wholly upon ourselves. If provision has been made, and if we accept God's terms, we may lay hold on eternal life. We must come to Christ in faith, we must be diligent to make our calling and election sure." *-Faith and Works, p. 48.* "We are on the great battlefield of life, and let it never be forgotten that we are individually responsible for the issue of the struggle." *-Testimonies for the Church, vol. 5, p. 337-338.* "The reason why many find the Christian life so deplorably hard, why they are so fickle, so variable, is, they try to attach themselves to Christ without first detaching themselves from these cherished idols." *-Messages to Young People, p. 118*

Praise the Lord, we have a Redeemer who is by our side to help us every step of the way. "The forgiveness of sin is promised to him who repents and believes; the crown of life will be the reward of him who is faithful to the end." *-Faith and Works, p. 48-49*

"Are we willing to welcome the Holy Spirit's aid, and co-operate with it, putting forth efforts and making sacrifices proportionate to the value of the object to be obtained?" *-The Review and Herald, February. 10, 1903.* "God wishes us to have the mastery over ourselves. But He cannot help us without our consent and co-operation. The divine Spirit works through the powers and faculties given to man. Of ourselves, we are not able to bring the purposes and desires and inclinations into harmony with the will of God; but if we are 'willing to be made willing,' the Saviour will accomplish this for us." *-The Acts of the Apostles, p. 482-483*

"Heaven will be cheap enough if we obtain it through suffering. . . . As I saw what we must be in order to inherit glory, and then saw how much Jesus had suffered to obtain for us so rich an inheritance, I prayed that we might be baptized into Christ's sufferings, that we might not shrink at trials, but bear them with patience and joy, knowing what Jesus had suffered that we through His poverty and sufferings might be made rich." *-Child Guidance, p. 567.* Jesus put His blood, sweat, and tears into your salvation. Are you willing to follow His footsteps by putting your blood, sweat and tears into working out your salvation? Jesus has promised to help you and, throughout eternity, you will never regret that you did. Amen

Wendy Eaton





When Jesus was on this earth travelling through the cities and villages, teaching in a place not far from Jerusalem, someone came up to Him, asking a very important question, "Lord, are there few that be saved? And He said unto them, Strive to enter in at the strait gate: for many, I say unto you, will seek to enter in, and shall not be able." Luke 13:23-24. From this we can ask a second question which could be, "Why will many seek to enter in, and not be able?" Are they too big to enter?

In another place we read that Jesus said, "Not every one that saith unto Me, Lord, Lord, shall enter into the kingdom of heaven." Matthew 7:21

Again I ask, why? And again, I ask, are they *too big to enter*?

This short phrase "Too big to enter," will be developed in this article. During a discussion last month we were talking about a person here in Africa who came to church. He became friends with some of the members, but after discovering all the truth, he did not accept it and left without giving us a reason. He found no error or mistake in the principles of faith, and doctrines of the church. He said he found them to be blameless, but he still remained in his Sunday church. This is how I, Cristina Calibo, told Brother Victor Shumbusho that "he was too big to enter." What does this mean to you? The gate is still open to us all. Do you feel you are too big to enter the gate? What gate is spoken of here?

I would like to relate a legend: There was a group of animals living peacefully in a park. One day the owner

of the park decided to intentionally burn the grassland. He knew that fire is as essential to many of the world's ecosystems as sunlight or precipitation, particularly for forests and grassland. A controlled fire can make room for new growth, thus revitalizing the grasslands. Not wanting the animals to be injured, he informed the animals and provided a place for them to escape. There was a big cave that would keep them safe while the fire was burning. The only drawback was that the entrance to the cave was very small. Those animals with large horns would need to cut their horns in order to be able to enter the cave and save their lives. If they did not cut their horns, they would not be able to fit through the entrance. A date was set for all the animals with horns to come and have their horns cut. One of the animals though, refused to heed the warning saying that "I cannot cut off my horns. They are beautiful and needed for self-defense." Thus he went away, keeping his horns. On the appointed day of the fire, all the animals safely entered the cave. The fire began to roar and the animal who refused to part with his horns lost his life at the entrance of the cave while trying in vain to enter. All the other animals were safe during the crisis. Only the proud one perished at the entrance. He was "too big to enter" because his pride prevented him from parting with his horns.

What can you learn from this legend? Is there something that is preventing you from entering the heavenly kingdom? Jesus said, "Remember Lot's wife." Luke 8:32 (Genesis 19). This very short phrase is significant. She was too big to enter Zoar.

STRAIT GATE, NARROW WAY

“Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat: Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.” Matthew 7:13–14. Are you among these few that find it?

“‘Strive to enter in at the strait gate;’ ‘for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat: because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.’ These roads are distinct, separate, in opposite directions. One leads to eternal life, the other to eternal death. The roads are opposite; one is broad and smooth, the other narrow and rugged. So the parties that travel them are opposite in character, in life, in dress, and in conversation.

“Those who travel in the narrow way are talking of the joy and happiness they will have at the end of the journey. Their countenances are often sad, yet often beam with holy, sacred joy. They do not dress like the company in the broad road, nor talk like them, nor act like them.” —*Testimonies for the Church*, vol. 1, p. 127

“‘There is a way that seemeth right unto a man, but the end thereof are the ways of death.’ Proverbs 16:25. Ignorance is no excuse for error or sin, when there is every opportunity to know the will of God. A man is traveling and comes to a place where there are several roads and a guideboard indicating where each one leads. If he disregards the guideboard, and takes whichever road seems to him to be right, he may be ever so sincere, but will in all probability find himself on the wrong road.” —*The Great Controversy*, p. 597–598

Today Christians travel on different paths and how sad it is that some of these paths lead away from God and the truth. It is our prayer that you will set your mind and feet on that good old path on which you must travel so that you may find rest for your soul.

They way to heaven is narrow and some will be too big to enter that road. This is why Christ solemnly advised His followers to, “Strive to enter in at the strait gate: for many, I say unto you, will seek to enter in, and shall not be able.” Luke 13:23–24

AN OBJECT LESSON THROUGH AN INSPIRING DREAM

Ellen White, prophetess of God, was given a vision as to why some will not reach their destination.

“While at Battle Creek, Michigan, in August, 1868, I dreamed of being with a large body of people. A portion of this assembly started out prepared to journey. We had heavily loaded wagons. As we journeyed, the road seemed to ascend. On one side of this road was a deep precipice; on the other was a high, smooth, white wall. . . .

“As we journeyed on, the road grew narrower and steeper. In some places it seemed so very narrow that we concluded that we could no longer travel with the loaded wagons. We then loosed them from the horses, took a portion of the luggage from the wagons and placed it upon the horses, and journeyed on horseback.

“As we progressed, the path still continued to grow narrow. We were obliged to press close to the wall, to save ourselves from falling off the narrow road down the steep precipice. As we did this, the luggage on the horses pressed against the wall, and caused us to sway toward the precipice. We feared that we should fall, and be dashed in pieces on the rocks. We then cut the luggage from the horses, and it fell over the precipice. We continued on horseback, greatly fearing, as we came to the narrower places in the road, that we should lose our balance and fall. At such times, a hand seemed to take the bridle, and guide us over the perilous way.

“As the path grew more narrow, we decided that we could no longer go with safety on horseback, and we left the horses and went on foot, in single file, one following in the footsteps of another. At this point small cords were let down from the top of the pure white wall; these we eagerly grasped, to aid us in keeping our balance upon the path. As we traveled, the cord moved along with us. The path finally became so narrow that we concluded that we could travel more safely without our shoes; so we slipped them from our feet, and went on some distance without them. Soon it was decided that we could travel more safely without our stockings; these were removed, and we journeyed on with bare feet.

“We then thought of those who had not accustomed themselves to privations and hardships. Where were such now? They were not in the company. At every change, some were left behind, and those only remained who had accustomed themselves to endure hardships. The privations of the way only made these more eager to press on to the end.

“Our danger of falling from the pathway increased. We pressed close to the white wall, yet could not place our feet fully upon the path; for it was too narrow.

“We then suspended nearly our whole weight upon the cords, exclaiming: ‘We have hold from above! We have hold from above!’ The same words were uttered by all the company in the narrow pathway.

“As we heard the sounds of mirth and revelry that seemed to come from the abyss below, we shuddered. We heard the profane oath, the vulgar jest, and low, vile songs. We heard the war song and the dance song. We heard instrumental music, and loud laughter, mingled with cursing and cries of anguish and bitter wailing, and were more anxious than ever to keep upon the narrow, difficult pathway. Much of the time we were compelled to suspend our whole weight upon the cords, which increased in size as we progressed.

“I noticed that the beautiful white wall was stained with blood. It caused a feeling of regret to see the wall thus stained. This feeling, however, lasted but for a moment, as I soon thought that it was all as it should be. Those who are following after will know that others have passed the narrow, difficult way before them, and will conclude that if others were able to pursue their onward course, they can do the same. And as the blood shall be pressed from their aching feet, they will not faint with discouragement; but seeing the blood upon the wall, they will know that others have endured the same pain.

“At length we came to a large chasm, at which our path ended. There was nothing now to guide the feet, nothing upon which to rest them. Our whole reliance must be upon the cords, which had increased in size, until they were as large as our bodies. Here we were for a time thrown into perplexity and distress. We inquired in fearful whispers, ‘To what is the cord attached?’ My husband was just before me. Large drops of sweat were falling from his brow, the veins in his neck and temples were increased to double their usual size, and suppressed, agonizing groans came from his lips. The sweat was dropping from my face, and I felt such anguish as I had never felt before. A fearful struggle was before us. Should we fail here, all the difficulties of our journey had been experienced for nought.

“Before us, on the other side of the chasm, was a beautiful field of green grass, about six inches high. I could not see the sun, but bright soft beams of light, resembling fine gold and silver, were resting upon this field. Nothing I had seen upon earth could compare in beauty and glory with this field. But could we succeed in reaching it? was the anxious inquiry. Should the cord break, we must perish. Again, in whispered anguish, the words were breathed, ‘What holds the cord?’

“For a moment we hesitated to venture. Then we exclaimed: ‘Our only hope is to trust wholly to the cord. It has been our dependence all the difficult way. It will not fail us now.’ Still we were hesitating and distressed. The words were then spoken: ‘God holds the cord. We need not fear.’ These words were then repeated by those behind us, accompanied with: ‘He will not fail us now. He has brought us thus far in safety.’

“My husband then swung himself over the fearful abyss into the beautiful field beyond. I immediately followed. And oh, what a sense of relief and gratitude to God we felt! I heard voices raised in triumphant praise to God. I was happy, perfectly happy.” –*Christian Experience and Teachings of Ellen G White*, p. 179–184

TOO BIG TO ENTER

The dream is very clear. There were many travelers at the beginning. They started the journey with wagons. As they progressed, the path began to grow narrow. They then had to press close to the wall, leaving behind the loaded wagons. Finally, they had to leave the horses also and remove their shoes. Many of them got left behind along the way.

This clearly means that we need to continue making an assessment as to what we need to remove from our lives; what we need to leave behind on our journey to heaven. How easy it would be to get to heaven if there was no self-denial or cross.

“The Word of God has not widened the narrow way, and if the multitude have found a path where they can wear a form of godliness and not bear the cross or suffer tribulation, they have found a way where our Saviour did not walk and they follow another example than that which Christ set before us. Is it not enough that Jesus left the felicity and glory of heaven, endured a life of poverty and deep affliction, and died a cruel, shameful death to provide for us the joys of holiness and heaven? And can it be that we, the worthless objects of so great a condescension and love, will seek after a better portion in this life than was given to our Redeemer?” –*Our High Calling*, p. 288

“When we read that many will seek to enter in and shall not be able, then we want to understand what we shall do in order to succeed. This to us is a mournful statement, that there are those who will fail to enter in at the strait gate because they only seek to enter in, and do not



strive. . .

"We are in a world where sin and iniquity prevail, and we want to know what we shall do in order to inherit life. We cannot any of us afford to miss the great reward that is presented before the overcomer. We want to know that the steps that we are taking are heavenward instead of earthward." *-In Heavenly Places*, p. 263

"Here is the condition of the only saving election in the Word of God. We are to become partakers of the divine nature, having escaped the corruption that is in the world through lust. We are to add grace to grace, and the promise is, 'If ye do these things, ye shall never fall: for so an entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ.'" *-The Seventh-day Adventist Bible Commentary*, vol. 6, p. 1114

"We point you to the ladder set up on earth, reaching to the city of God. Plant your feet on the ladder. Forsake your sins. Climb step by step and you will reach God above the ladder, and the Holy City of God. . . .

"When the successive steps have all been mounted, when the graces have been added one after another, the crowning grace is the perfect love of God--supreme love to God and love to our fellow men. And then the abundant entrance into the kingdom of God." *-Our High Calling*, p. 75

WHY SOME ARE TOO BIG TO ENTER

Those who do not have faith, meekness and humility. "Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven." Matthew 18:3

"Wherefore if thy hand or thy foot offend thee, cut them off, and cast them from thee: it is better for thee to enter into life halt or maimed, rather than having two hands or two feet to be cast into everlasting fire. And if thine eye offend thee, pluck it out, and cast it from thee: it is better for thee to enter into life with one eye, rather than having two eyes to be cast into hell fire." Matthew 18:8-9

Those who allow their fleshly lusts to control them will be too big to enter.

Those who do not keep God's commandments. "And,

behold, one came and said unto Him, Good Master, what good thing shall I do, that I may have eternal life? . . . if thou wilt enter into life, keep the commandments." Matthew 19:16-17. All those who claim to follow Him but do not keep His commandments, shall not enter.

Those who make an idol of their riches. "Verily I say unto you, That a rich man shall hardly enter into the kingdom of heaven." Matthew 19:23. "And Jesus looked round about, and saith unto His disciples, How hardly shall they that have riches enter into the kingdom of God!" Mark 10:23

"However large, however small the possessions of any individual, let him remember that it is his only in trust. For his strength, skill, time, talents, opportunities, and

means, he must render an account to God." *-Counsels on Stewardship*, p. 22

"The tithes . . . is the Lord's.' Here the same form of expression is employed as in the law of the Sabbath. 'The seventh day is the Sabbath of the Lord thy God.' Exodus 20:10. God reserved to Himself a specified portion of man's time and of his means, and no man could, without guilt, appropriate either for his own interests." *-Patriarchs and Prophets*, p. 525-526

"A tithe of all our increase is the Lord's. He has reserved it to Himself, to be employed for religious purposes. It is holy. Nothing less than this has He accepted in any dispensation. A neglect or postponement of this duty, will provoke the divine displeasure. If all professed Christians would faithfully bring their tithes to God, His treasury would be full." *-The Review and Herald*, May 16, 1882

"Our self-denying benevolence, our willing offerings, are to give evidence that the truth has been doing its work upon our hearts." *-The Review and Herald*, July 14, 1904

"The Lord does not need our offerings. We cannot enrich Him by our gifts. Says the psalmist: 'All things come of Thee, and of Thine own have we given Thee.' Yet God permits us to show our appreciation of His mercies by self-sacrificing efforts to extend the same to others." *-Counsels on Stewardship*, p. 18

Those who are not born again. "Except a man be born

of water and of the Spirit, he cannot enter into the kingdom of God." John 3:5. To be born again—to be baptized by water and by the Holy Spirit is a necessary requirement to enter the kingdom of God.

"And again I say unto you, It is easier for a camel to go through the eye of a needle, than for a rich man to enter into the kingdom of God." Matthew 19:24

"The love of money lies at the root of nearly all the crimes committed in the world. Fathers who selfishly retain their means to enrich their children, and who do not see the wants of the cause of God and relieve them, make a terrible mistake. The children whom they think to bless with their means are cursed with it." —*Counsels on Stewardship*, p. 330–331

Throughout the ages, riches and honor have been attended with much peril to one's humility and spirituality. It is when a man is prosperous, when all his fellow men speak well of him, that he is in special danger.

Why are the prosperous in peril? "For we brought nothing into this world, and it is certain we can carry nothing out. And having food and raiment let us be therewith content. But they that will be rich fall into temptation and a snare, and into many foolish and hurtful lusts, which drown men in destruction and perdition.

For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows." 1 Timothy 6:7–10

Do you honour God with your material blessings? Remember that soon riches shall be of no value.

"The time of trouble, which is to increase until the end, is very near at hand. We have no time to lose. . . . The time of trouble—trouble such as was not since there was a nation [Daniel 12:1]—is right upon us, and we are like the sleeping virgins." —*Last Day Events*, p. 12

"Houses and lands will be of no use to the saints in the time of trouble, for they will then have to flee before infuriated mobs, and at that time their possessions cannot be disposed of to advance the cause of present truth.

"It is too late now to cling to worldly treasures. Soon unnecessary houses and lands will be of no benefit to anyone, for the curse of God will rest more and more heavily upon the earth. The call comes, 'Sell that ye have, and give alms' [Luke 12:33]." —*Last Day Events*, p. 261

TAKE HEED

Dear reader, as you read above, many will try to enter

but will not be able, "Let us therefore fear, lest, a promise being left us of entering into His rest, any of you should seem to come short of it." Hebrews 4:1. "All who preach the truth will not themselves be saved by it. Said the angel: 'Be ye clean, that bear the vessels of the Lord.'" —*Testimonies for the Church*, vol. 1, p. 262

Strive to enter, "For without are dogs, and sorcerers, and whoremongers, and murderers, and idolaters, and whosoever loveth and maketh a lie." Revelation 22:15

"It is not enough to enter upon this warfare, we must pursue it to the end. We must know nothing of yielding. . . . To the overcomer is promised the triumphal victory. 'To him that overcometh will I give to eat of the tree of life, which is in the midst of the paradise of God.'" —*Ye Shall Receive Power*, p. 360

"We should never forget that we are placed on trial in this world, to determine our fitness for the future life." —*Counsels on Stewardship*, p. 22

You need to ask yourself: What must I do now as I strive to enter?

-How much time do I spend in the reading the Word of God?

-How much time do I spend in prayer?

-How much time do I spend in fellowship with other true Christians?

-How much "spiritual fruit" am I bearing?

-Does my life show the "fruit" of love? The fruit of joy? The fruit of peace? The fruit of patience? The fruit of kindness? The fruit of goodness? The fruit of faithfulness? The fruit of gentleness? And the fruit of self-control?

When running the race, John Stephen Akhwari said, "My country did not send me over 11,000 kilometres to start a race but, to finish one." Likewise, Christ has not called you to only start the race, but, He has called you to finish it.

May these words inspire you to pray for the coming of the kingdom of heaven and to seek for it above all earthly treasures, so that you may be part of the kingdom of grace now, and you may enter the kingdom of glory when Jesus comes in the future. Amen.

**Cristina Abbly Calibo
(Philippines) and
Victor Shumbusho
(D R Congo)**



HEALTH MATTERS:

Milk

Alternatives



profile so unique that we cannot obtain the nutrition elsewhere in our diet? As we reviewed last month, dairy-based milk can cause a lot of negative health

“Animals from which milk is obtained are not always healthy. They may be diseased. A cow may be apparently well in the morning, and die before night. Then she was diseased in the morning, and her milk was diseased, but you did not know it. The animal creation is diseased.” –*Counsels on Diet and Foods*, p. 356. “In a short time the milk of the cows will also be excluded from the diet of God’s commandment-keeping people.” –*Ibid.*, p. 411 (Written in 1898)

In the October 2020 issue of *The Reformation Messenger*, we looked at the revolution of Food Guides, specifically Canada’s Food Guides. Many countries’ Food Guides have similar recommendations and have evolved over the years as new knowledge was incorporated into providing their population with the best-possible nutrition advice. We then looked specifically at the “Milk” category, which had been a long-standing category in all Food Guides from 1942 to 2007. Finally, in 2019, milk no longer had a category of its own. It was included in the broad-based category of “proteins”. There was finally a recognition that people did not need dairy milk in the diet to provide a nutritionally balanced diet. Instead of dairy-based milk, many have turned to plant-based “milks” as a substitute in recipes and dishes that once contained dairy-based milk.

effects due to various components it contains, such as saturated fats, carbohydrates in the form of lactose, and protein in the form of casein. Dairy milk also contains calcium, vitamin B12, riboflavin (B2), and phosphorus. It is also fortified with Vitamin A (lost in processing) and vitamin D. However, these vitamins and minerals can be obtained through other food sources. Many plant foods are high in calcium, such as soybeans, beans, peas, lentils, certain nuts and seeds, and leafy green vegetables. Riboflavin can be found in nutritional yeast, quinoa, avocado, almonds, wild rice, and mushrooms. Foods containing phosphorus also include beans, soybeans, nuts, seeds, chickpeas, quinoa, and lentils.

Plant based foods and plant-based milks, contain unsaturated fats, as well as the healthy Omega-3 fat. All plants contain carbohydrates, and in a form that is readily digestible, unlike the lactose in dairy products. Vitamin B12 is the only component that cannot be as readily obtained in a vegan diet; however, nutritional yeast contains Vitamin B12, and many plant-based milks are fortified with Vitamin B12. When considering the harm to one’s health from the other components of dairy milk, drinking it solely for its vitamin B12 content does not provide for a safe source of vitamin B12. If there is any concern with a deficiency of Vitamin B12 in one’s diet, taking a Vitamin B12 supplement is recommended.

Another benefit of plant-based milks, which is not found in dairy milk, is the healthy phytochemicals that all plant-based foods contain. These have many positive health effects based on their anti-oxidant, anti-inflammatory, anti-cancer, hormone regulating, and immune boosting properties. Plant-based milks also contain many different vitamins and minerals, as do al

NUTRITIONAL COMPARISON OF DAIRY VS PLANT MILKS

Do these plant-based milks provide the same nutritional value as dairy-based milks? Other important questions to ask are, do we actually *require* the nutrition that dairy-based milks contain? Is its nutritional



plant-based foods. Also, plant-based milks provide fiber, which is lacking in dairy-based milks.

We see the push for diets that promote animal protein over carbohydrates, such as the Paleo Diet. People who eat animal products in the form of meat, milk, and other dairy products are consuming more protein than the body needs. The body cannot use the extra protein efficiently and this puts a burden on the bones, kidneys, and liver. Excess protein is stored by the body in the form of fat. Diets high in animal protein, including dairy based milk, can contribute to deficiencies in calcium and Vitamin D, dehydration, diarrhea, including more well-known effects such as heart disease, cancer, and kidney disease. These effects are not found in consuming plant proteins. A plant-based diet eating a variety of foods, is nutritionally complete in protein content, without the risks involved in consuming excess proteins.

In conclusion, there is no nutrient that is contained in dairy milk that cannot be supplied from a plant-based diet. To make a comparison of dairy milk to plant-based milks in terms of nutritional content is not, in my opinion, even necessary or helpful. Eating a healthy vegan diet, with a variety of fruits, vegetables, grains, nuts, seeds, and beans will more than compensate for the nutrition found in a glass of dairy milk. The side-to-side comparisons are most often made by promoters of dairy milk to try to prove its superiority over plant-based milks.

USE OF PLANT-BASED MILKS

Because a significant percentage of the world's population cannot digest the lactose in dairy milk, people are switching to plant-based milks, which are now readily available. People are drinking less dairy milk. In 2018, according to statistics, sales of cow's milk dropped 6 percent from the previous year, and sales of plant-based milks went up 9 percent. Worldwide sales of non-dairy milk alternatives more than doubled between 2009 and 2015; this is due both to consumer demand and the increasing array of products that are available to meet the increased demand. Meanwhile, consumption of cow's milk has dropped 13 percent in the U.S. over the last five years.



There are also some drawbacks to plant-based milks. The main one is that most plant milks are not made using organic crops, and some are GMO crops. Certain plant milks affect the environment in a negative way; for example, almond farm-

ing is destroying many of the world's bees. Also, it requires significant amounts of water to produce, often in areas that suffer drought conditions during growing season thus using valuable water that could be used elsewhere. Other factors include how the farming of the crop affects people and native habitats, especially in developing countries.

Some plant milks are more sustainable than others, in their impact on the environment. However, overall, plant-based milks are better for the environment than dairy-based milks. When referring to the impact that any action has on the environment, we refer to "sustainability" which is defined as "the avoidance of the depletion of natural resources in order to maintain an ecological balance." As quoted in the last article, a 2018 study by the University of Oxford showed that to produce one glass of dairy milk results in almost three times more greenhouse gas emissions than any plant-based milk, and uses nine times more land to produce in raising and feeding cattle, than any of the dairy milk alternatives. When God created this world, he also gave mankind dietary guidelines. If we adhere to these guidelines, mankind is able to feed the world without significant negative impacts on the environment, and the amount of food that would be produced would be able to feed the world, without anyone going hungry.

We will review all the current milk alternatives on the market. This month we will look at soy milk.

SOY MILK

Soy milk is the most recognizable plant-based milk, and was the "original" replacement for cow's milk; it has been available for the longest time, being on the market since the 1950s. Soy milk is derived from the soybean plant, a species of legume native to East Asia. Not only is soy used in milk, but it is incorporated into many food items in the form of tofu, tempeh, miso, soy sauce and edamame.



Soy is also a significant source of nutrition for livestock. 70% of the world's soybean crops are fed to livestock, because it is cheap and allows the livestock to gain weight quickly so that they can get to market faster. Only 6% is grown for human consumption. The rest of the soy crops goes to producing soybean oil. Because such a large quantity of soybean crops is needed to feed livestock for meat and dairy production, a lot of natural habitats have been destroyed to create soy farms, espe-

cially rainforests. For example, in the Amazon rainforest large areas of the rainforest has been burned down to make way for soy. If soy crops were used strictly for mankind to eat directly, we would not need such large quantities of soy to be grown, and much more of our beautiful natural surroundings would remain intact. We would also be able to provide a greater amount of food for the world's population overall. In fact, if we look at the total of all animal agriculture, it takes up 77% of all agricultural land on earth, but only supplies 17% of our food.

Interestingly, the food that is fed to cows to produce beef for human consumption, is healthier than the beef itself. Farmers feed cows a nutritious diet of soybeans; then when humans consume the cow, they are eating a product that is unhealthy. The world would be much healthier if people consumed the soybean itself, instead of feeding it to livestock first, and eating the meat and dairy products from the livestock.

A drawback of soy milk is that it is one of the top three genetically modified organisms (GMOs) in the USA, with 94% of all soybeans in the country being GMOs. In fact, most (82%) of the soybean crops worldwide are GMOs. Much is still not known as to the effects of GMOs on the human body especially with prolonged use over time. Most mainstream soy milk brands use non-GMO ingredients. When drinking soy milk, look for cartons that are labeled organic as they will not contain GMO soybeans. Soy can also be a common allergen, and many people cannot consume soy. There are other plant-based milk products that can be used instead of soy for those who are allergic.

Soy milk is made by soaking, crushing, cooking, and straining soybeans. In terms of protein content, it is the only milk alternative that naturally contains the same amount of protein as a cup of cow's milk; it is considered a complete protein with 16 amino acids and provides 8 grams of protein per cup. Soy protein can also reduce cholesterol levels. And plant proteins in general are also known to cause less calcium loss through the kidneys compared to animal proteins. Soy milk is also fortified with omega-3 fatty acids



and naturally contains fiber. Most soy milk is also fortified with vitamins A, D, B12, and calcium. In addition, soy milk is a good source of potassium, manganese and magnesium. When manufacturing soy milk, it is the "least processed" out of all plant-based milks. However, soy milks can contain thickeners, sometimes in the form

of carrageenan which improve its consistency and shelf life. The safety of carrageenan has been recently questioned; many of these findings were based on testing the degraded form of carrageenan, which is not approved for use in food. Some studies show that food-grade carrageenan can increase inflammation in the intestines; therefore, if you have concerns, look for soy milks that do not contain carrageenan as the thickener.

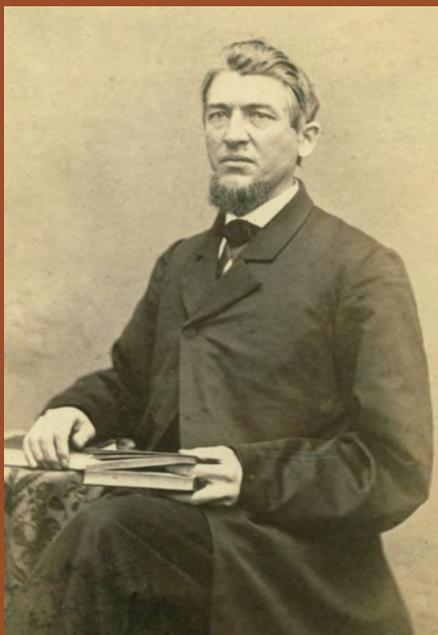
All plant-based foods have a variety of phytochemicals—compounds which protect the plant from various pathogens that may damage the plant, such as fungi, bacteria and viruses; they also give plants their aroma, colour, and flavour. The same protective qualities of phytochemicals that the plant enjoys is then transferred to the person who eats the plant. Many phytochemicals provide desirable health benefits beyond basic nutrition to reduce the risk of major chronic diseases. Soy is rich in the phytochemicals known as flavonoids; they are anti-oxidants, anti-inflammatory, and heart protective. They reduce the risk of osteoporosis, some cancers, and reduce levels of unhealthy cholesterol. In countries which consume large quantities of soy, the incidence of prostate and breast cancer is much lower. In the past, soy has been maligned for its levels of isoflavones which are similar to the female hormone, estrogen. Concern was surrounding the effects in men of consuming the estrogens in soy. Studies show that massive quantities, more than anyone could consume in one's diet, would be required for soy to be a problem. Plant estrogens have been found to reduce the risk of heart disease. Especially for women, soy helps to reduce the risk of breast cancer, post-menopausal symptoms, and bone mineral density reduction in post-menopausal women. If anyone has concerns about soy milk, the bonus is that there are many other milk alternatives available.

In addition to drinking soy milk, it can be used in baking and cooking; soy milk can be used cup for cup, in the same ratio as dairy milk. The flavour may be slightly different, but the final product will be similar in texture and consistency. Overall, soy milk is nutritious, healthy, and a delicious addition to one's diet.

"The light given me is that it will not be very long before we shall have to give up any animal food. Even milk will have to be discarded. Disease is accumulating rapidly. The curse of God is upon the earth, because man has cursed it." —*Counsels on Diet and Food*, p. 357 (Written in 1899—121 years ago. How soon is soon?)

NEXT MONTH: REVIEW OF OTHER MILK ALTERNATIVES

Merritt Eaton Cornell



Merritt E. Cornell was born on February 26, 1827 in a small town called Chili, New York. At the age of 10 his family moved to Michigan. Not much is known about his parents, but he had at least one younger brother, Myron Cornell.

During the 1840's the Cornells accepted William Miller's prediction regarding the Second Coming of Jesus, that it would occur sometime in 1843 or 1844. Merritt was aged 17 at the time of the Great Disappointment on October 22, 1844.

Merritt Cornell early believed the advent message, and dedicated his life to preaching it.

In 1849 he married Angeline M. A. Lyon, the daughter of Henry and Deborah Lyon, who were early Adventist believers from Plymouth, Michigan. Angeline was also the sister of the woman whom Merritt's brother, Myron, would later marry.

After studying the Bible with Joseph Bates at the home of Daniel and Abigail Palmer in Jackson, Michigan, in August 1852, Merritt and Angeline became Sabbath-keeping Adventists. Merritt immediately began sharing the truth with others. On his way home from the meetings, he stopped to tell his friend Kellogg about the Sabbath truth. He then went to tell Angeline's father, J. P. Kellogg and Cornell's father-in-law; both accepted the Bible evidence and became Sabbath keepers.

In Grand Rapids, Michigan, in January 1853, Cornell and James White ordained the young J. N. Loughborough who had also become a Sabbath-keeping Advent-

ist the year before. Cornell became an active co-worker with Loughborough. James and Ellen White then persuaded both men to go on a preaching tour of Indiana, Illinois, and Wisconsin in the summer of 1853. During this tour, they met J. H. Waggoner of Wisconsin who also then accepted the message. Angeline assisted her husband as a Bible instructor. She helped by staying after the meetings closed to help potential converts make a decision. They held their meetings in homes and school houses at that time.

In 1854 Cornell helped the Whites with evangelism. They faced a problem in that only half the peo-

ple who wanted to come and listen could fit in the school room or homes. After one of the meetings, James White said they needed to purchase a tent the next year, thinking that it would take that amount of time to raise the money. Cornell immediately responded by saying, "let's buy it now." At the next meeting they had raised enough money to buy it. It cost them \$160.00.

Then in July 1854, in Battle Creek Michigan, the first Sabbatarian tent meetings were held. The meetings were conducted by Loughborough and Cornell and the tent was crowded.

Following these meetings, at Loughborough's request, Cornell rebaptized him in the Kalamazoo River (as an infant, Loughborough had been sprinkled in the Methodist Episcopal Church). They continued holding tent meetings and at the meeting in Grand Rapids it was reported that about 1000 people attended.

Over the next two decades, Cornell and Loughborough would enjoy a productive preaching partnership from Maine to California. Together they held the first Seventh-day Adventist tent meetings in San Francisco and also worked with D. M. Canright in Oakland, California.

In 1863 he held the funeral service for James and Ellen White's son, Henry, in a Baptist Church in Topsham, Maine.

Cornell is described as a dramatic speaker and convincing debater, and soon gained a reputation not only as one of the most fruitful soul winners, but also as one of the hardest-hitting evangelists in Adventist ranks. Uriah

Smith stated that he “has defended the views of Seventh-day Adventists more extensively, probably, in public debate, than any man among us.” In September 1856, for example, Bates and Cornell held tent meetings in Hillsdale, Michigan, where no Sabbath-keepers lived, and soon after baptized fifty converts. Merritt Cornell was also a writer. He wrote several books and some articles and news items about his experiences for *The Review and Herald*.

During the Civil War (1861-1865), Cornell and Loughborough occasionally suspended their evangelistic meetings, allowing their tent to be used by the U.S. Army as a recruitment station.

Cornell has been compared with the disciple Peter in the Bible. Like the disciple, he was headstrong and bold, but had other serious character faults. Despite his many talents and successful ministry, Ellen White sent Merritt letters expressing concern about his improper conduct with women which was causing a division in San Francisco. At that time his wife was not with him.

In June 1871 he became infatuated with Sarah E. Harris, an Adventist *divorcée* with two children who lived in the San Francisco area. Soon they were taking long walks in public and (according to her children) spending private time together in Harris’ bedroom. Loughborough tried reasoning with his friend in fireside chats and prayer sessions, and when that failed, he sent Merritt letters of admonition, but to no avail. On January 28, 1872 he then scheduled a church trial to remove Cornell from church membership and from the ministry.

The night before the hearing, however, Merritt had received a letter from Ellen White based on a vision she had received on December 10, 1871 (but not mailed until January 18, 1872) warning him that his soul was in danger and that his bad influence was crippling the cause. She then urged him to repent. “But, Brother R, I was shown that you now should be very circumspect in your deportment and in your words. You are watched by enemies. You have great weaknesses for a man who is as strong as you are to move the crowd. As you are now separated from your wife there will be suspicion and jealousy, and falsehoods will be framed even if you give no occasion. But if you are not cautious, you will bring a reproach upon the cause of God which could not soon be wiped away. You may feel, as I saw you had felt, that if you were not going to live with your wife, you wished to be free from her. You are restless, uneasy, and unsettled. Satan is tempting you to make a foolish man of yourself. Now is the time for you to show your-

self a man, to exhibit the grace of God by your patience, your fortitude, and courage.” –*Testimonies on Sexual Behavior*, p. 167. You can read the entire letter in the book, *Testimonies on Sexual Behaviour* P 166-181. It is addressed to Brother R, and this Brother R is Merritt Cornell.

At a five-hour meeting in the San Francisco Central Seventh-day Adventist Church, Cornell confessed his indiscretions, apologized for the hurt he had brought to the cause, and asked for forgiveness. Harris, on the other hand, denied the accuracy of Mrs. White’s statements, refused to admit any wrongdoing, and was expelled from the church. A few months later, Cornell declared in the *Review*: “My soul thirsts after God, and yields every idol. A genuine conversion and new experience, I must have. I know that nothing short of an entire consecration to the work will fit me to take part in this holy work. The truth looks brighter, and I love it more and more.”

In late 1874, however, when Cornell’s previous immoral conduct resurfaced, Ellen White warned him that in his present position he was wholly unfit to be a minister of the Gospel.

In 1876 his credentials were removed, but He did not lose total faith in God. For the next eleven years (1878-1889) he was not paid by the denomination, but continued doing “freelance preaching”.

In 1889 Merritt and Angeline Cornell returned to Battle Creek, Michigan, and he was repentant and he reconciled with the Church leaders. During the next three years, he returned to active ministry in the church, visiting local churches and preaching when invited to do so, and he was given his credentials back. Ellen White wrote of him, “he is a deeply repenting man, humbled in the dust.” –*Manuscript Releases*, vol. 21, p. 379

In 1892 he retired to care for his wife, who was partially paralyzed.

Cornell had a fallen human nature as we all do. As mentioned, he is a modern day Peter who had his own struggles. He shared what he heard immediately and with passion. He did not wait until next year to what could be done this year. God wants to use you but be cautious of your weaknesses. Learn that lesson from our pioneers.

Merritt Cornell died on November 2, 1893 at the age of 67 of an internal hemorrhage. Uriah Smith presided at his funeral, held two days later in the Dime Tabernacle and it is recorded that about 2000 people attended his memorial service the following Sabbath.

CHILDREN'S CORNER:



Forgiveness

Carrie was a bright and happy young child. She studied hard in school and always got good grades. She was kind and helpful to the other students who were struggling to learn their lessons. Carrie's parents took her to church every week and she was an active participant in the children's Sabbath School class. Her father was a missionary and Carrie often accompanied him to Bible Studies. She had learned to love Jesus and was eager to learn more from her Bible. Carrie had many friends in school and in church.

One day her father announced that they were moving to a different part of the country to help out another church that was in much need of a missionary. It was hard for Carrie and her brother to think of leaving their friends behind, but they were happy to support their father in his ministry and welcomed the challenge to make new friends and share the gospel with new and interested souls.

When the school year was over, the children and their parents carefully packed all their material goods into boxes. Soon enough it came time to leave.

The children, although sad to leave their friends behind, were filled with excitement at the prospect of a new adventure.

After several days of driving, they arrived in their new city, and found their new home. It was close to the church they would be helping out. The house was nice and spacious and it was not long before they were all settled in.

On their first Sabbath, the family was welcomed warmly. There were not many members. The seats were half empty and there were no children their age. Carrie and her brother were very disappointed.

Their mother still conducted the Children's Sabbath

school class with her two children. She tried to make it as interesting as possible, but she could read the disappointment all over the faces of her children. In the closing prayer, Mother prayed that more children would attend soon and that her two young children would be missionaries among the new friends they make at school and in the neighbourhood, inviting them to church.

This was a challenge that Carrie and her brother gave much deep thought about. As the summer wore on, Carrie still did not have any friends. Her brother had made friends with Billy, the boy who lived across the street, and some of his friends. Billy was nice enough but he liked to tease Carrie so she did not like to spend time with them. In fact sometimes Billy and his friends were quite mean to her. She was hoping to meet some girls her age but there did not seem to be any that lived close by. Her mother encouraged her to be patient and when they went to school she would meet some girls.

The first day of school finally arrived. The sun was shining brightly and the birds were chirping merrily in the trees outside Carrie's bedroom window as if singing praises to their Maker. The sky was as blue as could be! "Today *should* be a good day," said Carrie as she stretched out on her bed. However, she knew it was not going to be a good day much less a school year.

Normally, Carrie loved the first day of school. That is when you meet your new teacher, catch up with old friends you have not seen all summer and make new friends. It was supposed to be an exciting time. This time, though, she had no old friends to catch up with. She only had new friends to make. She had been praying that she could make some good friends at school this year.

Unfortunately, Billy was her age and there was a possi-

bility of him being in her class. This she dreaded. She even dreaded being in the same school as him, but she had no choice. She really did not want to go to school this year at all, but she knew that was not an option.

Billy was as mean as a snake to her sometimes and, even though she knew why, she just did not understand it. She tried to be friendly to him but he made her summer miserable every time she saw him. It was not something she had control over. Quite the contrary...she had absolutely NO control over it and it made her terribly sad. So sad, in fact, that she did not want to even go outside to play for most of the summer.

Carrie slowly got up and walked downstairs to the kitchen, still in her pajamas. "Carrie Marie, whatever is the matter with you? You aren't dressed for your first day of at your new school," exclaimed Mother.

"Do I have to go, Mom?"

"Of course you have to go to school. Why, you are in the fourth grade this year. It's going to be great! Aren't you excited about making new friends and meeting your new teacher?" asked Mom.

"Can I just stay home today?" Carrie pleaded. "You can tell my teacher I'm dying of some dreaded disease that I got in a far away country or jungle or that I'm grounded for life for something awful I did over the summer and will never be allowed to go out of the house, not even to school."

"Aren't you being a little melodramatic?" asked her mother. "I cannot lie to your teacher and you have to go to school. Now go back upstairs, get dressed, comb your hair and come back down for your breakfast," Mother scolded ever so gently.

Carrie did as she was told. She knew that the only way she would survive the day was if she prayed earnestly and asked Jesus to be with her. If it was not her faith in Jesus, she would definitely have resisted stronger, but she had learned to respect and obey her parents. When she trudged back to the kitchen, her mother was staring out the window. "Carrie, isn't that one of your new friends, Billy Thompson, standing over at the bus stop?" asked her mother. Her mother had no idea that Billy was so mean to her and convinced some other kids in the neighborhood that she was weird and they should have nothing to do with her.

Carrie peered out the window. Sure enough there stood Billy Thompson, who was anything but her friend! "I guess so," said Carrie matter-of-factly.

"Today won't be so bad...you already know someone. Maybe he will be in your class at school," said Mom. Oh great, that is just what she dreaded. Billy in her class making fun of her all day. Carrie plopped down at the kitchen table and picked at her breakfast. She was not hungry and would probably never eat again!

Finally, the bus pulled up. "Have a great day!" Mom said cheerfully as she handed Carrie her new backpack.

"If you only knew," Carrie said, sighing. I'll never have a great day she ever again, she thought to herself. As she walked to the bus stop she wondered what Billy would say this time. He had been making fun and harassing her all summer since they moved in. She did not have to wait long to find out. "Well, look what we have here...Spots!" said Billy as he laughed at her.

"Whatever," sighed Carrie. By the time they got to school Carrie was more miserable than ever. Everyone on the bus was staring and pointing at her. Some were even laughing at her and whispering to each other. Why, oh why, did she have to have all these dumb freckles? She did not have just a few, she had them ALL over her face! She had more freckles than plain skin. A few would have been okay but she had what seemed like hundreds of them, and everyone stared at her and made fun of her!

When the bus finally arrived at school everyone jumped off and ran inside, leaving Carrie all alone. Not one person even talked to her and when she would walk by someone they would just point at her and whisper. How was she ever going to get through the day, much less the whole school year? When she walked into her new classroom her worst fears were made a reality. There he sat in the first seat of the very front row... mean old Billy Thompson. She could not believe he was in her class!

Just my luck, she thought as she headed to the back of the class to the very last seat behind everyone. Carrie figured if she sat in the very back no one could make fun of her, at least during class time. "Hey, Spots, looks like we're in the same class! This is going to be a great year!" said Billy laughingly, as she went to her seat. When she got to her desk all she could do was put her head down and cry to herself! To make matters worse, Billy, and now the whole class, kept singing "Spots, spots, Carrie has spots!" She was miserable and just wanted to die! Carrie prayed to Jesus to help her endure the torment and survive the day. She did not want to come back ever. She would gladly walk the 5 km to the next closest school if need be, but she did not want to

come back.

Mrs. Smith, their new teacher, was standing at the front of the class with her back to the children, writing on the board. Finally, she turned around and looked at the class. "That will be enough, class!" Mrs. Smith admonished. It suddenly got deathly quiet. Not a sound from anyone. Everyone just stared at Mrs. Smith. Carrie still had her head down on her desk not really paying attention to what was going on and did not really care. "You must be Carrie," said Mrs. Smith, who was now standing beside Carrie's desk. "I really like your freckles!" exclaimed Mrs. Smith. Carrie lifted her head. She beamed from ear to ear with the biggest smile she ever had. She could not believe what she was seeing! Right there in front of her was her new teacher with the most freckles she had ever seen on anyone's face. Why, Mrs. Smith had as many freckles as she did!

"Thank you," said Carrie. "I love your freckles too."

"Not everyone has freckles, you know," said Mrs. Smith. "My mother always told me my freckles were a gift from God and the more you have the more you are blessed. She also told me to be proud of who I am because God made me special, that I was the only one of my kind."

"I think I am going to like the fourth grade!" said Carrie. She realized it does not matter what other people say about you, and especially your appearance, it only matters what you think of yourself and what God thinks about you. Suddenly Carrie started feeling better about her "spots." Billy turned back around and sunk down in

his chair. Carrie knew that he would not be bothering her anymore.

After school Carrie went and sat beside Billy in the bus on the way home. He was very sorry for the things he had said and asked her why she was kind to him after he had been so mean. She must hate him. No, Carrie had forgiven him. After they got off the bus, Carrie and Billy had a long conversation. She told him all about Jesus and His love and forgiveness and she invited him to church.

The next Sabbath Billy was the first young person to attend Children's Sabbath School along with Carrie and her brother. He became a faithful attendee and invited more and more of his friends and soon the Children's Sabbath School was a lively, large and energetic class. It all started when Carrie was willing to forgive Billy.

"I will praise thee; for I am fearfully and wonderfully made: Marvelous are Thy works." Psalm 139:14. God made you a very special person. Regardless what others think of you, God loves you very much.

Sometimes we do not understand why people are unkind to us, but God wants us to learn to forgive them and to trust in Him. After the trials, great blessings can come and we will be glad that we went through the trials.

God has a lesson to teach us about faith and trust and He has greater blessings to give, if we are patient during the trials. Let us all thank God for our trials and believe that He is right beside us through every difficulty.

"I Was Hungry and You Fed Me."

Last month we shared a story of three sisters in Canada (Sisters Tina, Tiffany and Sharon) who have followed the call of the Lord to go and help the homeless people here in the local large cities. This month they returned with more supplies of Bibles, food, clothing and blankets. Before they left home Sister Sharon had suddenly had the thought "take a copy of *The Reformation Messenger* with you!" Because of this thought from the Holy Spirit, two of the men in the previous month's issue got to see their picture in the magazine! From Sister Sharon's account: It was a joyous reunion when we found the two brothers. We first showed Marvin, who was so excited that he led us to where his brother Joseph was in his wheelchair so we could show him as well. They were overjoyed to see their picture and the article. Because we knew these men from last month, we very easily started talking to all the other men who were standing with them. As we started to help the other men, Joseph, the man in the wheelchair started to read *The Messenger*, starting at page one.

When I got back around to him he looked up at me with so much joy on his face and he exclaimed "I'm reading this and I'm loving it! Where do I get a copy of this?" I said "You can keep that one!" And he was so happy and started to shed several happy tears as he clutched the messenger to his chest. We then took a picture at this moment with him holding his *Reformation Messenger* (See picture next page).

Calgary, Canada



Above Left: Calgary church, visitors and members.

Right: Elder Nicholas Anca had the privilege of baptizing his son, Edward, and also Haley Curato. Haley's mother Rechelle was baptized two years ago.

We had been handing out food, clothes and blankets to the men, as much as we could carry from the car, and I grabbed a stack of Bibles on one of our trips back to the car. I started to ask people if they would like a Bible, and started handing them out as people put their hand up or came forward for a Bible. Then I held one out to a man who said, "No thank you, I'm an atheist." I started to respond and he said that he could argue with me all day about religion. I then said a quick prayer and asked him if he believed in love, and he said, "Well yeah." I then said, "God is love, so if we have love towards our fellow humans that's enough and we can love each other." Then he witnessed all the love we handed out.



We asked the men what they needed specifically and tried to fulfil the need out of the stuff we had left. Joseph asked for some gloves, but as this was the last stop of the day we had run out of gloves. Sister Tiffany informed him that although we had run out of gloves, he could take the ones she was currently wearing. He said that, no way, he could not take the gloves off her hands, and she smiled at him while handing them to him and said, "they're yours." The atheist man, whose name was Jim, was witnessing all this silently.

As we finished handing stuff out, Jim approached me again and this time he said in an apologetic tone, "We really appreciate what you're doing out here." So, I gave him a bright smile and introduced myself and asked for his name. I gave him my business card which says, "Eye Love Everyone" on it, and told him that I really do love everyone, even Atheists!" He gruffly said in a shocked tone, "Well, thank you!"

It's always important to try to react like Jesus; to not argue with people, but to show them the unconditional love of God. We gave the men about 10 Bibles to read along with *The Messenger*. Please keep them in your prayers!



A Wonderful Wedding Day



Sunday, October 11, 2020 was a special day at the Bloor Street Church in Toronto, Canada. It was the wedding day of our dear Brother Jason Alexander Climaco and Sister Edna Monroy Pena. It was a wonderful occasion in the backyard of the church.

This wedding was a great example of how it is possible to create a beautiful setting without spending a lot of money. The arbour was made by Jason's father, Farid Climaco. The Program was written on a wooden skid, the Welcome Sign and Plaques with words from 1. Corinthians chapter 13, were all designed and written by Jason's sister Karole. It was all skillfully made and looked beautiful. One could really see that the whole family put a lot of effort into this wedding to make it very special.

Brother Morris Lowe officiated at the wedding. He began with the fact that Jason and Edna wanted to get married even in the middle of this pandemic. Brother Morris stated that the marriage is an institution from God and it is a life-long commitment. Unfortunately, many today regard the marriage as a trial that you can change like a leased car. That is why we have so many problems in our society in our days. Many are not committed for life and when unexpected trials come, couples split up and forget about their commitment. Brother Lowe also stressed the importance of faithfulness. You are committed to each other; therefore do not let anyone get between you.

At the beginning of the sermon, the sun came out from behind the clouds and stayed with us all day, although it was a bit cool, with the sunshine and the smiling faces from the bride and groom, one could only enjoy every moment.

A delicious vegan meal had been prepared for everyone attending which all enjoyed very much.

At the reception in the basement of the church the father of the groom, Farid Climaco started with a speech, where he thanked Brother Morris for his Biblical advice in the sermon. Other speakers were the bride's father, Israel Monroy, Jason's brother Miguel, Edna's brother Carlos, Jason's Sister Karole, Edna's nephew Franklin, Edna's niece Angie, Elder Hernandez, Johanna Munoz and Jason's friend Makoto. All of them sharing their memories and wishing Jason and Edna the very best and the Lord's blessing in their life together. Jason and Edna concluded the celebration with each a speech in which they thanked everybody for coming and then shared their wedding cake with all of us.

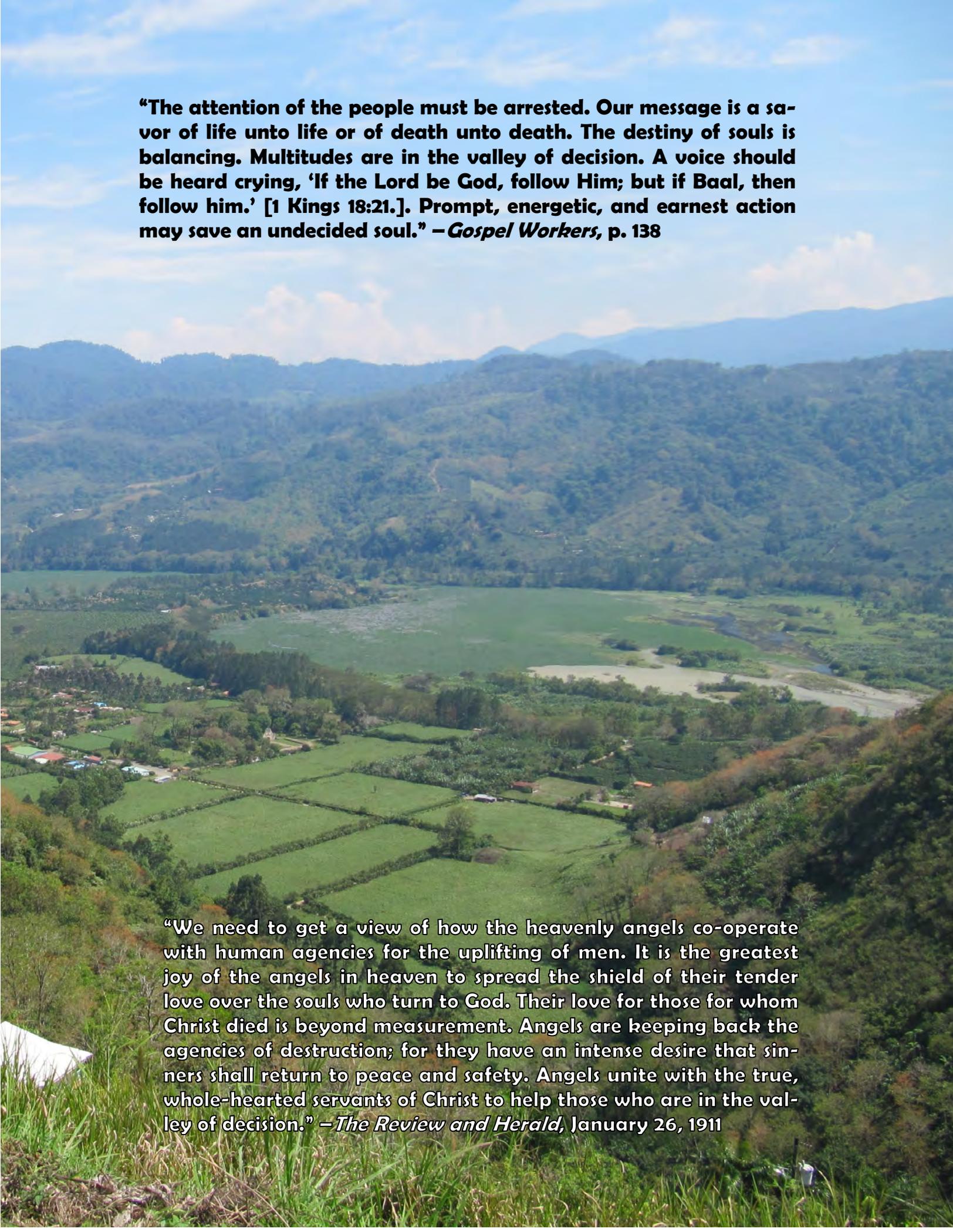
May God bless them and give them a wonderful life together, may they be a blessing to all their friends and everyone they meet is my wish and prayer.

Evald Pedersen



**“And above all these put on love, which binds everything together in perfect harmony.”
Colossians 3:14 (ESV)**



A panoramic view of a lush green valley. In the foreground, there are rolling hills with vibrant green grass. The middle ground shows a wide valley with a river winding through it, surrounded by green fields and a small cluster of buildings. The background features distant, hazy mountains under a blue sky with light clouds.

“The attention of the people must be arrested. Our message is a savor of life unto life or of death unto death. The destiny of souls is balancing. Multitudes are in the valley of decision. A voice should be heard crying, ‘If the Lord be God, follow Him; but if Baal, then follow him.’ [1 Kings 18:21.]. Prompt, energetic, and earnest action may save an undecided soul.” – *Gospel Workers*, p. 138

“We need to get a view of how the heavenly angels co-operate with human agencies for the uplifting of men. It is the greatest joy of the angels in heaven to spread the shield of their tender love over the souls who turn to God. Their love for those for whom Christ died is beyond measurement. Angels are keeping back the agencies of destruction; for they have an intense desire that sinners shall return to peace and safety. Angels unite with the true, whole-hearted servants of Christ to help those who are in the valley of decision.” – *The Review and Herald*, January 26, 1911