

our firm
FOUNDATION

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The Immutable Law of God • Christ Our Righteousness • The Seventh-day Sabbath
The Three Angels' Messages • The Non-Immortality of the Soul • The Sanctuary



Adventist CHAIN GANGS

Be Careful Whom You Trust!

How to Be Like Jesus

The Laodicean Remedy

"As Much as Lieth in You, Live
Peaceably With All Men."

The Cost of Religious Liberty



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“Shew me a penny. Whose image and superscription hath it? They answered and said Caesar’s. And he said unto them, Render therefore unto Caesar the things which be Caesar’s, and unto God the things which be God’s.” Luke 20:24-25. In three of the four gospels, Jesus pointed out the principle of separation of church and state, the foundation for religious liberty.

Neither the Roman Catholic Church nor the early Protestant Reformers understood this principle. “When the Reformers presently gave evidence—as give it they did—that they were not intent on sweeping the Constantinian heritage away, there was an arching of the eyebrows among some who were walking with them. When the Reformers accepted the proffered arm of the civil rulers—as accept it they did—then there were frowns, frowns which soon changed into audible groans of disillusionment.” Leonard Verdium, *The Reformers and Their Stepchildren*, Christian Hymnary Publishers, 1964, 1991, p. 36.

In England, for instance, persecution was practiced against any non-conforming religious practices.

“The great leaders of the Protestant Reformation did not advocate religious liberty for all men, but only their own sects. As soon as they became sufficiently powerful and dominant, they formed alliances with the state and recognized the head of the state as empowered to stamp out heretical doctrines. They did not believe that religion could exist or prosper without the aid of the state, or that the stability of government could be maintained without an organic union with the church.” *Roger Williams, His Life, Work and Ideals*, R&H Publishing

Association, 1939, p. 21.

First the Pilgrims came to America to form Plymouth Colony to escape persecution in England and Europe, and then the Puritans came to form Massachusetts Bay Colony. Both groups maintained some form of persecution against dissenters.

“Just before he fled from England, Roger Williams had witnessed the inhuman treatment accorded Doctor Leighton under Archbishop Laud’s ecclesiastical sentence. The doctor was fined, brought to the pillory and publicly whipped, had his ears cut off, his nose split, his face branded, and was shut up in prison for the rest of his life. The Puritans had fled to America to escape this religious-political persecution, but strange to say, they exhibited the same intolerant spirit against Roger Williams and others who held divergent views. The Puritans in America employed the whipping post, confiscation of property, and banishment to open the understanding of the heretics, ‘in order, as they said, to save them from hell-fire.’” *Ibid.*, p. 50.

Roger Williams could see that it would be impossible to reform the existing establishments. He himself had to flee in the middle of winter from Massachusetts Bay Colony to avoid persecution. “‘For fourteen weeks,’ he says, ‘I was sorely tossed in a bitter season, not knowing what bread or bed did mean. But the ravens fed me in the wilderness;’ and a hollow tree often served him for a shelter. Thus he continued his painful flight through the snow and the trackless forest, until he found refuge with an Indian tribe whose confidence and affection he had won while endeavoring to teach them the

truths of the gospel.” (GC88 294.) He lived with the Indians and converted many of them to Christianity. He once wrote, “I feel safer down here among the Christian savages along Narragansett Bay than I do among the savage Christians of Massachusetts Bay Colony.” *Ibid.*, p. 80.

In forming the State of Rhode Island, Roger Williams “pioneered the way for the disestablishment of religion and the divorcement of the church from the state in America. The burden of his soul was that all men might be free to worship or not to worship God, as their own consciences dictated.” *Ibid.* page 89.

Like the early Pilgrims, Roger William came to the new world “to enjoy religious freedom; but unlike them, he saw—what so few in his time had yet seen—that this freedom was the inalienable right of all, whatever might be their creed. Williams ‘was the first person in modern Christendom to assert, in its plenitude, the doctrine of the liberty of conscience, the equality of opinions before the law.’ He declared it to be the duty of the magistrate to restrain crime, but never to control the conscience. ‘The public or the magistrates may decide,’ he said, ‘what is due from men to men, but when they attempt to prescribe a man’s duty to God, they are out of place, and there can be no safety; for it is clear that if the magistrate has the power, he may decree one set of opinions or beliefs today and another tomorrow; as has been done in England by different kings and queens, and by the different popes and councils in the Roman Church; so that belief would become a heap of confusion.’” GC 293.

Our Mission:

It is the mission of Hope International and the editors of *Our Firm Foundation* to clearly present Christ and His truth. The days remaining for this world are few, and we must work quickly. We must boldly proclaim the historic truths of Adventism that place us on so firm a foundation in the midst of this troubled world. —Editor

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About Hope International:

We are a lay ministry founded, supported, and operated by Seventh-day Adventists to assist God's Church in the proclamation of the Everlasting Gospel in every way that is consistent with the principles of God as revealed in Inspiration.

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We are accepting article-length manuscripts (1700 to 4000 words) for possible publication in *Our Firm Foundation*. We prefer that submissions be submitted in Word .doc format as a computer file. Include a digital picture and a short bio. Please address all correspondence to Editor, *Our Firm Foundation*, P.O. Box 220, Knoxville, IL 61448, or by email to editorial@hopeint.org.

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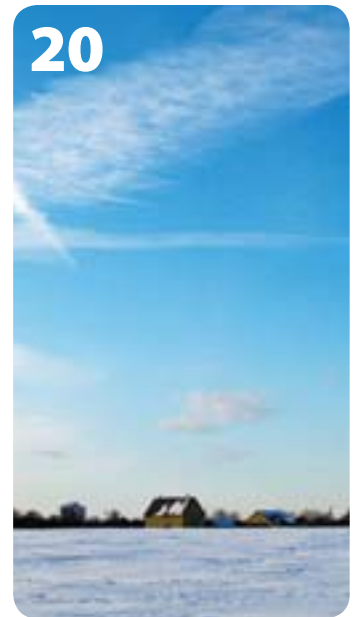
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Be Careful Whom You Trust!

Joe Olson

“Trust in the LORD with all thine heart; and lean not unto thine own understanding.” Proverbs 3:5.

“You can trust me!”

Have you heard that before?

Trust is a powerful thing, and you must be very careful to whom you give that trust.

Webster’s says that trust is “reliance on the integrity, strength, ability, surety, etc., of a person or thing.”



It is said that trust is not given; it is earned, much like respect. You have to earn trust from someone else and someone must earn it from you.

And not just anybody and everybody are/is worthy of your trust. Many people find that out the hard way. But God tells us whom it is safe to trust:

“It is better to trust in the LORD than to put confidence in man.” Psalms 118:8.

Have you found this to be true? Have men failed you? Have friends failed you? Have those closest to you failed you?

God never fails; He’s never untrustworthy; what He says is always true.

Proven Untrustworthy

There have been many examples of “misplaced” trust, and the results. The most famous one is recorded in Genesis. It started with a command from God and a statement of what would happen if that command was not followed:

“And the LORD God commanded the man, saying,

Of every tree of the garden thou mayest freely eat: But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die.” Genesis 2:16-17.

This is what God said. Pretty straightforward, wasn’t it? Nothing too hard; nothing too unreasonable; no reason to doubt.

“Eat from *all* these trees but this one,” God said. What could be simpler? There was no command to DO something— just a command to NOT do something. Inherent in the command to not eat of the tree was “Trust Me.”

God said not to do something, or there would be catastrophic results. Death seems fairly catastrophic to me. But then someone else enters the picture, and he says, “Don’t trust God; trust me.”

“And the serpent said unto the woman, Ye shall not surely die: For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil.” Genesis 3:4-5.

God said, “You will die.” The devil said, “You will not die.” Be careful whom you trust!



Appearances Can Deceive

Please note what the devil used to foist his lie upon our first parents:

“Now the serpent was more subtil than any beast of the field which the LORD God had made. And he said unto the woman, Yea, hath

God said, Ye shall not eat of every tree of the garden.” Genesis 3:1.

The Hebrew word for “subtil” here is: *aw-room*, and means cunning or crafty. This is what Sister White said about the devil and the serpent:

“In order to accomplish his work unperceived, Satan chose to employ as his medium the serpent—a disguise well adapted for his purpose of deception. The serpent was then one of the wisest and most beautiful creatures on the earth. It had

wings, and while flying through the air presented an appearance of dazzling brightness, having the color and brilliancy of burnished gold.

Resting in the rich-laden branches of the forbidden tree and regaling itself with the delicious fruit, it was an object to arrest the attention and delight the eye of the beholder. Thus in the garden of peace lurked the destroyer, watching for his prey.” *Patriarchs & Prophets*, 53.

This is extremely important! Satan wanted to do his work on the human family, but he wanted to be “unperceived.” He didn’t want Adam and Eve to know it was he, the devil, who was tempting them. This has always been Satan’s plan. Why?

The answer is obvious. If we know it is Satan, then we will not listen.

We have to give the devil a little more credit than we do. When the devil comes to tempt you, he will

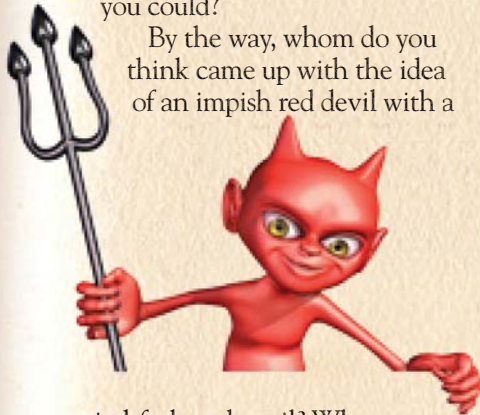


not show up like he actually is. He uses another “medium.”

Inherent in the command to not eat of the tree was “Trust Me.”

Well, if you were the devil, and you wanted to deceive someone, what would you use? Wouldn't it make sense to use the most beautiful, cunning, attractive, intelligent creature or person that you could?

By the way, whom do you think came up with the idea of an impish red devil with a



pitchfork and a tail? What an ingenious plan, to substitute a little red demon for the real thing. All the movies, all the pictures, all the books, all the stories depict the devil as a hideous, mean-looking, nasty, evil being. He is depicted as being scary and ugly and burning with rage. Do you suppose, if he were to reveal himself again, he would look like that? Of course not. Then, how would he come?

“And no marvel; for Satan himself is transformed into an angel of light.” 2 Corinthians 11:14.

If the devil wants to deceive, he has to use a “medium” that we would not expect deception to come from. After all, who or what would you use if you wanted to deceive the people? Wouldn't you use a kind, soft, compassionate, loving, concerned, good-looking, pastoral kind of person? Does that make sense?

Sure, use someone whom you would least expect to be a malevolent evil demon. This just isn't rocket science.

And do you suppose this gentle, kind, loving person is going to be spitting and cursing and screaming at the top of his lungs? Ridiculous.

He will appear beautiful and bright and shiny and intelligent.

Don't Be Too Sure of Yourself

Hmmmm. Where have we heard this before? We just don't seem to learn from our past, do we? No one will get past *us*, will they? We are waaaay too smart to be caught by this sinister devil. Never mind that he was the brightest, most glorious, most intelligent of all the beings God has ever created. *We* won't be deceived—right?

God told us what Lucifer was like before he fell, using the illustration of the king of Tyrus:

“Son of man, take up a lamentation upon the king of Tyrus, and say unto him, Thus saith the Lord GOD; Thou sealest up the sum, full of wisdom, and perfect in beauty.” Ezekiel 28:12.

If you read on in Ezekiel, you will see that this is referring to Lucifer, or Satan, as his name was changed. The devil “sealed up the sum.” He was “full” of wisdom. Absolutely *perfect* in beauty. He was the covering cherub! That means he was right next to God Himself! But *we* won't be caught off guard—right?

Adam and Eve, using 100% of their brains, even being *told* the devil would be trying to deceive them, were caught off guard. But not us. Does that sound a little conceited to you?

And God, knowing full well how smart the devil is and how deceptive he is, said this:



“Trust in the LORD with all thine heart; and lean not unto thine own understanding.” Proverbs 3:5.

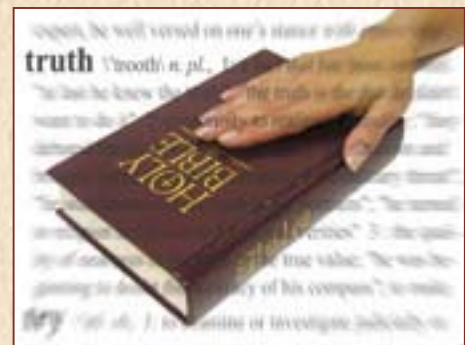
Why do you suppose He said not to lean unto your own

understanding? Pretty obvious, isn't it? We barely know how to come in out of the rain—and we think we can outsmart the devil? Be careful whom you trust!

God says, “Trust Me.” And do NOT trust yourself. You *yourself* are untrustworthy.

Be Wary of the Worldly Wise

By the way, God is not condemning us or trying to hurt our feelings. He is stating a fact. He is trying to help us. He is trying to educate us in reality.



Adam and Eve were deceived, but remember the antediluvians? God told Noah that there would be a flood. Build an ark and get in it. But what did the men of that day think? Remember, these men lived almost 1,000 years, with brains working like we cannot conceive. What did they say?

“In Noah's day philosophers declared that it was impossible for the world to be destroyed by water; so now there are men of science who endeavor to show that the world cannot be destroyed by fire—that this would be inconsistent with the laws of nature...

“When great and wise men had proved to their satisfaction that it was impossible for the world to be destroyed by water, when the fears of the people were quieted, when all regarded Noah's prophecy as a delusion, and looked upon him as a fanatic—then it was that God's time had come.” *Patriarchs & Prophets*, 103-4.

Here is another quote that really brings it home:

“His [Noah’s] warning was scoffed at, ridiculed, and rejected. The preacher of righteousness was proclaimed to be an ignorant fanatic, who had no knowledge of the laws of nature. The wise men of that time argued that it was an impossibility for water to rise high enough to deluge the world. They reasoned from scientific principles, that the world could not be destroyed, and that no attention should be paid to the predictions of Noah.” *Review & Herald*, September 25, 1888.



He Said, He Said

God said, “Don’t eat of this tree.” The devil, through his medium, said, “Go ahead, it’s all right.” What happened?

God said, “There will be a flood; get in the ark.” The devil, through his mediums of the so-called wise men and philosophers, said, “There will never be a flood.” What happened?

“It is the lying wonders of the devil that will take the world captive, and he will cause fire to come down from heaven in the sight of men. He is to work miracles; and this wonderful, miracle-working power is to sweep in the whole world. It is now just beginning.”

God said, “I created everything in six days and rested the seventh.” The devil, through his mediums the scientists, the archeologists, the astronomers, says, “It took millions of years to make this earth, and we came from the slime pit.” What do you suppose the real answer is? We haven’t been batting a thousand here, have we?

God says: “Keep My law.” Man says: “The law has been done away with.”

God says: “Keep the seventh day.” Man says: “Keep the first.”

The Counsel of Jesus

So Jesus came here to try to reach us Himself. And this is what He said:

“And Jesus answering saith unto them, Have faith in God.” Mark 11:22.

Jesus, who is God, said, “Trust Me; have faith in Me.” But the devil says, again through his mediums, “No, trust me.” “It’s not what God says, it’s what we say that you should do.”

Our Senses May Betray Us

Be careful whom you trust! Remember, you cannot go by sight, by sound, by hearing in these last days of deception. Your senses cannot be trusted!

“We are coming right upon the time when Satan is to work with all manner of bewitching influences, and those who are charmed with them now, or give them the least countenance now, will be all ready to be swept right in to act a part with the devil then. Evil angels are working all the time upon the hearts of men. Satan is working with everyone who is not under the control of the Spirit of God. It is the lying wonders of the devil that will take the world captive, and he will cause fire to come down from heaven in the sight of men. He is to

work miracles; and this wonderful, miracle-working power is to sweep in the whole world. It is now just beginning.” 2 *Selected Messages*, 51.



God has already told us what the devil will do:

“And he doeth great wonders, so that he maketh fire come down from heaven on the earth in the sight of men.” Revelation 13:13.

Be careful whom you trust! God says the devil is going to try to deceive us. He will use a medium, or mediums. He will use men or women that look and act as we do. God sent His own Son to warn us:

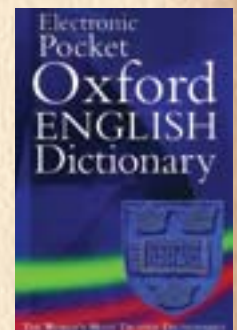
“And Jesus answered and said unto them, Take heed that no man deceive you.” Matthew 24:4. Be careful whom you trust!

He Seemed Trustworthy...

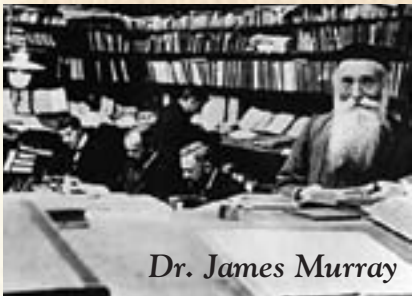
I’ll end with a story to make my point about being careful whom you trust. Have you ever heard of “philology”? It is the study of literature and/or language as used in literature.

Years ago, the Macmillan Company was going to produce a brand new dictionary, the “Oxford” dictionary. And the Macmillan Company needed an

excellent “philologist.” They decided to go to the president of the “Philological Society.” The man’s name was Dr. James Murray.



This “Oxford” dictionary would end up being more than 15,000 pages and would take over 50 years to complete. As you can imagine, Dr. Murray would not be able to do this alone. One of the greatest helpers to Dr. Murray was a Dr. Minors. Dr. Minors had read about Dr. Murray and his breath-taking endeavor. He wrote to Dr. Murray and asked if he might be of assistance. Dr. Murray politely accepted, expecting nothing but happy to have help from any quarter.



Dr. James Murray

To his amazement, letters started flowing into his office. Thousands and thousands of letters—with thousands and thousands of valuable additions to the dictionary.

Dr. Minors was sending letters at a rate of over a hundred per week at times. In all, he contributed over 12,000 quotations for the *Oxford Dictionary*. And the way he sent the articles was astounding:

“Winchester pays special attention to Minor’s working methods, describing his neat, microscopic handwriting on quires of four unlined sheets folded to make a quire (an eight-page-thick booklet):

“His work would win the admiration and awe of all who would later see it; even today the quires preserved in the dictionary archives are such as to make people gasp.” Harlish Goop, from an essay on Simon Winchester’s book *The Surgeon of Crowthorne*.

Yes, his work was meticulous and his work was very, very thorough.

“When great and wise men had proved to their satisfaction that it was impossible for the world to be destroyed by water, when the fears of the

people were quieted, when all regarded Noah’s prophecy as a delusion, and looked upon him as a fanatic—then it was that God’s time had come.”

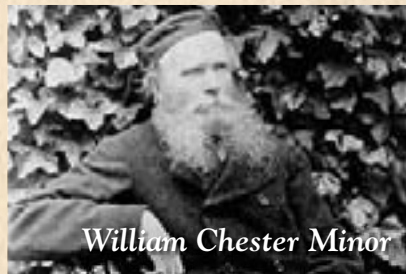
Here is another quote about Dr. Minors:

“In time to come (1899) Murray would say, ‘so enormous have been Dr. Minor’s contributions... that we could easily illustrate the last four centuries from his quotations alone.’” Ibid.

And this all came from correspondence. You see, Dr. Minors had been sending letters for over ten years, and yet Dr. Murray never met the man.

Meeting Dr. Minors

Finally, Dr. Murray could stand it no longer. He wanted to meet the man that had been such a prolific contributor toward the *Oxford Dictionary*. Accordingly, he sent a letter requesting Dr. Minors to speak at Oxford University. After all, Oxford University was only a mere forty miles from Crowthorne, where Dr. Minors resided.



William Chester Minor

Assuming Dr. Minors would welcome the opportunity to speak to such an august assemblage at Oxford, Dr. Murray was a little surprised at the response. Dr. Minors wrote back that he would be unable to attend because of “physical reasons.” However, Dr. Minors said that he would be happy to have Dr. Murray come and visit him.

Ecstatic for the opportunity to finally meet this scientific sage, he gladly accepted the invitation. In just a few days, Dr. Murray found himself at Wellington College

Station, where a coachman met him, stating that he was to take him to Dr. Minors. Without question, Dr. Murray got into the coach, eager to see and meet his friend and co-worker.



Dr. Murray was taken to Crowthorne. It was *where* in the town of Crowthorne he was taken that he did not at first understand, for Dr. Murray was delivered to the Broadmoore Asylum for the Criminally Insane. It turned out that Dr. Minors was not an attending physician. He was an inmate!

Dr. Minors, the prodigious penpal of Crowthorne... was a convicted, raving lunatic murderer.

The First Deceiver

There was someone else who was a convicted, raving lunatic murderer, too:

“Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it.” John 8:44. Just because he sounds good, and might even have good information, does not mean you can trust him!

We have a choice among God, the devil, and man. Be careful; be very careful whom you trust!

Joe Olson serves as the executive director and chairman of the board of Hope International.

He also travels as an international speaker.





ADVENTIST CHAIN GANGS

Expecting nothing good from the hands of men, this group will rise to a higher experience of trust in God.

Dave Fiedler

Seventh-day Adventists, as a group, have a reputation for being good, solid, law-abiding citizens. One would not normally expect to find even one, let alone a whole group of them, on the wrong side of the law. But it has happened. As much as we might wish otherwise, Adventist chain gangs are historical realities. We might also expect—as we shall see shortly—that similar measures will once again be employed against our people.

Religious persecution of Seventh-day Adventists has not been confined to the United States. If anything, it has probably been more prevalent elsewhere, but this article is not intended to provide comprehensive coverage of such occurrences. Instead, we will focus on a short period of persecution in the Southern states which conveniently illustrates a number of important points that deserve serious and frequent consideration.

The Civil War of the early 1860s was seen by many citizens of the country as a judgment of God upon a wayward nation. In this they were correct,¹

but the conclusions they reached in their efforts to improve the situation left much to be desired. In early 1864 the National Reform Association was organized to lobby the government for the enactment of a constitutional amendment officially declaring the United States a "Christian" nation. The Association's efforts proved fruitless with the federal government for more than a decade, leading to a change of tactics in the mid-1870s. Instead of spending their time working with Congress, they would concentrate on the enforcement of state Sunday laws already in existence. Most of these dated from colonial days and had been all but forgotten for years.

By the early 1880s, Adventists began to feel the pressure. The Pacific Press published a special issue of the *Signs of the Times* devoted to the subject of Sunday legislation. In 1884 the *Sabbath Sentinel* came into existence. A small monthly paper that lasted only one year, it exerted considerable influence by sheer numbers alone, with more than 500,000 copies going into circulation.

Still, these efforts were insufficient to prevent trouble. In 1885 five Adventists were arrested in Arkansas. Convicted

by the court, they chose to accept jail terms instead of fines as a means of focusing public attention on the situation. In 1886 Pacific Press began publishing a new monthly, *The American Sentinel*, to champion the cause of religious liberty. In July of 1889, Adventist leaders in Battle Creek founded the National Religious Liberty Association. Despite such efforts, over the next ten years more than a hundred of their fellow believers were to be prosecuted for violation of Sunday laws. At one point, eighteen Seventh-day Adventists served together at forced labor on a Tennessee chain gang. From this era, and from these circumstances, let us examine a number of specific lessons:

Looking for Trouble?

Contemporary accounts show that some few of those prosecuted were less than discrete in their relationship to Sunday laws. D. W. Reavis, agent for the National Religious Liberty Association, recounts one such circumstance:

"Some of our people involved in these imprisonments brought the trouble unnecessarily upon themselves. To illustrate, I cite the case of one of our canvassers.

He felt he was getting the mark of the beast through not working at manual labor on Sundays. He could preach to country churches on every Sunday of the year; the churches wanted him to preach to them on Sunday. He was a good speaker, and he was at liberty to preach on any subject he wanted to.

"But in doing this, he felt he was endorsing Sunday rest. So he rented a small piece of land on a public highway, and spent his Sundays in planting and cultivating potatoes. He was arrested for Sunday labor, and the people who knew him would not buy his *Bible Readings*. I went to help him in his trouble, and from the prosecuting attorney and the judge of the court that was to try him, I found out the facts, and promised that this offense would not be repeated by this brother if they would let him off. I gave these men and all other officials there just the literature they should have to convince them that Sunday laws were unconstitutional and wrong in every way. Before the trial, these men found some irregularity in the indictment, and threw the case out of court, and no more arrests were made in that place, though some of our people there did do reasonable work on Sunday.

"I asked this canvasser why he did not canvass on Sundays, why he did not interest the people in his books through his preaching. To show him how, I took one of his appointments in a country church, and preached a sermon on baptism, using a full leather *Bible Readings* for a Bible, and when through, I explained that all I had told them was taken from that book, and that any of them, with that book, could present that subject and many others, just as well as I could. I made a short canvass and got subscriptions for it right there; I think sixteen full leather bindings were sold at that meeting. That was more than this canvasser was selling in a week."²

While we may be surprised at someone's following such a course of action, we should remember that we have the advantage of hindsight and divine instruction not available at the time. Ellen White's now-familiar counsel that "one does not receive the mark of the beast because he shows that he realizes the wisdom

of keeping the peace by refraining from work that gives offense, doing at the same time a work of the highest importance,"³ was not penned until 1902.



From this brother's experience we may also learn something of the danger of allowing others to do our thinking for us. He was not the only one to take such a position. The odds are that he was only doing his best to live up to the "truth" currently being taught by a number of influential denominational leaders. Among the points then advocated that were subsequently refuted by the Spirit of Prophecy were "(1) that the denomination should not accept exemption of its church buildings or institutional properties from civil taxation, (2) that Adventists could not morally accept gifts from governmental agencies, . . . (3) that it was wrong for Adventists imprisoned for Sunday labor to work extra hours in place of working on the Sabbath while in jail, (4) that it was wrong to vote or participate in any way in political processes, and (5) that if Adventist employees wanted to work six days per week in denominationally- owned establishments, it was wrong not to allow them to do so."⁴ (This last point led to the permanent closing of an Adventist publishing house in Switzerland when it was found in violation of factory laws designed to protect women and children from overwork.)



It seems that a godly life and strict conformity to the "rigid" requirements of the straight and narrow path of Christianity left but little more than imagination for the plaintiffs to work with.

God's church has long been plagued by individuals who have never gained that rare commodity of common sense. When possessed of an idea, they find it necessary to ride it to the bitter end, all the while unable to see how their course violates principle on point after point. Their eyes are riveted on the elusive goal of conformity (by themselves and all others around them) to a single goal of their own choosing. All else is lost sight of.

It is fortunate that these distorted ideas of religious liberty, though strongly advocated for a time, did not gain ascendancy in the long run. The influence of Ellen White's writings was sufficient to forestall the inevitable disaster that would have come from following such leading. May the Lord ever grant His people the



wisdom to recognize and turn from such impractical, unbalanced, and one-sided teaching.

Practices of the Prosecution

Some of the most important lessons we might learn from this period of our history are in understanding how the devil works through men to afflict the work and workers of God. It is a solemn reality that these scenes from the past are but a faint foretaste of what is to come to Adventists in the future. While we need not lose courage because of trouble ahead, we would do well to prepare in mind and heart for the very real crisis to come.

One of the most prominent Sunday law cases involved R. M. King, of Obion County, Tennessee. Arrested while working in his cornfield on Sunday, June 23, 1889, King found himself involved in a spiraling series of court appeals that eventually reached the United States Supreme Court. Only his death in 1891 prevented the case from being

heard by the highest court in the country. It is instructive to note that the "church people" of his area "formed a league to enforce Sundaykeeping, although nearly everybody made Sunday a day for hunting, fishing, gaming, and any kind of common labor, before and after the league's formation."⁵

This partiality in enforcement was not lost on the public entirely. The St. Louis *Globe-Democrat* of November 30, 1885, noted:

*"It is a little singular that no one else has been troubled on account of the law, with perhaps one minor exception, while members of the above denomination are being arrested over the whole State. It savors just a trifle of the religious persecution which characterized the Dark Ages."*⁶

Arbitrary enforcement was typical. "In one case an Adventist returned a borrowed wheelbarrow to another Adventist one Sunday, and someone reported it. At the same time the usual Sunday work by non-Adventists went on unnoticed."⁷ The devil and his agents cannot afford to "play fair," even when they write the rules. It is often the case that those most insistent upon bringing others into line with their policies are foremost in finding ways to ignore or bend the rules of their own making when it becomes politically expedient. Quietly "looking the other way" can, after all, insure one of the good graces of any number of powerful allies. The



most amazing feature of this expediency is their inability to see the justly deserved contempt that is inspired in thinking minds for this hypocritical policy.

A Confederacy

It often happens that the enemies of truth are hindered in their efforts by disunity among themselves. It is to be expected that a group of persons, each of whom is seeking personal benefit, should find it difficult to co-operate. Their goals, philosophies, and understandings do not mesh. Their selfish seeking of power and influence will not tolerate a rival.

In order for the devil to accomplish his ends through such workers he must somehow bring them to a united course of action. As with the Pharisees and Sadducees of old, the most promising ploy is to portray the workers of God as a threat to their personal well-being. Many besides Pilate have sold their integrity and sacrificed innocent men when convinced that their own prosperity would be threatened otherwise.

In the 1880s such pressure resulted in the protestant National Reformers laying aside their aversion to Catholicism and openly inviting the Church of Rome into their midst. The

Christian Statesman of December 11, 1884, said pointedly:

"Whenever they [the Roman Catholics] are willing to co-operate in resisting the progress of political atheism, we will gladly join hands with them."⁸ By "political atheism," of course, the author referred to the separation of church and state and the free exercise clause of the first amendment to the Constitution.

In the same vein, the Reverend Sylvester F. Scovel, a leading National Reformer, expressed his conviction that "this common interest [in Sunday] ought to strengthen both our determination to work, and our readiness to cooperate with our Roman Catholic fellow citizens... It is one of the necessities of the situation."⁹

There is, of course, a way to be freed from such "necessities." But one must first be freed from the tyranny of self-will and human ambition. Only then can a man turn his back on the political devisings of human minds and trust his life in the hands of Him who has promised to be our strength if we will only let Him.

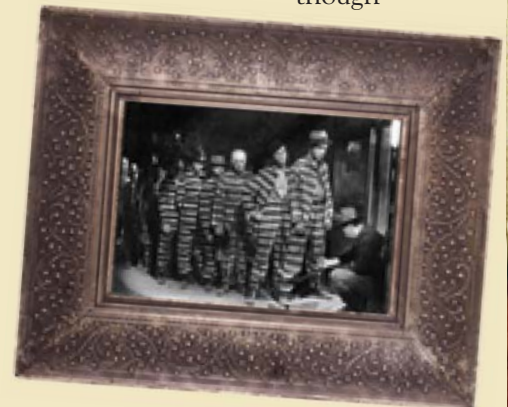
Another common tactic employed in these cases was the portraying of Sabbathkeepers as a threat to society at large. Though resorted to with great regularity, this approach was at times a difficult one for the prosecution. The problem, it seems, was that the exemplary behavior of the defendants left little material to work with. All manner of accusations were made; petitions circulated in abundance to enforce the

fullest extent of the law upon these troublers of the peace, but still the prosecuting attorney was all but unable to find anyone to take the stand to witness against them. In one case they actually resorted to having the two defendants testify against each other.

It seems that a godly life and strict conformity to the "rigid" requirements of the straight and narrow path of Christianity left but little more than imagination for the plaintiffs to work with. In one instance the prosecuting attorney was trying to build a case on the idea that the Sunday labor was a nuisance because it had been performed near a church. All the defense had to ask was, "What church?"

The lawyer replied, "The Seventh-day Adventist [Church]."

The foolishness of this chicanery was evident to the secular press: they freely styled such proceedings "odious sophistry" "unworthy of the age in which we live," and "neither more nor less than persecution."¹⁰ How anyone can resort to the presentation of part truths, attempting to mislead others by withholding obviously pertinent information, and still claim the name of Christ is a profound mystery. Even more unbelievable, however, is that—
though



forced by simple facts to abandon point after point of their argument—those stooping to such measures seemed unable to realize or admit that it was they themselves who were at fault. Such is the power of self-deception and sin.

In Darkness

One other lesson to be gained from this period is best found in the writings of Ellen White. For obvious reasons this aspect of the events was not a prominent feature in either the secular or the religious press of the day.

"The Sunday movement is now making its way in darkness. The leaders are concealing the true issue, and many who unite in the movement do not themselves see whither the undercurrent is tending. Its professions are mild and apparently Christian, but when it shall speak it will reveal the spirit of the dragon."¹¹

"I have been much burdened in regard to movements that are now in progress for the enforcement of Sunday observance. It has been shown to me that Satan has been working earnestly to carry out

his designs to restrict religious liberty. Plans of serious import to the people of God are advancing in an underhand manner among the clergymen of various denominations, and the object of this secret maneuvering is to win popular favor for the enforcement of Sunday sacredness."¹²

Again, as with the betrayal, mockery of a trial, and crucifixion of Christ, darkness and secrecy were the only appropriate environment for plans laid in harmony with the devil and his legions. Thus it was then; so it is today. We may yet expect that those whose work must be shielded away from the light of day will be found opposed to the principles of God.

In Our Time

There are, indeed, many lessons to be gained from the legal troubles of our Sabbathkeeping brethren of a century ago. But if, as we expect, we are living in the closing moments of this earth's history, there will in our case be one very sobering difference.

Whereas in the 1880s the persecution of Adventists arose from the members of other churches, in the final scenes of the drama the cast will be changed. New actors will take their place on the stage.

"As the storm

approaches, a large class who have professed faith in the third angel's message, but have not been sanctified through obedience to the truth, abandon their position and join the ranks of the opposition. . . . Men of talent and pleasing address, who once rejoiced in the truth, employ their powers to deceive and mislead souls. They become the most bitter enemies of their former brethren. When Sabbathkeepers are brought before the courts to answer for their faith, these apostates are the most efficient agents of Satan to misrepresent and accuse them."¹³

When possessed of an idea, they find it necessary to ride it to the bitter end, all the while unable to see how their course violates principle on point after point.

If our generation is to see history's climax, this prophecy can mean only one thing: there are those among us today who will at last sell their souls on the cheap market of expediency and serve the devil's cause. How could it happen? How could those who once "rejoiced in the truth" so turn their backs on its principles as to employ Satan's arsenal of secrecy, half truths, and dishonest partiality?

The answer is simple—and very disturbing. In all probability these unfortunate souls will at last choose the devil's cause because they have become comfortable with his way of doing business. The little deception, the "wise" choice (for political purposes), the overlooking of a comrade's "minor infractions"—repeated



practice has made these second nature. It has also left behind a trail of embarrassing evidence which must, at all costs, remain hidden. When the Lord cleanses the Remnant of every defilement, there will be scant comfort provided for those unwilling to deal with the skeletons of the past. "Try to sort out all the ins and outs of days gone by? That's absurd! What possible good could come from such foolishness? Let bygones be bygones. No, it would be much better to be rid of these people who insist on conformity to the Law."

Or so they reason. And all the while they remain tragically unaware that no matter what indignities they may heap on the despised children of God, no matter how securely they bind them in the prisons of the land, no matter what chain gang service they extract from them, in truth they themselves are being bound by chains stronger and more cruel. Wrapped in the chains of unconfessed and unforsaken sin, the "former brethren" will at the last be the saddest, most forlorn (ex) Adventist chain gang of all time.



Yet even when our "former brethren" become "bitter enemies," we may find encouragement and help from our history. Our pioneers before us have drunk the cup of misrepresentation and accusation at the hands of their brethren. For James White it was a bitter and protracted lesson. Just days before his death he would confide to his wife:

"It has seemed hard to me that my motives should be misjudged, and that my best efforts to help, encourage, and strengthen my brethren should again and again be turned against me. But I should have remembered Jesus and His disappointments. His soul was grieved that He was not appreciated by those He came to bless. . . . I will not stop to mourn over any wrong done to me. I have expected more of men than I ought."¹⁴

Strengthened by that resolve, and made wiser by that realization, James White was to pass to his rest. One day soon there will at last be a group who have learned the same lessons. Expecting nothing good from the hands of men, they will rise to a higher experience of



trust in God. When all is black around them, they will cling for life to the promise of His care.

¹ See *Testimonies*, vol. 1, 264

² D. W. Reavis, *I Remember*, (Washington, D.C.: Review and Herald Publishing Asso.), 129-130

³ *Testimonies*, vol. 9, 232

⁴ R. W. Schwarz, *Light Bearers to the Remnant*, 254

⁵ Louis A. Hanson, *From So Small a Dream*, (Nashville: Southern Publishing Asso., 1968), 212

⁶ Quoted in *Ibid.*, 210-211

⁷ *Ibid.*, 216

⁸ Christian Edwardson, *Facts of Faith*, (Nashville: Southern Publishing Asso., 1942), 305

⁹ *Ibid.*

¹⁰ Hanson, 213-214

¹¹ *Testimonies*, vol. 5, 452

¹² *Review and Herald*, vol. 2, 353

¹³ *The Great Controversy*, 608

¹⁴ *In Memoriam: A Sketch of the Last Sickness and Death of Elder James White*, (Battle Creek: Review and Herald Press, 1881), 50-51

Dave Fiedler was managing editor of Our Firm Foundation from 1986-1990. This article of his first appeared in the January 1991 issue and remains pertinent to our experience.

THE LAODICEAN REMEDY

When God sent the woeful warning to the Laodicean church,
He also sent a remedial message to avoid the warning's consequences.

Each of the seven churches of Revelation represent a time period in the history of God's church. For example, Ephesus represents the age of apostolic purity, and Thyatira the experience of the true church in the Dark Ages and the latter Middle Ages. As the list progresses into Revelation chapter three, Philadelphia represents that great Protestant time period that saw an evangelical explosion in the United States and Europe, a time when there was revived faith in the saving grace of Jesus Christ and the nearness of His advent. Then, at the end of chapter

list of Revelation, it is reasonable to conclude that the Laodicean church represents that final chapter in the history of God's church prior to the second coming of Christ. In *Acts of the Apostles* we read, "The names of the seven churches are symbolic of the church in different periods of the Christian Era. The number 7 indicates completeness, and is symbolic of the fact that the messages extend to the end of time, while the symbols used reveal the condition of the church at different periods in the history of the world." AA 585.

close of probation.

TO LAODICEA, WITH LOVE

The last thing a Christian wants is to be cast off by God just before the moment of glorification when He gathers His elect unto heaven. There remains the question, then: "What is the purpose of the Laodicean message?" Certainly it's not despair and damnation. The loving character of God would not leave us to ponder a message of warning without providing a remedy. The Biblical account of Nineveh is crystal clear that God's warnings are accompanied by solutions. "And God saw their works, that they turned from their evil way; and God repented of the evil, that he had said that he would do unto them; and he did not." Jonah 3:10.

It stands to reason, therefore, that when God sent the woeful warning to the Laodicean church, He also sent a remedial message to avoid the warning's consequences. In fact, He has done just that. The purpose of the Laodicean message is to ". . . arouse the people of God, to discover to them their backslidings, and lead to zealous repentance, that they might be favored with the presence of Jesus, and be fitted for the loud cry of the third angel." 2SG 224.

AT THE END, AND OUT OF FAVOR

Without going into detail, it is clear that we are living in the last days of this earth's history. Events are rapidly happening around us to suggest that Jesus is coming soon. As such, we should take particular interest in the message given to the Laodicean

three, the Bible student encounters the church of Laodicea. "And unto the angel of the church of the Laodiceans write; These things saith the Amen, the faithful and true witness, the beginning of the creation of God; I know thy works, that thou art neither cold nor hot: I would thou wert cold or hot. So then because thou art lukewarm, and neither cold nor hot, I will spue thee out of my mouth." Rev 3:14-16.

With each church representing a time in the history of God's church on earth, and the Laodicean church being the final church in the Biblical

church. The equation is simple: the message given by Jesus to the end time church is especially relevant to the people living in the end times—us! Sister White writes, "I was shown that the testimony to the Laodiceans applies to God's people at the present time. . . ." 1T 186.

The end-time church, symbolized by the Laodicean church is described as being distasteful to God—so distasteful that the Lord says, "I will spue thee out of my mouth." (Rev. 3:16) This is hardly an enviable position to find yourself in at the



MESSAGE OF HOPE

Jesus begins His remedial message in Revelation chapter three by saying, "I know thy works, that thou art neither cold nor hot. . . ." (Rev 3:15)



The message to the Laodiceans is a response to their heart condition as evidenced by their works. Works are not the means to achieve heaven, but external evidence of the heart condition. The Lord says that the Laodicean works are neither hot nor cold. Their works do not fully extol their relationship with Christ, nor do they give evidence of a full abandonment. It is toward this state of affairs that Christ laments, “. . . I would thou wert cold or hot.” Ibid.



FAITH THAT WORKS BY LOVE

Since the Laodicean message is a response to works that

demonstrate the heart condition, it should come as no surprise that the remnant church is under attack, and works of faith are the targets. If modern day disciples of Christ should demonstrate their faith by outward signs of obedience, they are labeled as conservatives or fundamentalists. If the follower of Christ ministers to a brother, encouraging him unto repentance and accountability to the revealed will of God, he is accused of being a legalist focusing upon works rather than a relationship. If you think about it, if Satan can destroy the relationship between faith and works in the remnant church, then its influence will be impaired and the work of sanctification will be compromised. A correct balance between faith and works must exist. The demonstration of good works and desire to wrestle with and overcome known sin is a result of a relationship with Jesus, not the currency to obtain it. The heart cry of a son or daughter of God should be, “See if there be any wicked way in me.” Yet, accountability, both personal and corporate, is not in vogue, and the battle for Laodicea wages on.

LAODICEA MEANS ALL OF US

The Laodicean remedy is found in the message Jesus gives through his servant the prophet. But before Jesus gives the solution, He points out that the members of the Laodicean church haven't got a clue what a precarious spiritual condition they are in. Jesus says, “Because thou sayest, 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. . . .” (Rev 3:17) Notice that the message is



directed to the Laodicean church as a whole, not just some of it. The inevitable conclusion is that this proclamation is directed to all members of the Laodicean church. So often we wish to believe that we have it all together, but the wake-up call from Revelation chapter three is crystal clear: the Laodicean church is naked, poor and blind! If we believe ourselves to be rich, clothed and in possession of perfect sight, then we really have a problem.

The demonstration of good works and desire to wrestle with and overcome known sin is a result of a relationship with Jesus, not the currency to obtain it.

Sister White writes, “The true follower of Christ will make no boastful claims to holiness. It is by the law of God that the sinner is convicted. He sees his own sinfulness in contrast with the perfect righteousness which it enjoins, and this leads him to humility and repentance. He becomes reconciled to God through the blood of Christ, and as he continues to walk with Him he will be gaining a clearer sense of the holiness of God's character and the far-reaching nature of His requirements. He will see more clearly his own defects and will feel the need of continual repentance and faith in the blood of Christ.” *Faith and Works*, 53.

THE GRACIOUS REMEDY

With it clear that the Laodicean message is for all persons in the church, not just those in stark apostasy, Jesus then directly provides the remedy for our wretched condition. “I counsel thee to buy of me gold tried in the fire, that thou mayest be rich; and white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear; and anoint thine eyes with eyesalve, that thou mayest see.” Rev 3:18.



"We may be active, we may do much work; but without love, such love as dwelt in the heart of Christ, we can never be numbered with the family of heaven."

Jesus doesn't mince words. He straightaway spells it out, "Buy of me!" In other words the only source of the Laodicean remedy is Jesus. It is from Him and Him alone that we can acquire the remedy to our Laodicean



state. Buy from Christ and live; buy somewhere else and die. You and I are part of the Laodicean church. This Laodicean message is a warning to all persons of the Laodicean church. The message is simple: Jesus is coming again. Make sure you are spiritually rich, make sure you are spiritually clothed, make sure you can spiritually see—through Jesus Christ!

WHAT TO BUY?

So, what is it that we should buy? According to Jesus we should buy from him "gold tried in the fire . . . , white raiment," and in context, obtained from Him as well, we are to "anoint [our] eyes with eyesalve." These, of course are metaphors; they represent something. Being part of the Laodicean church and having a heart that has accepted Jesus Christ as our Saviour and Lord, these three things, according to Christ, are the remedy for our lukewarm conditions so that our works might properly reflect our hearts. Then, when Jesus Christ comes again, there will be members of the Laodicean church that are white-hot for Christ!

THE MEANING OF "GOLD"

"Gold, tried in fire." What is it? What does it represent? Gold, of course, is the metal God uses to represent salvation. James 1:12 says, "Blessed is the man that endureth

temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him." The "crown of life" is salvation, and Revelation 4:4 says that the crown is made out of gold. "And round about the throne were four and twenty seats: and upon the seats I saw four and twenty elders sitting, clothed in white raiment; and they had on their heads crowns of gold." Gold tried in fire represents having a complete salvation experience, having our impurities burned away by the experiences of life just as the dross is burned away from pure gold in the furnace. Our lives are to reflect the character of God.

Now, since the message to the Laodicean church is in response to works that demonstrate the heart condition, the "gold, tried in fire" that we need to purchase from Jesus is saving faith, whose works are a demonstration of love. Sister White writes in *Christ's Object Lessons*, page 158, "The gold tried in the fire is faith that works by love. Only this can bring us into harmony with God. We may be active, we may do much work; but without love, such love as dwelt in the heart of Christ, we can never be numbered with the family of heaven." If we are to be healed from our Laodicean state, we need to receive from Jesus salvation and a new heart of love that is demonstrated by works of love!



How do we receive such faith from Jesus? Scripture is clear. In Romans chapter 10, verse 17, Paul writes, "So then faith cometh by hearing, and hearing by the word of God." Saving faith that works love can be obtained only through a close personal relationship with Jesus Christ our Lord! If we don't accept Him and spend time with Him, how could we possibly expect to lovingly reflect Him?

RAIMENT THAT'S WHITE

Jesus then bids us to buy from Him "white raiment." The word "raiment" simply means clothing, usually clothing of fine quality. Clothing in itself is not special; however, Jesus asks us to buy "white raiment" from Him. It is the fact that the clothing is white that makes it special.

It is clear from study of the Scripture that the colour white is used to reference purity. The children of Israel wore white clothing during the installment of the ark of the covenant



in Solomon's temple (2 Chronicles 5:12). Isaiah refers to forgiveness as the transformation of our sins from scarlet to white as snow (Isaiah 1:18). Daniel, in vision, saw the Ancient of Days wearing a garment white as snow (Daniel 7:9). Jesus was observed wearing white raiment on the Mount of Transfiguration (Matthew 17:2). Daniel 12:10 clearly states, "Many shall be purified, and made white..."

Clearly the colour white is a reference to purity. So, when Jesus asks us to buy from Him a garment so we can be pure, to cover the shame of our nakedness, He most certainly is asking us to cover ourselves with the only robe that could possibly cover our sin. Furthermore, the robe is available only from Him. Therefore, it can be nothing else but His robe of righteousness!

THE ROBE OF RIGHTEOUSNESS

Sister White writes, "Only the covering which Christ Himself has provided can make us meet to appear in God's presence. This covering, the robe of His own righteousness, Christ will put upon every repenting, believing soul. 'I counsel thee,' He says, 'to buy of Me . . . white raiment, that thou mayest be clothed, and

that the shame of thy nakedness do not appear.” (*Signs of the Times*, November 22, 1905) When we give up control of our lives and accept the salvation and mastery of Jesus Christ, we buy His robe of righteousness, acknowledging that our righteousness is as filthy rags, but His righteousness is white as snow. Just as the prodigal son received his father’s robe upon his return, so we receive the robe that covers the filthiness of our sin, the shame of our nakedness.

Clothing in itself is not special. ...It is the fact that the clothing is white that makes it special.

Again, since the Laodicean message is one that concerns the outward demonstration of the heart’s conversion, the robe of righteousness not only covers past sins, but acknowledges a commitment on our part to live our lives according to God’s revealed will and represents the veracity of living a life of obedience. Sister White writes, “By His perfect obedience, He has made it possible for every human being to obey God’s commandments. When we submit ourselves to Christ the heart is united with His heart; the will is merged in His will; the mind becomes one with His mind; the thoughts are brought into captivity to Him; we live His life. This is



what it means to be clothed with the garment of His righteousness. Then, as the Lord looks upon us, He sees, not the fig-leaf garment, not the nakedness and deformity of sin, but His own robe of righteousness, which is perfect obedience to the law of Jehovah.” (*Signs of the Times*, November 22, 1905).

EYESALVE FOR THE BLIND

Finally, Jesus counsels us to “anoint thine eyes with eyesalve, that thou

mayest see” (Revelation 3:18). The word “eyesalve” is found only once in the King James version of the Bible, in Revelation chapter 3. It comes from the Greek word “*kollourion*,” which is found only once in the Bible, Revelation chapter 3. The word means, “a poultice; a plaster”—in context a poultice that covers the eyes, hence “eyesalve.” Christ wants



us to anoint our eyes with this poultice so we can see. See what? What is it that we are blind to?

Scripture gives us a story in the life of Christ in which He heals a blind man using spittle and clay—a poultice. The story is found in John chapter 9. When the disciples and Jesus come across this man, the disciples ask Him, “What sin caused the man to be blind?” Jesus replied that the man was not blind because of sin, but so that God’s works might be made manifest.

Jesus then says something very significant. He says, “I must work the works of him that sent me, while it is day: the night cometh, when no man can work. As long as I am in the world, I am the light of the world” (John 9:4-5). As professed followers of Christ, the lesson is clear that we must do the work of God because the time is coming when opportunity will disappear. Furthermore, we must do the work according to the revealed will of God.

Jesus says, “I am the light of the world.” Since Jesus is the light of the world, His ways, His methods, and His revealed will comprise the correct way of living our lives and ministering to others. What is it that we are blind to? What is that Jesus wants us to see? The Laodicean church is blind

to the revealed will of God, and Jesus wants us to discern right from wrong.

Once again, since the Laodicean message is one that concerns the outward demonstration of the heart’s conversion, the eyesalve is a spiritual poultice designed to cure us of spiritual blindness so that we can discern between good and evil. Sister White writes, “. . . The eyesalve is that spiritual discernment which will enable you to see the wiles of Satan and shun them, to detect sin and abhor it, to see truth and obey it.” (5T 233) In another place she writes, “The eyesalve is that wisdom and grace which enables us to discern between the evil and the good, and to detect sin under any guise.” 4T 88. God wants us to see if our works demonstrate our profession!

OPINION OVERRIDES SCRIPTURE

But sadly, in the church today, there is a new theology that teaches that the opinion of men is more important than the “Light of the world.” The Laodicean church is



lukewarm because so many say, “I know what the Bible says, but this is my opinion.” To combat this, inspiration teaches, “God has given His church eyes which He requires them to anoint with wisdom, that they may see clearly; but many would put out the eyes of the church if they could; for they would not have their deeds come to the light, lest they should be reprov’d. The divine eyesalve will impart clearness to the understanding.” 4T 88.

“The eyesalve is that spiritual discernment which will enable you to see the wiles of Satan and shun them, to detect sin and abhor it, to see truth and obey it.”

CONTINUED ON PAGE 28

"AS MUCH AS LIETH IN YOU, LIVE PEACEABLY WITH ALL MEN."

Ellen G. White

... Truth is too dearly purchased for its least principle to be surrendered. That peace and harmony which are secured by mutual concessions to avoid all differences of opinion are not worthy of the name. On points of feeling between man and man, concessions should sometimes be made; but never should one iota of principle be sacrificed to obtain harmony.

The plan of redemption was formed to bring unity and peace to men. The world was at war with the law of Jehovah; sinners were at enmity with their Maker; Jesus came to make overtures of peace. At the appointed time angels were commissioned to announce his birth, and give expression to their joy in the salvation of the one lost sheep, the fallen world. To the watching shepherds the message came, "Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Saviour, which is Christ the Lord. And this shall be a sign unto you: Ye shall find the babe wrapped in swaddling clothes, lying in a manger. And suddenly there was with the angel a multitude of the heavenly host praising God, and saying, Glory to God in the highest, and on earth, good will toward men."

A Legacy of Enduring Peace

Shortly before his crucifixion, Christ bequeathed to his disciples a legacy of peace. "Peace I leave with you," he said; "my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." This peace is not the peace that comes through conformity with the world. It is an internal rather than an external peace. Without will be wars

and fightings, through the opposition of avowed enemies, and the coldness and suspicion of those who claim to be friends. The peace of Christ is not to banish division, but it is to remain amid strife and division.

Truth Divides

Though he bore the title of Prince of Peace, Christ said of himself, "Think not that I am come to send a peace on earth; I came not to send peace, but a sword." By these words he did not mean that his coming was to produce discord and contention among his followers. He desired to show the effect his teaching would have on different minds. One portion of the human family would receive him; the other portion would take sides with Satan, and would oppose Christ and all his followers. The Prince of Peace, he was yet the cause of division. He who came to proclaim glad tidings and create hope and joy in the hearts of the children of men, opened a controversy that burns deep, and arouses intense passion in the human heart.

His peace was the consciousness of having done the will of his Father. . . .

And he warned his followers: "In the world ye shall have tribulation." "They shall lay their hands on you, and persecute you, delivering you up to the synagogues, and into prisons, being brought before kings and rulers for my name's sake. . . . Ye shall be betrayed both by parents and brethren, and kinsfolks, and friends; and some of you shall they cause to be put to death."

World Still Opposes Jesus and His Followers

This prophecy has been fulfilled in a marked manner. Every indignity, reproach, and cruelty that Satan can instigate human hearts to devise, has been visited upon the followers of Jesus. And it will be fulfilled in a yet more marked manner; for the carnal mind is still at enmity with the law of God, and will not be subject to its commands. We have been highly favored in living under a government where we can worship God according to the dictates of our conscience. But human nature is no more in harmony with the principles of Christ today than it has been in ages past. The world is still in opposition to Jesus. The same hatred that prompted the cry, "Crucify him, crucify him," still works in the children of disobedience. The same satanic spirit that in the Dark Ages consigned men and women to prison, to exile, and to the stake, that conceived the exquisite torture of the Inquisition, produced the massacre of St. Bartholomew, and kindled the fires of Smithfield, is still at work with malignant energy in unregenerate hearts.

Neither Love nor Peace in Silence and Compromise

We are required to be Christlike toward those who are our enemies; but we must not, in order to have peace, cover up the faults of those we see in error. The world's Redeemer never purchased peace by covering iniquity, or by anything like compromise.

. . . The friend of sinners . . . would not remain silent while they were pursuing a course that would ruin their souls.

Though his heart was constantly overflowing with love for the hu-

man race, he was never indulgent to their sins. He was the friend of sinners, and he would not remain silent while they were pursuing a course that would ruin their souls,—the souls that he had purchased with his own blood. He was a stern reprove of all vice. He labored that man should be true to himself in being all that God would have him, and true to his higher and eternal interest. Living in a world marred and seared with the curse brought upon it by disobedience, he could not be at peace with it if he left unwarned, uninstructed, unrebuked. This would be to purchase peace at the neglect of duty. His peace was the consciousness of having done the will of his Father, rather than a condition of things that existed as the result of not having done his duty.

No Surrender of Truth to Gain Peace

Those who love Jesus and the souls for whom he had died will follow after the things which make for peace. But they must take care lest in their efforts to prevent discord, they surrender truth; lest in warding off division, they sacrifice principle. True brotherhood can never be maintained by compromising principle. As Christians approach the Christlike model, and become pure in spirit and action, they will feel the venom of the serpent. The opposition of the children of disobedience is excited by a Christianity that is spiritual. At this crisis is the time to decide who are God's faithful servants, who will be true to principle, who will bear in mind that truth is too dearly purchased for its least principle to be surrendered. That peace and harmony which are secured by mutual concessions to avoid all differences of opinion are not worthy of the name. On points of feeling between man and man, concessions should sometimes be made; but never should one iota of principle be sacrificed to obtain harmony. All our words and actions pass in review before God; and if we wish to stand in the Judgment as having done all that we could do to exert

a correct influence over our fellow men, we must return kind acts for acts of mischief and malice. Christ is our pattern; we must follow him.

If we wish to stand in the Judgment as having done all that we could do to exert a correct influence over our fellow men, we must return kind acts for acts of mischief and malice But the text suggests that no amount of diligence and care will preserve this harmony in all cases.

The apostle Paul exhorts us, "If it be possible, as much as lieth in you, live peaceably with all men." Care should be taken by Christians to give no offense, that the truth may not be evil spoken of. But the text suggests that no amount of diligence and care will preserve this harmony in all cases. Dissensions will arise even between church-members, because they are not Christlike in character. In the home they are oppressive and a reproach to the cause of Christ. Their practices are inconsistent with truth and religion, and to retain them in church fellowship would be unfaithfulness to the Master. The church as a body is to do all in its power to promote union and prevent schisms. If unsound doctrine is introduced, the safety of the flock of Christ will be endangered; and it is the duty of those in authority, who are jealous for the truth as it is in Jesus, to make a firm, decided protest.

If Maligned without Cause...

To those who have been injured without cause these words of Scripture apply, "If it be possible, as much as lieth in you, live peaceably with all men." Their failure to live at peace with all men is not due to the course they themselves have pursued, but to the envy, jealousy, and evil surmising of those who have been in the wrong. A division is caused. How shall it be healed? Shall the man that has been sinned against, misjudged, and maligned, be called to give an account? Shall he seek for something in his past course by which

he can humiliate himself? Shall he acknowledge himself in the wrong for the sake of making peace?—No. If he has tried to do his duty, and has been patient under abuse, he is not to humble himself to acknowledge that he is guilty. He does the offenders great wrong thus to take the guilt upon his soul, admitting that he has given them occasion for their course of action. This is very pleasing to those who have done the work of the enemy; but heaven's books record the facts just as they are. Concessions that are not true from the one who has been wrongfully treated gratify the feelings of the carnal heart. The wrongdoers interpret their position as zeal for God, when in truth it is zeal to do the work of the adversary of souls. They do not dig out of their hearts the root of bitterness, but leave the fibers to spring up when Satan shall stir them again to active growth.

Our Work in Ourselves

There is a work for us to do. We must begin here to cultivate the meekness of Christ. There are stern battles for us to fight against our traits of character that leads us to decisions that make it hard and unfavorable for others. We are not commended by God for a zeal that savors of pharisaism; for this is not of Christ. We are not to go to an extreme in false charity, neither are we to follow a course of unbending severity in cases where kindness and mercy and love would have a telling power. The ax must be laid at the root of the tree. True conversion is needed. Heart work is essential. The nature must be renewed after the divine image, until the work of grace is completed in the soul.

Review and Herald, January 16, 1900.

Ellen G. White, 1827-1915, received the spiritual gift of prophecy, and the fruits of her life and work accord with the biblical tests of a true messenger of God. To this day, her counsels are an incalculable blessing to God's people around the world.

How to Be Like Jesus

Ellen G. White

It would be well for us to spend a thoughtful hour each day in contemplation of the life of Christ. Desire of Ages, 83.

"If the eye is kept fixed on Christ, the work of the Spirit ceases not until the soul is conformed to His image." *Desire of Ages*, 302.

"As the perfection of His character is dwelt upon, the mind is renewed, and the soul is re-created in the image of God." *Education*, 18.

"So you are not to look to yourself, not to let the mind dwell upon self, but look to Christ. Let the mind dwell upon His love, upon the beauty, the perfection, of His character. Christ in His self-denial, Christ in His humiliation, Christ in His purity and holiness, Christ in His matchless love—this is the subject for the soul's contemplation. It is by loving Him, copying Him, depending wholly upon Him, that you are to be transformed into His likeness." *Steps to Christ*, 70.

"Christ gave no stinted service. He did not measure His work by hours. His time, His heart, His soul and strength, were given to labor for the benefit of humanity. Through weary days He toiled, and through long nights He bent in prayer for grace and endurance that He might do a larger work. With strong crying and tears He sent His petitions to heaven, that His human nature might be strengthened, that He might be braced to meet the wily foe in all his deceptive workings, and fortified to fulfill His missions of uplifting humanity. To His workers He says, 'I have given you an example, that ye should do as I have done.' John 13:15." *Ministry of Healing*, 500.

"The Saviour's entire life was characterized by disinterested benevolence and the beauty of ho-

liness. He is our pattern of goodness. From the beginning of His ministry, men began to comprehend more clearly the character of God. He carried out His teachings in His own life. He showed consistency without obstinacy, benevolence without weakness, tenderness and sympathy without sentimentalism. He was highly social, yet He possessed a reserve that discouraged any familiarity. His temperance never led to bigotry or austerity. He was not conformed to the world, yet He was attentive to the wants of the least among men." *Counsels to Parents, Teachers and Students*, 262.

"Jesus was our example in all things, and He was an earnest and constant worker. He commenced His life of usefulness in childhood. At the age of twelve He was 'about his Father's business.' Between the ages of twelve and thirty, before entering upon His public ministry, He led a life of active industry. In His ministry Jesus was never idle." *Testimonies to Ministers*, 155.

From *Desire of Ages* :

P. 43—"He shunned all outward display. . . . Greatness can never save a soul."

P. 68—"He manifested a patience that nothing could disturb, and a truthfulness that would never sacrifice integrity. In principle firm as a rock, His life revealed the grace of unselfish courtesy."

P. 70—"He was possessed of one purpose; He lived to bless others!"

P. 789—"The graveclothes were not thrown heedlessly aside, but carefully folded. . . . In His sight, who guides alike the star and the atom, there is nothing unimportant. Order and perfection are seen

in His work.

P. 800—"Christ never forces His company upon anyone."

P. 815—"The Saviour's manner with Peter taught his brethren to meet the transgressor with patience, sympathy, and forgiving love."

P. 150—"The ministry of Christ was in marked contrast to that of the Jewish elders. . . . They lived in continual dread of defilement. To avoid contact with the 'unclean,' they kept aloof, not only from the Gentiles, but from the majority of their own people, seeking neither to benefit them nor to win their friendship."

P. 73—"Jesus carried into His labor cheerfulness and tact. . . . He held communion with heaven in song, . . . which banished the evil angels."

P. 85—"In every gentle and submissive way Jesus tried to please others."

P. 87—"He often denied Himself food in order to relieve the needy."

P. 89—"Jesus did not contend for His rights. . . . He was willing and uncomplaining. He did not retaliate . . . but bore insult patiently."

P. 91—"He passed by no human being as worthless, but sought to save."

P. 181—"We must consent to bring into captivity every thought to Christ."

P. 208—"He made no plans for Himself. He accepted God's plans for Him."

P. 253—"His language was pure, refined, and clear as a running stream."

A collection of quotes from the writings of E. G. White, taken from a compilation by Patricia of Lone Pine, California

Historical Footnotes



“We have nothing to fear for the future, except as we shall forget the way the Lord has led us, and His teaching in our past history.” E.G. White, Life Sketches, 196. Many today have neglected to study the history and people that made up the early days of the Advent movement. To help encourage interest in Adventist history, we have put together questions about people and events of our past. Our goal is to spark faith and further study into “the way the Lord has led us, and His teaching in our past history.”

1. What former Catholic Priest born in Poland was converted to the third angel’s message in 1857?

- a. Michael Bonaventura
- b. Michael Belina
- c. M. B. Czechowski
- d. L. M. Moscow

2. What Seventh-day Adventist helped lay a firm foundation for Adventism in Scandinavia?

- a. J. N. Andrews
- b. John G. Matteson
- c. O. B. Johnson
- d. George Wheeler

3. In 1843 what well-known Seventh-day Adventist held evangelistic meetings on Kent Island off the coast of Maryland?

- a. Joseph Bates
- b. James White
- c. J. N. Andrews
- d. Henry Stedham

4. Who was the singing evangelist in the meetings in #3 above?

- a. Frank Belden
- b. H. S. Gurney
- c. John Whitehead
- d. Samuel Palmer

5. What was the normal occupation of the singing evangelist in #4?

- a. Song writer
- b. Blacksmith
- c. Type setter
- d. Preacher

6. In what year did Joseph Bates become convinced that Ellen White was a true prophet?

- a. 1852
- b. 1844
- c. 1846
- d. 1863

7. After the spring disappointment in 1844, Josiah Litch initiated what newspaper?

- a. *Second Advent Waymarks*
- b. *The “Good Old Review”*
- c. *The Advent Shield*
- d. *The Sabbath Herald*

8. Who was Ellen White’s nephew that was a song composer?

- a. Samuel Davis
- b. John Harmon
- c. Frank Belden
- d. George Holt

9. In what year did the General Conference vote to move “Adventism officially out of North America”—our first foreign mission?

- a. 1861
- b. 1872
- c. 1874
- d. 1888

10. Who first introduced our pioneers to the Seventh-day Sabbath?

- a. Mrs. Phoebe Palmer
- b. James Mensch
- c. Mrs. Rachel Oakes
- d. Frederick Wheeler

Excerpted from C. Mervyn Maxwell’s *Tell It To The World*, Pacific Press, 1976, 1977.

Answers: c; 2. b; 3. a; 4. b; 5. b; 6. c; 7. c; 8. c; 9. c; 10. c.

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News Watch



Pope's Visit to France Reveals Europe's Future

"America's tanking economy and presidential election have saturated the news in recent months. But one of the most alarming statements in the *New York Times* last September had nothing to do with either of those things. 'This pope is looking to RECONQUER EUROPE,' wrote Rachel Donadio, 'if not in numbers, then at the political table' (Sept. 19, 2008; emphasis author's). The Catholic Church has been Europe's single greatest and bloodiest constant for nearly 2,000 years. History books overflow with examples of the Vatican exploiting political relationships in order to fulfill dark papal ambitions. They also prove that European leaders seeking military and political dominance *always* seek sanction and support from the pope. Have we forgotten Justinian's imperialistic restoration or Charlemagne's astounding but bloodstained accomplishments? Can we forget the Crusades, Napoleon and Hitler's Third Reich? The Vatican was complicit in each of these events. Now Pope Benedict XVI is, as the *Times* put it, trying to 'reconquer Europe' and lock down church-state relationships across the Continent. History is screaming at us. It's saying we ought to be alarmed when a pope goes on a personal crusade to conquer Europe!" Brad Macdonald, *Trumpet*, Jan. 2009.

End-time perspective: "By the decree of enforcing the institution of the Papacy in violation of the law of God, our nation will disconnect herself fully from righteousness. When

Protestantism shall stretch her hand across the gulf to grasp the hand of the Roman power, when she shall reach over the abyss to clasp hands with Spiritualism, when, under the influence of this threefold union, our country shall repudiate every principle of its Constitution as a Protestant and Republican government, and shall make provision for the propagation of papal falsehoods and delusions, then we may know that the time has come for the marvelous working of Satan, and that the end is near." *Testimonies*, vol. 5, p. 451.

Milky Way Study

"After 16 years of observation, a team of German astronomers has confirmed the existence of a giant black hole at the center of the Milky Way. The black hole, known as Sagittarius A, was detected by monitoring the motion of the stars surrounding it." *Time*, Dec. 22, 2008, p. 15.

End-time perspective: The constellation Orion, situated in the Milky Way, plays an important part in closing events: "Dark heavy clouds came up, and clashed against each other. The atmosphere parted and rolled back; then we could look up through the open space in Orion, whence came the voice of God. The holy city will come down through that open space. I saw that the powers of earth are now being shaken, and that events come in order. War, and rumors of war, sword, famine, and pestilence are first to shake the powers of earth,



then the voice of God will shake the sun, moon, and stars, and this earth also." *Christian Experience and Teachings of Ellen G. White*, 111.



Justice Fallen in the Street

"Blagojevich, 52, was either delusional, stupid or some combination of both. The feds had been on his case for years, and he knew it. Early on the morning of Dec. 9, federal marshals woke him up with a predawn phone call, then arrived at his front door and handcuffed him shortly thereafter. By the afternoon, he stood in a Chicago courtroom looking like a common criminal.... He faces the prospect of 30 years in prison on charges of conspiring to commit mail and wire fraud and soliciting bribes." Michael Scherer, *Time*, Dec. 22, 2008.

End-time perspective: "The record of the corruption in our cities cannot be traced by human pen. Political strife, bribery, fraud, are seen on every hand. Men seem determined to rule or ruin. They are ready to ill-treat and even to kill those who will not be ruled by them. Who can doubt but that the evils which existed before the Flood exist today?" *Manuscript Release*, Vol. 3, p. 38.

Highly Paid Laid Off, Too

"As the financial sector crumbles, six-figure stars are increasingly among those getting the pink slips. When Citigroup, for example, announced recently that it was booting some 50,000 employees—many of them high-paid managers—the departing bankers joined more than 20,000 workers the company had already laid



off this year.” Jeremy Caplan, *Time*, Dec. 22, 2008.

End-time perspective: “The Lord Jesus, who knew the value of man, gave his life to redeem him from the slavery of sin and Satan. He has lifted his voice in warning to the sons of men. He says: ‘Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal; for where your treasure is, there will your heart be also;’ Men are not careful to be the doers of the words of Christ; and this is why so much sin, misery, and want prevail in the world.” *Signs of the Times*, July 2, 1894.



Ongoing Hostility

“The terrorist strikes on Mumbai have reignited a six-decade-old dispute between India and Pakistan, with worrisome consequences for the U.S.... The dispute began when the two countries won independence from Britain in 1947 and the Hindu ruler of Muslim-majority Kashmir chose to

join India rather than Pakistan. That decision has never been accepted by Pakistan.... India and Pakistan have fought two wars and countless skirmishes over the territory.” Jyoti Thottam, *Time*, Dec. 22, 2008, p. 34.
End-time perspective: “And Jesus answered and said unto them, Take heed that no man deceive you. For many shall come in my name, saying, I am Christ; and shall deceive many. And ye shall hear of wars and rumours of wars: see that ye be not troubled: for all these things must come to pass, but the end is not yet. For nation shall rise against nation, and kingdom against kingdom: and there shall be famines, and pestilences, and earthquakes, in divers places. All these are the beginning of sorrows.” Matthew 24:4-8.

US Military Preparing for Domestic Disturbances

“A new report from the U.S. Army War College discusses the use of American troops to quell civil unrest brought about by a worsening economic crisis.

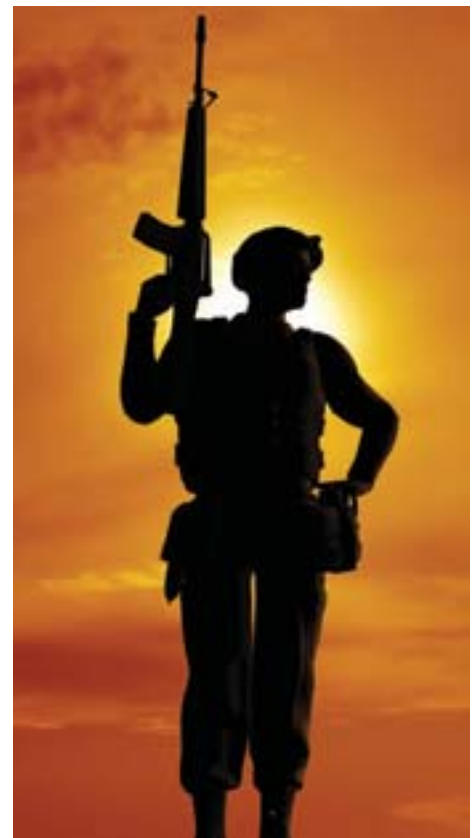
“The report from the War College’s Strategic Studies Institute warns that the U.S. military must prepare for a ‘violent, strategic dislocation inside the United States’ that could be provoked by ‘unforeseen economic collapse’ or ‘loss of functioning political and legal order.’

“Entitled ‘Known Unknowns: Unconventional ‘Strategic Shocks’ in Defense Strategy Development,’ the report was produced by Nathan Freier, a recently retired Army lieutenant colonel who is a professor at the college—the Army’s main training institute for prospective senior officers. He writes: ‘To the extent events like this involve organized violence against local, state, and national authorities and exceed the capacity of the former two to restore public order and protect vulnerable populations, DoD [Department of Defense] would be required to fill the gap.’

“Freier continues: ‘Widespread civil

violence inside the United States would force the defense establishment to reorient priorities in extremis to defend basic domestic order.... An American government and defense establishment lulled into complacency by a long-secure domestic order would be forced to rapidly divest some or most external security commitments in order to address rapidly expanding human insecurity at home.” Newsmax.com, Tuesday, Dec. 23, 2008.

End-time perspective: “It is high time to awake out of sleep: for now is our salvation nearer than when we believed. The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armor of light. Let us walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying. But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfill the lusts thereof.” Romans 13:11-14.



Diabetes and You



Dr. Olson comes from a long line of health professionals including MDs, naturopaths, and osteopaths. Having early wanted to help people, especially in the area of health, she was a missionary to Belize and Korea. A national speaker, an RN for years, a certified herbologist, and a naturopathic doctor, Dr. Olson is utilizing this experience and wealth of knowledge for the benefit of people all over the world.

What is Diabetes?

Diabetes is a chronic health problem that involves abnormally high blood sugar levels. The foods you eat, through digestion, break down into tiny particles. Some of the foods, such as carbohydrates, are broken down into particles of sugar. This sugar is referred to as glucose. The glucose then moves from the digestive system into the bloodstream and travels around the body to feed the working cells. The glucose (sugar) is the energy that the cells need to do their work (such as enabling us to run and breathe). Therefore, glucose is actually a good thing that is needed to supply energy to every cell in the body. However, if glucose levels become too elevated, then they become toxic to the brain and other body organs.

Diabetes is categorized into two main types (with the exception of gestational diabetes, which is diabetes that occurs when a woman is pregnant). I'll go into those in a minute, but first, to really understand diabetes, you must understand the significance of blood sugar (glucose) and insulin.

The foods that we eat break down into **glucose** (food energy), which is then transported into the



bloodstream. Once there, the body sends a signal to the pancreas telling it to release insulin. **Insulin** is a hormone produced by the pancreas that helps to move the glucose (energy) from the bloodstream into the cells that need it. The insulin actually acts as a key that opens both the door of the bloodstream and of the door of the cells to allow the glucose to leave the bloodstream and enter into the cells as food.

The problem comes in when this system malfunctions. When this process of converting food into energy for cells is not working correctly, that is when you are considered to have diabetes. Now, there are two different ways that this system can malfunction. That is why there are two different types of diabetes: type 1 diabetes and type 2 diabetes.

Type 1 Diabetes

Type 1 diabetes is also known as juvenile or insulin-dependent diabetes, since this type usually develops during childhood or adolescence. In people with type 1, the production and secretion of insulin by the pancreas is severely deficient. If there is not enough insulin, there is no key. Without the key, the glucose cannot escape from the bloodstream and is trapped there. And as the person continues to eat food that is broken down into more glucose, it continues to accumulate in the blood stream, unable to get out. This is how the blood "sugar" (glucose) can get too high. In addition to the blood sugar being too high, the worker cells on the outside of the blood stream have no food to meet their energy demands, causing more



problems.

Because insulin levels are absent (or dramatically low), people with type 1 have to inject themselves with insulin, which will allow the glucose to leave the bloodstream and enter into body cells to nourish them. People with type 1 must monitor their blood sugar daily. This test (often a finger stick) will measure the amount of glucose in the blood. Depending on how high the number is, the person will know how much insulin is needed in order to let the glucose escape, thereby lowering the amount of sugar in the blood and feeding the hungry cells.

Type 1 is thought to involve an *autoimmune* response (possibly as a reaction to the consumption of dairy products or other allergens), in which the person's immune system attacks and damages its own pancreatic cells that produce insulin. The removal of the allergen in some cases can improve pancreatic function and increase the amount of insulin that is produced/secreted. Type 1 diabetes is far less common and accounts for only 5 to 10 percent of the diabetes cases in the United States.

Type 2 Diabetes

Type 2 diabetes, often called adult-onset or non-insulin dependent diabetes mellitus (NIDDM), is by far the more common of the two

According to the American Diabetes Association, 6.2 percent of the population has diabetes, with one third of the people (5.9 million) unaware that they have the disease.



types: about 90 to 95 percent of the diabetes in the United States is type 2, affecting over 16 million people.

Type 2 happens when the cells inside the body develop a resistance to insulin, in addition to the body having a sick pancreas that may not be producing enough insulin. People with type 2 can produce insulin, but because of the resistance of the cells, the insulin (and the glucose it transports) cannot effectively enter into the cells. So the glucose remains in the blood stream, causing blood sugar to elevate, and the cells in the body remain hungry.

Type 2 usually strikes during adulthood, most often in the elderly or in obese people over forty. However, it is becoming increasingly common in children due to lack of exercise, obesity and poor dietary habits. This category of diabetes is most often linked to a diet that is high in refined carbohydrates and low in fiber, and it can usually be treated with an effective diet, exercise and specific nutritional supplements.

Hypoglycemia and Hyperglycemia

All three types of diabetes are very serious medical conditions. When left unmonitored and untreated, blood-sugar levels can swing from dramatically low (hypoglycemia) to dangerously high (hyperglycemia). Hypoglycemia comes on quickly and leaves you feeling dizzy, pale, sweaty and confused. You may feel uncoordinated or have palpitations. If your glucose levels are not raised, your symptoms could grow worse, and you could lapse into a coma. This can be due to alcohol, medications, excess activity, the early stages of pregnancy,

skipped meals, a meal too high in protein and low in carbohydrates (think Atkin's diet), or a number of other causes.

Hyperglycemia (high blood sugar) isn't much better. Although the initial symptoms may be more difficult to spot (high blood glucose, high

levels of sugar in the urine, frequent urination and increased thirst), it is still a serious condition. High blood sugar levels over long periods of time can cause damage to important body parts such as your eyes, kidneys, heart, skin and nerves. In addition, even though high blood sugar may take hours or days to develop, it can result in diabetic ketoacidosis (diabetic coma), a life-threatening condition. Ketoacidosis develops when your body doesn't have enough insulin. Without insulin, your body can't use glucose for fuel. Instead, your body breaks down fats to use for energy. When your body breaks down fats, waste products called ketones are produced. Your body cannot tolerate large amounts of ketones and will try to get rid of them through the urine. Unfortunately, the body cannot release all the ketones and they build up in your blood. This can lead to ketoacidosis.

What Should I Do?

Over the long term, both type 1 and type 2 diabetes can lead to heart disease, kidney and nerve disorders, loss of vision, and other problems. The high levels of blood sugar can also leave the body vulnerable to infection. This is why you need to keep your blood sugar stable and under control.

If you have type 1 diabetes, you must work very closely with a good doctor and follow a lifelong treatment plan that includes diet, exercise and, most likely, medication. Complementary therapies can also provide helpful support to your taxed endocrine and other systems and help decrease the need for medications and reduce the long-term complications

of the disease. In rare cases some people are able to get off insulin therapy when a comprehensive natural approach is followed. This, of course, should never be tried without a doctor's supervision.

People with type 2 diabetes must also take their disease very seriously and consult a doctor on a regular basis; however, they will usually find that a comprehensive dietary, exercise, and supplemental program will reduce or eliminate the need for medication. No matter which kind of diabetes you have, you must always talk to your doctor about any therapies you plan to incorporate into your protocol. And never go off your medication without a doctor's consent.

Symptoms

Because these symptoms may not seem serious, many people with diabetes remain undiagnosed. If they apply to you or to your child, see a doctor as soon as possible.

- Frequent urination (children may be constant bed-wetters)
- Strong thirst
- Excessive appetite
- Weight loss
- Fatigue
- Irritability
- Blurred vision

Root Causes

- Heredity
- A poor diet (particularly in type 2)
- An autoimmune reaction (due to a viral infection, environmental toxin, food allergy). This is thought to be the origin of some cases of type 1 diabetes.
- Chronic stress and the resulting stress hormone imbalance
- Nutritional deficiencies, especially of chromium, B vitamins, zinc, vanadium and vitamin D
- Obesity

If you or someone you love has diabetes, there is hope! We have found that when incorporating diet, exercise, stress relief, proper rest,

detoxification and herbal medicine, many people have been able to naturally manage diabetes without medications or painful symptoms. Some people, through these natural therapies, have even been able to turn the disease around to the point that their body is functioning as normal as someone who never had the disease. Isn't that amazing?! Here are some suggestions to help you get your health back and your body functioning at optimum level again.

Diet

Because diabetes is about sugar, and sugar comes from your diet, the most important therapy for diabetes is a healthful diet. That is why I will be devoting the majority of the time dealing with this topic. the majority of the remainder of this article to that topic. The dietary suggestions that I present here can help regulate your blood sugar levels naturally and also reduce your risk of complications, such as cardiovascular disease. Some people (particularly those with type 2 diabetes) have been able to get off medication completely by following the diet and exercise plan presented here.

Recommended Foods

Follow a diet that's high in fiber (raw fruits, vegetables, nuts, seeds, and whole grains). Water-soluble fiber, as found in oat bran, beans, nuts, seeds and apples, helps to balance blood sugar.

Ground flaxseeds should be consumed daily. Consume 1 tablespoon with each meal or 1/4 cup daily. Make sure to drink plenty of water when you start taking flaxseeds (10 ounces per tablespoon). A daily

total of 50 mg of fiber daily is a great goal.

Consume vegetable protein (legumes, nuts, seeds, peas) with each meal. Protein helps smooth out blood-sugar levels. Many people with diabetes benefit from increasing the relative amount of protein in the diet.

Focus on quality fats. Nuts and seeds are excellent. Use olive and flaxseed oil with your salads.

Increase intake of chromium-rich foods. Chromium deficiency has been linked to diabetes, so eat lots of brewer's yeast, wheat germ, whole grains, soy products, broccoli, onions and garlic. In addition to being good sources of chromium, onions and garlic have shown significant blood sugar lowering ability and will also help protect against heart disease.

Enjoy plenty of berries, plums, and grapes. These foods contain powerful phytochemicals that protect your vision.

If you need to eat more frequently throughout the day to keep your blood sugar stabilized, choose healthy foods such as those listed, rather than junk food that will cause an unhealthy spike then drop in blood sugar.

Food to Avoid

Stay away from simple sugars. Obvious no-no's are candy, cookies, cakes, ice cream, sodas and other sweets.

White, refined bread also spikes blood-sugar levels. Instead, choose whole grain breads, cereals and pastas. Brown rice, barley, oats, spelt and kamut are complex carbohydrates that are good choices.

Avoid cow's milk. Some studies have found a link between cow's milk ingestion and type 1 diabetes in children. It appears that some children, due to genetic reasons, react



to the cow's milk protein (caseins), which causes an autoimmune reaction with the pancreas.

Eliminate alcohol from your diet. Alcohol is already considered a toxin by the body, but in the diabetic, it is even more poisonous. Normally, when your blood sugar level starts to drop, your liver steps in. It goes to work changing stored carbohydrates into glucose. Then it sends the glucose out into the blood, which helps you avoid or slow down a low blood sugar reaction. However, when alcohol enters your system, this changes. Since your body reacts to the alcohol like the poison it is, the liver wants to clear it from the blood quickly. In fact, the liver won't put out glucose again until it has taken care of the alcohol. So even if your blood glucose level is falling, the liver is more concerned with ridding the body of the poison rather than trying to produce glucose. This is how you can quickly wind up with very low blood sugar.

Also, if you have nerve damage from diabetes in your arms or legs, drinking can make it worse. Alcohol is very toxic to the nerves. Drinking can increase the pain, burning, tingling, numbness and other symptoms found with nerve damage. Some studies show that even regular light drinking (less than two drinks per week) can bring on nerve damage.

In addition to increasing the risks of hypoglycemia, nerve damage and eye disease, alcohol is high in calories and low in nutrition. If weight is a problem for a person, then the alcohol should





be cut out if for no other reason than to save calories.

Eliminate caffeine from your diet.

Drinking tea and coffee also causes problems for diabetics. Drinking coffee raises blood sugar levels. It does so by enhancing the effect of the two hormones: adrenaline and glucagon. These two hormones release stored sugar from the liver, resulting in high blood sugar.

Excessive coffee drinking also leads to the development of insulin resistance and impairs glucose and insulin homeostasis (balance). Even a normal amount of coffee intake can show this effect.

If that's not enough, drinking caffeinated beverages can also lead to insomnia or sleep deprivation. Studies show that people who do not get quality sleep generally show lower levels of glucose tolerance and greater insulin resistance.

Instead of coffee, you'd be surprised how satisfying hot water with lemon is, or a hot cup of herbal tea, and they are actually beneficial for your body!

Cut back on your consumption of saturated fat. Found in both meat and dairy products, it has been shown to increase the risk of both diabetes and heart disease.

Avoid artificial sweeteners.

Many artificial sweeteners have been linked with an increased risk of

multiple sclerosis, brain tumors and a plethora of other disorders. Instead use diabetic-safe and more healthful natural sweeteners such as stevia or agave nectar.

Exercise

Exercise is an extremely valuable tool for the prevention and treatment of disease—whatever the disease may be. However, exercise is particularly important in the diabetes treatment plan. Many benefits have been observed, including enhanced insulin sensitivity with a diminished need for insulin injections; improved glucose tolerance; increased numbers of insulin receptors; reduced bad cholesterol levels; increased good cholesterol levels; and improved weight loss in obese diabetics.

Rest

Everyone knows that a good night's sleep gives the body time to rest, rejuvenate, and heal. A new study presented at the annual meeting of the American Diabetes Society suggests that healthy *young* people who regularly got **less than 6.5** hours of sleep a night had **greater** insulin resistance than people who got 7.5 to 8.5 hours of rest. Insulin resistance is the condition that often leads to type 2 diabetes.



Stress Management

In people with diabetes, stress can alter blood glucose levels. It does this in two ways. First, people under stress may not take good care of themselves. They may eat worse or exercise less (or both). They may forget, or not have time, to check their glucose levels or plan good meals. Second, stress hormones may also alter blood glucose levels directly. In people with type 2 diabetes, mental stress often raises blood glucose levels. Physical stress such as illness or injury causes higher blood glucose levels in people with either type of diabetes. For some people with diabetes, controlling stress with relaxation therapy can help.

Detoxification

Diabetics are particularly vulnerable to toxins. Although fasting is generally not an option if you have diabetes, other therapies will help flush out toxic build-up and reduce your risk of developing diseases.

The skin is the largest organ of detoxification. Encourage it to expel toxins by giving yourself a dry brush with a towel or skin brush from head to toe every morning or night.

Drink a clean glass of water every 2 waking hours. This will do wonders to rid your body of toxins.

In addition to improving the diet,

reducing stress, getting proper rest, exercising more, and detoxifying, there are many herbal supplements that help improve functioning of the pancreas, balance blood sugar levels, and decrease the problems associated with diabetes. **Here are some that I recommend:**

Diabetic Delight – Helps to improve function of the pancreas, regulate blood sugar, and prevent complications of diabetes.

Diabetes Support – Helps balance blood sugar levels and improve functioning of the pancreas.

Ener-G – Enhances the release of insulin from the pancreas and increases the number of insulin receptors. It has a direct blood sugar lowering effect. In addition, it increases energy levels and improves circulation to the extremities (helping with diabetic neuropathy).

E-Complex – Vitamin E improves glucose regulation and prevents cholesterol oxidation.

Living Green Energy – Green foods are very detoxifying and can help prevent toxic buildup in the body that can lead to infection, especially with diabetes.

Mega-Multi – A very high quality multivitamin, Mega-Multi supplies nutrients involved with blood sugar and metabolism.

Sunny Day – As stress can contribute to the symptoms of diabetes, Sunny Day will help relieve this stress and anxiety, reducing the strain on the body.

C-Blast – Vitamin C helps prevent the complications of diabetes as it helps fight and prevent infections.

Odorless Garlic – Garlic is a very important herb for the diabetic. It stabilizes blood sugar and helps reduce your risk of heart disease and other circulatory disorders by

improving blood flow, lowering elevated blood pressure, and reducing levels of “bad” cholesterol.

B-Complex - B complex vitamins are involved in blood sugar metabolism and help treat diabetic symptoms such as neuropathy.

Ginkgo Biloba – Stimulates blood flow to brain and extremities. Helps reduce and/or eliminate diabetic neuropathy.

Evening Primrose Oil – Studies show it is very effective at reducing or eliminating diabetic neuropathy.

Clay and Swedish Bitters – Both the clay and Swedish bitters are valuable detoxification tools for the diabetic.

Other Recommendations

Quit smoking! Don't smoke or expose yourself to secondhand smoke. If you have insulin resistance, you are vulnerable to heart and kidney damage, both of which are linked to smoking. Smoking also impairs the already weak circulation.

Get a massage! Diabetics and people with unhealthy blood-sugar levels often suffer from poor circulation. A massage is a relaxing way to improve blood flow. Regular massaging of the feet may be especially beneficial to help ward off foot ulcers. It also has a calming and soothing effect on the body and lowers stress levels.

Ask questions. As always, if you have any questions about how you can naturally lower your blood sugar, decrease the bothersome and painful accompanying symptoms of diabetes or just improve your overall health, call us today. We offer free health support and have health counselors standing by to take your calls.



How do we obtain this “eyesalve”? “The eyesalve is obtained by earnest seeking of the Lord. We are to come to God confessing our sins and humbling our hearts before him. If ever there was a people who needed to pray most earnestly to God, if ever there was a people who needed to strip themselves of everything that is offensive to him, it is this people who profess to keep the commandments of God and to have the faith of Jesus.” *General Conference Bulletin*, June 6, 1909.

MALADY AND CURE

We are the Laodicean church of Revelation chapter 3. We are lukewarm, and God will cast us off if we do not become white-hot for Christ. He has warned us, but He has also given us the remedy for our spiritual condition. Buy gold from Him: a saving faith that is demonstrated by works of love. Buy white raiment from Him: Christ's robe of righteousness that covers our past sins and recognizes the veracity of living a life of obedience. And apply eyesalve obtained from Him: spiritual discernment to detect sin and abhor it and to see truth and obey it.

Jesus said, “I know thy works, that thou are neither cold nor hot: I would that thou wert cold or hot.” He has laid it out. The question is, how are we going to respond? Are we going to reject the remedy—or accept it?

John Redlich, married and the father of four children, is an ordained Seventh day Adventist Pastor, currently ministering in law enforcement. He lives in British Columbia, Canada.





Hope for Health



Do you or someone you love suffer with diabetes? With the numbers constantly on the rise, chances are, the answer is yes. Unfortunately, most people suffer the normal course of the disease, taking drugs or increasing doses of insulin until it finally takes it's natural course. Thankfully, we can help. Instead of maintaining and controlling the problem, why not try improving it? Our Diabetic Delight actually helps improve the function of the pancreas to help reduce or eliminate symptoms of diabetes.

Diabetic Delight

FACTS:

- Diabetes was the sixth leading cause of death listed on U.S. death certificates in 2003. According to death certificate reports, diabetes contributed to a total of 224,092 deaths. Since then, these numbers have only continued to rise.
- Diabetes is the leading cause of adult blindness in the United States and the single leading cause of kidney failure and non-traumatic amputation.

90 Caplets.....\$15.99 HXHH-DDEL

Suggested Adult Dosage:
2-3 caplets daily.

To Order Call Today:
1-800-468-7884

or Visit us on the web at:
www.hopeforhealthusa.com

*Prices listed above do not include shipping and handling or sales tax

Hope for Health's Diabetic Delight Can Help:

- Lower blood sugar.
- Support healthy pancreatic function.
- Rejuvenate the digestive system.
- Improve circulation to hands and feet.
- Aid in treatment of all disorders of the pancreas, including pancreatic cancer.
- Promote detoxification of body from harmful pollutants.
- Provide naturally-occurring vitamins, minerals, and nutrients.
- Aid in weight loss.

Discover some of the benefits of the 17 extraordinary ingredients in Diabetic Delight:

- **Bitter Melon** - An herb that helps regulate blood sugar levels and keeps body functions operating properly.
- **Nopal Cactus Leaves** - Lowers blood sugar levels by blocking absorption of sugar in the intestinal tract. Improves liver and pancreas function. Increases insulin production over time.
- **Huckleberry Fruit** - By supplying added oxygen to the blood, Huckleberry benefits all capillaries in the body and improves circulation to the hands and feet. Huckleberry is rich in fatty acids, bioflavonoids, iron, zinc, and phosphorus.
- **Glucosol** - Stabilizes blood glucose levels.
- **Lipase** - An enzyme required to break down fats and lipids.
- **Protease** - Helps break down protein so the body can use protein's building blocks (amino acids) more effectively.
- **Spirulina** - Studies show that spirulina may reduce fasting blood sugar levels. Also enhances immune function.
- **Bromelain** - By helping to regulate the digestive process, taking bromelain makes it possible for people with diabetes to more accurately estimate when to take insulin or other medications.
- **Papain** - Papain has a mild soothing effect on the stomach and is used as a digestive aid. Also has anti-inflammatory properties.
- **Vanadyl Sulfate** - Vanadyl sulfate drives glucose (glycogen) along with amino acids into muscle cells, which supports muscular growth and repair.
- **Biotin** - Breaks down carbohydrates and lowers blood sugar levels.
- **Chromium Picolinate** - Improves blood glucose metabolism.
- **GTF Chromium** - GTF Chromium is a trace mineral that plays an important role in regulating blood sugar levels. GTF works with insulin to transport glucose from the blood into the cells.
- **Amylase** - Improves postprandial* carbohydrate tolerance in people with low glucose tolerance.
- **Zinc Gluconate** - Studies show that individuals with diabetes have impaired intestinal zinc absorption and low plasma zinc levels. Zinc supplements have the potential to help individuals with hypoglycemia, impaired glucose tolerance (IGT), and diabetes.
- **Fenugreek Seed** - Has been used as an oral insulin substitute by helping control blood sugar levels. Contains a soluble fiber that helps to maintain healthy glucose metabolism and promote fullness. This type of fiber can slow the rate of postprandial* glucose absorption.
- **Blueberry Fruit** - Promotes digestion and weight loss! Removes toxic and radioactive waste from the body.

*Levels of glucose after a meal

*These statements have not been evaluated by the FDA. This product is not intended to prevent, diagnose, treat, or cure any disease.



Hope for Health



Trying to control your diabetes? Tired of the ups and downs? Don't want to start taking medicine or giving yourself shots? If so, we've got just the thing for you. Our Diabetes Control contains a special, all-natural, extremely potent form of the amazing herb, Bitter Melon. This herb has been shown to regulate blood sugar levels, strengthen the pancreas, and more! And what's better? There are NO harmful side effects!!

Diabetes Control

HELPS:

- Fight and slow the growth of certain cancers
- Prevent or improve symptoms of viral infections such as: influenza, measles, Epstein Barr, herpes, hepatitis, and even HIV.
- Prevent or improve symptoms of bacterial infections such as: Staphylococcus, Streptococcus, and Salmonella
- Improve digestion

100 Capsules\$8.99 HXHH-DCON

Suggested Adult Dosage:
2 capsules daily.

To Order Call Today:
1-800-468-7884

or Visit us on the web at:
www.hopeforhealthusa.com

*Prices listed above do not include shipping and handling or sales tax

Why is Diabetes Control so Effective?

- To date, nearly 100 scientific studies have demonstrated the blood sugar-lowering effect of bitter melon, the primary ingredient in Diabetes Control. This fruit has shown the ability to enhance cells' uptake of glucose, to promote insulin release, and to enhance the effects of insulin.
- In numerous studies, at least three different groups of components found in bitter melon have clinically demonstrated hypoglycemic (blood sugar-lowering) properties.
- A study published in 1999 examined bitter melon's effect on 100 people with type 2 diabetes. On two days, researchers tested the participants' blood sugar levels in a fasting state and after drinking glucose. The first day, nothing unusual was done. The second day, participants took **500-1000 mg** of bitter melon extract. That day, researchers found that **86 percent** of the participants experienced an average of a **14 percent drop** in blood sugar **BOTH** after fasting and after drinking glucose **than on the day prior when none was taken**.

More Extraordinary Benefits of Bitter Melon, the PRIMARY ingredient in Diabetes Control:

- In other studies, bitter melon has been shown to reduce total cholesterol.
- Rich in iron, bitter melon has **twice** the beta-carotene of broccoli, **twice** the calcium of spinach, **twice** the potassium of bananas, and contains: vitamins B1, B2, B3, and C phosphorus, and dietary fiber.
- Bitter melon has shown to be good for the liver and has been scientifically proven to contain insulin, act as an anti-tumor agent, and inhibit HIV-1 infection.
- In test tube studies, a protein in bitter melon called MAP-30 kills viruses and slows the growth of some cancer cells.

*These statements have not been evaluated by the FDA. This product is not intended to prevent, diagnose, treat, or cure any disease.

Letters to the Editor

■ Thank you for your DVD on “The Work of Saving Ourselves.” Excellent! Blessings on your ministry.

JB, Maine

■ My wife and I do appreciate the ministry of Hope International. Once again, thank you for your dedication to the ministry of Jesus Christ, and may God continue to bless you.

JR, British Columbia

■ I am a licensed Seventh-day Adventist evangelist in the Zimbabwe Union Conference. I have conducted many crusades winning souls for Christ. I have many challenges as a self-supporting evangelist. I do not have some free literature to distribute during my meetings. I am appealing for donations of Spirit of Prophecy books and some free literature. May the Lord bless you. You are on my prayer list.

SN, Zimbabwe

■ I would like to be added to your mailing list to receive the monthly DVD messages starting with the September or October 2008 DVD message. My address is listed down below. Thank you so much and may the Lord richly bless this ministry.

MG, Louisiana

■ Just wanted to wish you all a great and blessed Thanksgiving. In light of all that's going on around us, there is still MUCH to be thankful for. I thank God for the love and support of all of you. You all to some extent make up a part of my character with the influence you all have on my life. It's not always a great life, but it is a life worth living. I thank you all for your gifts of love, support, guidance, advice, constructive criticism and kindness and understanding. May the Lord richly bless you all and may we truly be thankful to the Lord for His rich and abundant blessings. I love you all in some way or another.

DC, Georgia

■ The *Good News* newsletter has been a blessing to me and my family—all the readings, stories, poems, etc. Keep up the Lord's work.

MR, New York

■ Please send me your free DVD messages. What a blessing it would be to receive present truth! I received your *Good News* newsletter in the mail the other day and I am trying to live healthy in the Lord and can benefit from your ministry.

DA, Idaho

■ I was introduced to Hope International through _____ (Hartland graduate, I believe) way back in the mid-80s. He gave a prophecy seminar in Kahoka, MO, just before he joined Hope, and I have subscribed to *Our Firm Foundation* ever since. Thanks once again for your time and attention in answering my request. May God continue to bless your ministry as you continue to put forth the undiluted truth. It continues to be a real blessing to me and probably to many untold thousands in the SDA Church you probably don't know about.

JD, Iowa

■ I appreciate so much your health ministry and would like to request the free DVD subscription as well as a free book and health catalog. Thank you again for your ministry. We also enjoy the beautiful presentations by Brother _____ and the songs. Maranatha!

JS, Alabama

■ Thank you so much for the DVD! I didn't know you could do all those things with clay. Thanks for sharing.

JL, California

■ I feel compelled to rise above my poor English and write you to thank you for all your ministry's eye-opening material that we receive through Elder _____ of Word of Life Ministries in Durban, South Africa. I have just been blessed this Sabbath by watching the DVD about the parable of the fig tree. I have also, over the years, been blessed by having access to your religious magazine *Our Firm Foundation*, which I have always found to be consistently truthful when read in the context of our true and unadulterated pioneer Adventism. I thank and salute you for your continued faithfulness to true Adventism in this time of compromise and apostasy in the structure. I visit your website every week and I am grateful for all the simplified information that we access from it. Your DVDs and written materials are presented in a simplified manner that even I can understand, regardless of my limited education. I wish all the best as you continue to world for the Lord selflessly.

BN, South Africa

■ ...I wanted to encourage you to continue the work the Lord has given you to do and to send an offering to help you in that work. Again, I thank you and praise God for all that you do! I hope others are as blessed as I have been and continue to be."

C.A. Oregon

"He that keepeth his commandments dwelleth in him, and he in him. And hereby we know that he abideth in us, by the Spirit which he hath given us." – I John 3:24

"A revival of true godliness among us is the greatest and most urgent of all our needs. To seek this should be our first work. There must be earnest effort to obtain the blessing of the Lord, not because God is not willing to bestow His blessing upon us, but because we are unprepared to receive it. Our heavenly Father is more willing to give His Holy Spirit to them that ask Him, than are earthly parents to give good gifts to their children. But it is our work, by confession, humiliation, repentance, and earnest prayer, to fulfill the conditions upon which God has promised to grant us His blessing."

"When we unmistakably hear His voice and obey, every murmuring thought will be repressed; and we will leave all consequences with Him who gave the commandment. If, as we see the footprints of Jesus, we step in them and follow Him, we shall have love and power."

Quotations are from "Gifts for God's People" page 45, a daily devotional by Ellen G. White – available at Hope International Bookstore



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