

our firm
FOUNDATION

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



**A Firm
Good
Firm**

The Signal of Advance

The Bible Museum Opened

Malchus' Moment

Act of God

Christ is Coming By and By



Clark Floyd, editor of Our Firm Foundation magazine, has been co-host of the radio program Bible Answers with Clark and Lee and is a licensed attorney and an ordained Seventh-day Adventist pastor. He has spoken internationally and makes his home in the beautiful mountains of western North Carolina.

Unity is an interesting word. It can carry many connotations with it. There is the unity that Christ calls for, oneness with Christ, the Father and each other as mentioned in Christ's prayer in John 17. And there is a false unity, as found in the world, Satan's counterfeit of the true, called "ecumenism"—"you come in ism"—based on compromise.

In order for Pentecost to have taken place, the true unity needed to be established between Christ's true followers. A group of men and women who were different in many respects had to come into one accord with each other. Acts 2:1

"In order successfully to carry forward the work to which they had been called, these men, differing in natural characteristics and in habits of life, needed to come into unity of feeling, thought and action. This unity it was Christ's object to secure." AH 20

There was headstrong Peter; there were the sons of thunder who wanted the right and left hands in Christ's kingdom. Each disciple had his own thing. But as they did come into unity in the truth, God was able to pour His Holy Spirit out on them "And the Lord added to the church daily." Acts 2:47

In Psalm 133, verse one, we read, "Behold how good and how pleasant it is for brethren to dwell together in unity!"

Ellen White also speaks of the need of unity. "We must blend together in the bonds of Christ like unity, then our labors will not be in vain." 1 SM 168

We are counseled, "The religion of Christ will unite in close brotherhood all who accept its teachings." GC

47 But at the same time we are cautioned, "When self-will is renounced in reference to matters there will be a union of believers with Christ. This, all should pray for and work for determinedly, thus answering the prayer of Christ for unity in His church."

This makes it clear that, although doctrine is important, there are areas outside of doctrine that we must look at. These areas involve relationship.

Note the following from the Bible:

- (1) "Grudge not one against another, brethren, lest ye be condemned: behold, the judge standeth before the door." James 5:9
- (2) "And whosoever shall exalt himself shall be abased; and he that shall humble himself shall be exalted." Matthew 23:12
- (3) "Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers." Ephesians 4:29
- (4) "And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you." Ephesians 4:32
- (5) "But if ye have bitter envying and strife in your hearts, glory not, and lie not against the truth." James 3:14
- (6) "But Jesus called them [unto him], and said, Ye know that the princes of the Gentiles exercise dominion over them, and they that are great exercise authority upon them. But it shall not be so among you:

but whosoever will be great among you, let him be your minister; And whosoever will be chief among you, let him be your servant: Even as the Son of man came not to be ministered unto, but to minister, and to give his life a ransom for many." Matthew 20:25-28

- (7) "Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times? Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven." Matthew 18:21 & 22
- (8) "Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive [them], and ye shall have [them]. And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses. But if ye do not forgive, neither will your Father which is in heaven forgive your trespasses." Mark 11:24-26

Brothers and Sisters, before we can have a 2nd Pentecost, the pouring out of the Holy Spirit in the latter rain, we will need to have the same coming into one accord. And Satan knows that and will do all he can to prevent it. You need to ask yourselves, "What is my part in these last day events?"

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.

Invitation to Writers

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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A Firm Good Men

By: Clark Floyd

Do you realize that God Is looking for a few good men?



Throughout the history of the world God has looked for those men, and ever so often he has found them.

God has always done everything He could to help develop those men, but it has always been the few, rather than the many.

WHAT MORE COULD HAVE BEEN DONE?

God has asked, “What could have been done more to my vineyard, that I have not done in it?” Isaiah 5:4

In Noah’s day, there were many, many people, but only 8 people escaped the flood aboard the ark; some like Methuselah had died before the flood came. And Enoch was taken alive to heaven. But again we are talking of a few good men.

God would that “all men (would) be saved, and come unto the knowledge of the truth.” 1 Timothy 2:4



We could speak of Abraham, Isaac and Jacob. Then there are Moses and Aaron and Caleb and Joshua,

but again only a few, out of the many that had the opportunity, became God's men. Later there are Daniel and his three friends. There are the prophets, Isaiah, Jeremiah, Ezekiel and others, always reaching out to turn people to God, but only the few respond.

But in spite of the numbers, God has been able to accomplish His purposes through the few; maybe not in the same way He could have accomplished them through the many.

After the initial conquest of Canaan, and after the death of Joshua, the Israelites sought to settle down into a comfortable way of life, without completing the task of total conquest that had been set before them. They had passed from a migratory, pastoral people into a settled agricultural nation.

THEY FAILED TO TRUST

"It only remained for them, trusting in the assurance of divine aid, to complete the work of dispossessing the



inhabitants of the land. But this they failed to do." PP 543

They had been warned by God: "But if ye will not hearken unto me, and will not do all these commandments...ye shall sow your seed in vain, for your enemies shall eat it...And if ye will not yet for all this hearken unto me, then I will punish you seven times more for your sins." Leviticus 26:14, 16, 18

"God had placed His people in Canaan as a mighty breastwork to stay the tide of moral evil, that it might not flood the world. But regardless of their high destiny, they chose the course of ease and self indulgence; they let slip their opportunities for completing the conquest of the land." PP 544

SEVEN TIMES—PROPHECY FULFILLED

Not only did the Israelites fail to follow God's instructions, but they began the worship of the pagan idols introduced by the pagan neighbors around them.

The prophecy that, if unfaithful, they would sow and another eat began to come to pass. For seven years straight they were plagued each year by the invasion of the Midianites. These pagan, pastoral people, would come year after year and steal only the crops.

A FLAME FROM THE ROCK

Gideon, the son of Joash of the tribe of Manasseh, was threshing wheat in a concealed area near the winepress of his



family when the "Angel of the Lord" came to him. Upon Gideon's preparing food and placing it upon a rock, the Angel touched it with the staff in his hand and a flame bursting from the rock consumed it.

Then Gideon was directed to destroy the altar of Baal that had been set up in the town of Ophrah by his father and to set up a new altar to Jehovah on the rock over which the food

had been consumed. He did so. The men of Ophrah were initially quite upset. But Gideon's father turned their anger.

GOD'S PATIENCE WITH GIDEON

Gideon received a call from God to head up an army against the Midianites and their allies. To make sure the call was from God, Gideon put out the first of two fleeces, asking that it would become wet over night while the ground around it would remain dry. And so it was. But Gideon, still questioning his call, put out the second fleece, asking that the fleece would be dry the next day and the ground around it wet. And so that was.

THE PEOPLE WITH THEE ARE TOO MANY

The encampment of the enemy covered the hills, and consisted of many more than 100,000 men, while the group that Gideon was able to put together was 32,000 men. God told Gideon that he had too many men.

"The people that are with



there are too many for me to give the Midianites into their hands, lest Israel vaunt themselves against Me, saying, mine own hand saved me.” Judges 7:2

Any body that might be fearful was to return home and not be in the battle to come. As the men looked upon the distant hills filled with the tents of the Midianites and their allies, the Amalekites, fear was in many of their hearts, “and there returned of the people twenty and two thousand.” Judges 7:3. Ten thousand remained.

But the Lord told Gideon that he still had too many. Again the number was to be reduced taking only those men that drank water from their hands without getting on their knees—300 men. The rest were sent home.

I have asked myself what group would I have been in? What group, dear Reader, would you have been in?

A DREAM INTERPRETED

And the Lord, in order to strengthen the courage of Gideon, for “the Midianites and the Amalekites and all the children of the east lay along in the valley like grasshoppers for multitude,” sent Gideon into the enemy camp under cover of darkness. And Gideon heard from the mouth of one of the enemy a dream he had. And another in the enemy’s camp interpreted the dream, saying, “This is nothing else save the sword of Gideon, the son of Joash,

a man of Israel: for into his hand hath God delivered Midian, and all the host.” Judges 7:14

WHAT A GOD WE HAVE

Gideon divided his 300 men into 3 groups giving a trumpet and a torch and a pitcher to cover the torch to every man. The men were placed strategically around the encampment of the enemy. At Gideon’s signal the men all blew their trumpets and exposed their torches shouting, “The sword of the Lord, and of Gideon.” “And they stood every man in his place round about the camp: and all the host ran, and cried, and fled.” Judges 7:21.

Other Israelites joined in the pursuit and slaughter of the Midianites and Amalekites. These people were not a problem again, as Israel had 40 years of peace for the remaining “days of Gideon.”

A FEW GOOD MEN

God and a few good men had proven to be a majority against these heathen nations. So shall it be in our day as the one hundred and forty and four thousand are brought together.

Dear Reader, will you strive with all you have to be among these few good men and women?



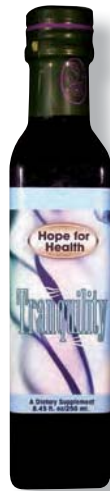
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Are you depressed? Symptoms of depression often include:

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- Restlessness or irritability
- Loss of pleasure in activities that the person once enjoyed
- Fatigue and decreased energy
- Insomnia or excessive sleeping
- Overeating or appetite loss
- Thoughts of suicide, suicide attempts
- Difficulty concentrating, remembering details, and/or making decisions
- Persistent aches or pains, headaches, cramps, or digestive problems that do not ease with treatment.

Depression and Anxiety Facts:

- Depression is a debilitating and potentially deadly medical condition that affects some 19 million Americans every year. - **You are not alone.**
- Anxiety is often accompanied by physical sensations such as heart palpitations, nausea, chest pain, and shortness of breath, stomachaches, or headache.

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

January 20, 1903

The Signal of Advance

Mrs. E. G. White

It is an eternal law of Jehovah that he who accepts the truth that the world needs is to make it his first work to proclaim this truth. But who is there that makes the burden of perishing sinners his own? As I look upon the professed people of God, and see their unwillingness to serve him, my heart is filled with a pain that I cannot express. How few are heart to heart with God in his solemn, closing work. There are thousands to be warned, yet how few consecrate themselves wholly to the work, willing to be or to do anything if only they may win souls to Christ. Jesus died to save the world. In humility, in lowliness, in unselfishness, he worked and is working for sinners. But many of those who ought to co-operate with him are self-sufficient and indifferent.

God is Waiting For Men and Women

Among God's people today there is a fearful lack of the sympathy that should be felt for souls unsaved. We talk of Christian missions. The sound

of our voices is heard; but we do not feel Christ's tender heart-longing for those outside the fold. And unless our hearts beat in union with the heart of Christ, how can we understand the sacredness and importance of the work to which we are called by the words, "Watch for . . . souls, as they that must give account." Heb. 13:17.

God is waiting for men and women to awake to their responsibilities. He is waiting for them to link themselves with him. Let them mark the signal of advance, and no longer be laggards in working out the will of the Lord.

The World Is Watching

Do we realize how large a number in the world are watching our movements? From quarters where we least expect will come voices urging us forward in the work of giving to the world the last message of mercy. Ministers

and people, wake up! Be quick to recognize and seize every opportunity and advantage offered in the turning of the wheel of providence. God and Christ and the heavenly angels are working with intense activity to hold in check the fierceness of Satan's wrath, that God's plans may not be thwarted. God lives and reigns. He is conducting the affairs of the universe. Let his soldiers move forward to victory. Let there be perfect unity in their ranks. Let them press the battle to the gates. As a mighty Conqueror, the Lord will work for them.

Let the gospel message ring through our churches, summoning them to universal action. Let the members of the church have increased faith, gaining zeal from their unseen, heavenly allies, from a



knowledge of their exhaustless resources, from the greatness of the enterprise in which they are engaged, and from the power of their Leader. Those who place themselves under God's control, to be led and guided by him, will catch the steady tread of the events ordained by him to take place. Inspired with the Spirit of him who gave his life for the life of the world, they will no longer stand still in impotency, pointing to what they cannot do. Putting on the armor of heaven, they will go forth to the warfare, willing to do and dare for God, knowing that his omnipotence will supply their need.

We Are To Enlarge Our Sphere of Labor

God's servants are to make use of every resource for enlarging his kingdom. The apostle Paul declares that it is "good and acceptable in the sight of God our Saviour; who will have all men to be saved, and to come unto the knowledge of the truth," that "supplications, prayers, intercessions, and giving of thanks, be made for all men" 1 Tim. 2: 3, 4, 1. And James says, "Let him know, that he which converteth the sinner from the error of his way shall save a soul from death, and shall hide a multitude of sins." James 5: 20. Every believer is pledged

to unite with his brethren in giving the invitation, "Come; for all things are now ready." Luke 14:17. Each is to encourage the others in doing whole-hearted work. Earnest invitations will be given by a living church. Thirsty souls will be led to the water of life.

The apostles carried a weight of responsibility to enlarge their sphere of labor, to proclaim the gospel in the regions beyond. From their example we learn that there are to be no idlers in the Lord's vineyard. His servants are constantly to enlarge the circle of their efforts. Constantly they are to do more, never less. The Lord's work is to widen and broaden until it encircles the world.

After making a missionary tour, Paul and Barnabas retraced their steps, visiting



the churches they had raised up, and selecting men to unite with them in the work. Thus God's servants are to labor today, selecting and training worthy young men as co-laborers. God help us to sanctify ourselves, that by our example others may be sanctified, enabled to do successful work in winning souls to Christ.

We are nearing the close of this earth's history; soon we shall stand before the great white throne. Soon your time for work will be forever past. Watch for opportunities to speak a word in season to those with whom you come in contact. Do not wait to become acquainted before you offer them the priceless treasures of truth. Go to work, and ways will open before you.

A Weighty Responsibility

At the day of judgment there comes to the lost a full realization of the meaning of the sacrifice made on Calvary. They see what they have lost by refusing to be



loyal. They think of the high, pure association it was their privilege to gain. But it is too late. The last call has been made. The wail is heard, "The harvest is past, the summer is ended, and we are not saved." Jer. 8:20.

Upon us rests the weighty responsibility of warning the world of its coming doom. From every direction, from far and near, are coming calls for help. God calls upon his church to arise, and clothe herself with power. Immortal crowns are to be won; the kingdom of heaven is to be gained; the world, perishing in ignorance, is to be enlightened.

The world will be convinced, not by what the pulpit teaches, but by what the church lives. The minister in the desk announces the theory of the gospel; the practical piety of the church demonstrates its power.

Enfeebled and defective, needing constantly to be warned and counseled, the church is nevertheless the

object of Christ's supreme regard. He is making experiments of grace on human hearts, and is effecting such

transformations of character that angels are amazed, and express their joy in songs of praise. They rejoice to think that sinful, erring human beings can be so transformed.

Fight the Good Fight

As the third angel's message swells into a loud cry, great power and glory will attend its proclamation. The faces of God's people will shine with the light of heaven.

The Lord will fit men and women--yes, and children, as he did Samuel--for his work, making them his messengers. He who never slumbers nor sleeps watches over each worker, choosing his sphere of labor. All heaven is watching the warfare which, under apparently discouraging circumstances, God's servants are carrying on. New conquests are being achieved, new honors won, as the Lord's servants, rallying round the banner of their Redeemer, go forth to fight the good fight of faith. All the heavenly

angels are at the service of the humble, believing people of God, and as the Lord's army of workers here below sing their songs of praise, the choir above join with them in thanksgiving, ascribing praise to God and to his Son.

Nothing is apparently more helpless, yet really more invincible, than the soul that feels its nothingness, and relies wholly on the merits of the Saviour. God would send every angel in heaven to the aid of such a one, rather than allow him to be overcome. The battle-cry is sounding along the line. Let every soldier of the cross push to the front, not in self-sufficiency, but in meekness and lowliness, and with firm faith in God. Your work, my work, will not cease with this life. For a little while we may rest in the grave, but, when the call comes, we shall, in the kingdom of God, take up our work once more.-- "Testimonies for the Church," Vol. VII, pages 13-17.



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.

THE BIBLE MUSEUM OPENED

By A. L. O. E.
1883

The narrative portions of the Holy Scriptures are full of striking biographies of those whose virtues are set before us as examples, or whose errors as warnings. We are led, as it were, into a Gallery of Portraits, drawn with faultless accuracy by a sunbeam. But besides these portraits there are many objects of deep interest for the student of Scripture, the accounts of which have been 'written for our learning', objects which we are intended to contemplate with earnest attention, and from which we may draw rich spiritual lessons—objects when gathered together for our contemplation, suggest the idea of a Museum.

Come then with me, my Christian reader, and let us examine together one of those ancient objects rescued by the inspired writers from oblivion, and undimmed by the dust of many ages. Let us not handle it with superstitious reverence as a relic, but make use of it to raise our minds from the absorbing cares and pleasures of the present, to holy musings on the past. May the



Spirit of Wisdom and Truth assist us in our meditations, and increase our deep reverence for those sacred Scriptures in which these objects of interest are preserved.

GIDEON'S EPHOD

We doubt whether the high-priest of Israel, in all the glory of his festival robes, wore so costly an ephod as this. His was, indeed, to be of gold and blue and scarlet and fine twisted linen; gold beaten into plates and cut into wires, with engraved jewels in ouches of gold to rest on the shoulder-pieces, very fair to the eye. But a heavier mass of magnificence is before us than even the consecrated garment of Aaron appears to have been; a marvelous weight of gold, such as a Croesus or a Darius might have worn to dazzle the eyes of their subjects.

Had we asked one of the men of Ophrah in the days

of Gideon concerning this gorgeous ephod, his answer might have been something like this: "Behold a nation's offering of gratitude to the hero who burst the bonds of Midian, and made Israel to triumph over their oppressors! Gideon, the favoured of Heaven, the honoured of men! He to whom signs and miracles have been vouchsafed; he

whose faith hath made him the deliverer of a nation, yet who hath refused to become its king;-Gideon formed this ephod. 'I would desire a request of you,' said our hero to his warriors: 'That ye would give me every man the earrings of his prey.' And the warriors



made reply: 'We will willingly give them.' A garment was spread to receive this tribute of gratitude to

our chief, and thereon was cast a mighty store of jewels and gold, and the purple raiment that had been upon the necks of the kings of Midian. Then made Gideon this ephod from the spoils of the conquered foe. Those who look upon it shall hold his triumph in remembrance; it shall be as a monument to his honour, worthy of him whose valour hath won it.”

GIDEON'S SNARE

Such might have been the reply of one of the followers of Gideon, dazzled with the glory of his leader. Very different appears the ephod of gold in the light thrown on it by this brief sentence from Scripture: “Which thing became a snare unto Gideon, and to his house.”

It is difficult, at this distance of time, to know exactly the motive of Gideon in making the ephod, or in what way it became a cause of sin. It has been suggested that it was a symbol of Levitical worship set up by Gideon at Ophrah, which drew away the people from Shiloh, the appointed holy place, where the high-priest abode in charge of the ark of God. Whether it were this irregularity, or whether



a race prone to idolatry actually worshipped the ephod, has not been clearly made known. We are simply told that the ephod was a snare. The hundreds of shekels of gold, the purple raiment and jewels, were no real blessing to Gideon; he was less safe when he had become the idol of a nation, than when employed in threshing corn beside the wine-press to hide it from Midianite oppressors.

DANGER IN CELEBRITY

Popularity, however honourably won, is too apt to become, to fallen man, like the ephod of Gideon; the garment of glory is often a snare. If it led astray a man of character so pious, so noble, so disinterested as Gideon, how much need have all God's servants, when placed in a position of distinction, to take to themselves the warning, “Let him that thinketh he standeth take heed lest he fall.”

Those who have earned for themselves an honoured name in what is called “the religious world,” are in a situation of peculiar danger. The popular preacher, the eloquent author, the

active philanthropist, may, like Gideon, find a snare even in their nobly won honours. Some would shrink from the idea of a statue being raised to them; nor would they be a person to form jewels into an ephod, but instead would pour them all into the treasury of the Lord; but in most cases celebrity and distinction are very intoxicating to human nature, even when that nature has been renewed by grace. To be listened to as an oracle, and appealed to as a judge; to be welcomed in high circles, flattered by the gifted and followed by the good, is fraught with peril; all the more real because it is not of a nature to startle conscience, but rather



to soothe it to sleep. Those of whom all pious men think well, are naturally tempted also to think well of themselves. It is desirable for such to keep before their eyes the golden ephod; which thing became a snare unto Gideon.

Even in the comparatively narrow sphere of home there is some danger to him who is the idol of the family, the pope in the dwelling, to him whose will is law to those who love him, and in whose conduct partial eyes can see



nothing that is wrong. Love has its own sweet flattery, and he who is constantly exposed to its influence, without the wholesome antidote of the contradiction and opposition to be met with in the world, may seriously suffer from its effects. In the peaceful seclusion of private life, in a pious home from which temptation might appear to be almost shut out, there may be need to remember the golden ephod;



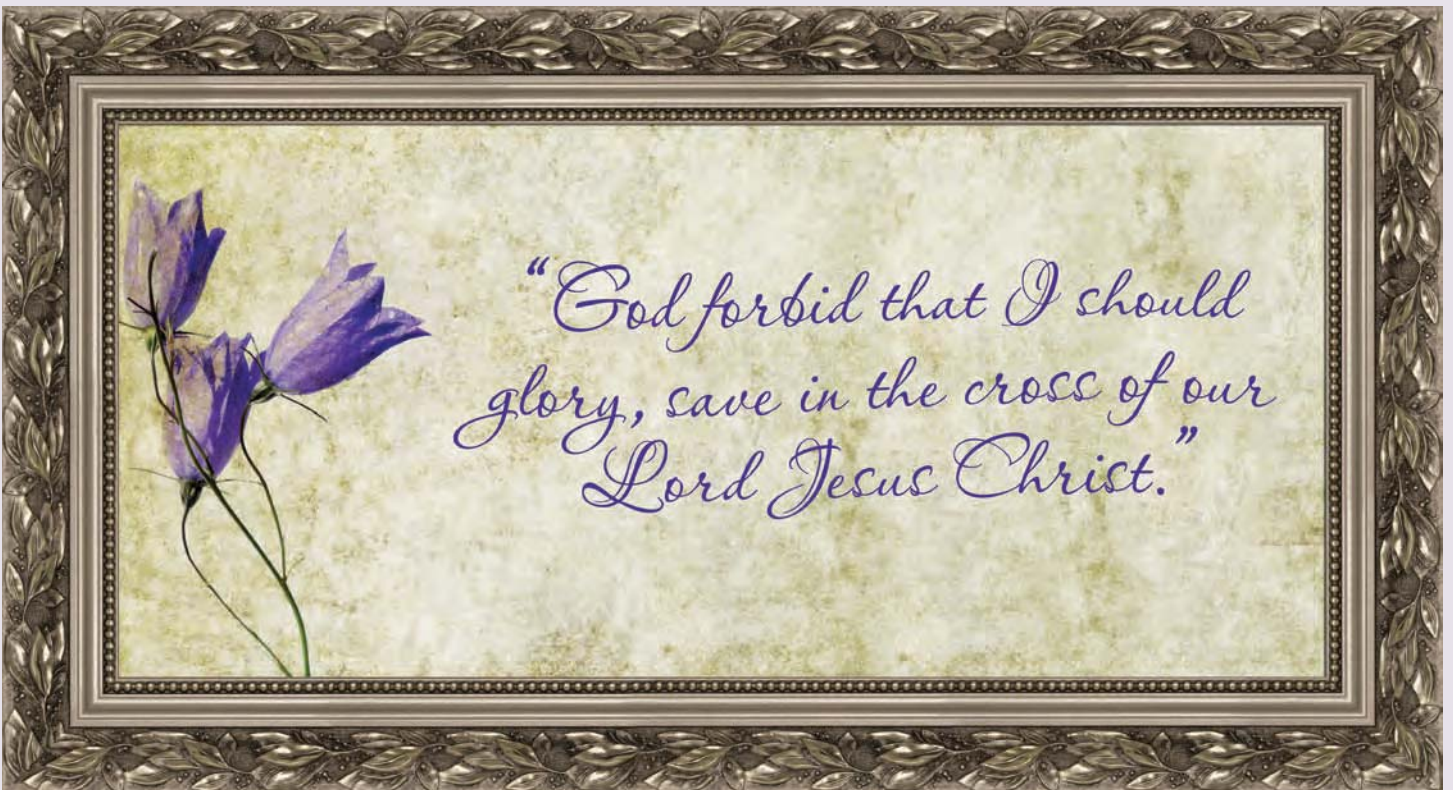
which thing became a snare unto Gideon.

And in the inmost recesses of the heart lurks peril. When a Christian has long maintained, through God's grace, a successful struggle against the world, the flesh, and the devil; when the spiritual hero has resisted outward temptations and overcome inward corruptions, and is conscious that, like Gideon, he has triumphed nobly through faith --then let him stand on his guard. How strong must be the temptation to form the ephod out of spiritual trophies, when even Paul needed a thorn in the flesh to preserve him from being exalted above measure through the abundance of the revelations vouchsafed him! Christian, in Bunyan's allegory, fought



bravely in the valley, but slept in the harbour on the hill. Gideon gloriously triumphed in time of war, but in time of peace made the ephod, which became unto him a snare.

The Christian's motto, in the days of spiritual prosperity as well as the dark days of trouble, should be: "God forbid that I should glory, save in the cross of our Lord Jesus Christ."



Malchus' Moment

by Joe Olson

BEEN THERE DONE THAT

Sometimes you can go through life with very little that makes an impact on you.

You've heard it said, "Been there,



done that."

Have you ever had a "life-changing" experience?

Something that was so earth shattering, so fraught with meaning, something so emotional, that it changes you forever?

Some people can go through their entire lives, and never have something like that happen.

Others have just such an experience and it changes the course of their lives.

Sometimes it's an event, like a near-death experience, a car crash, or a heart attack, or an allergic reaction that almost kills you.

In times like these, we tend to reflect on what our life has meant and where it is going.

Often, people who have this experience will change 180 degrees.

TAKING A NEW DIRECTION

They stop where they were headed and start out in a completely new direction.

But it does not always take a life-threatening experience to cause us to pause for reflection.

It can be a stirring address by a national leader.

It could be a sermon from an eloquent, or not so eloquent speaker.

It could be the birth of a child, a marriage, or even a divorce.

It can even be getting old.

And if this happens, what kind of change is wrought?

Well, that depends upon the person.

Some people get much better and resolve to do great things.

Others have the opposite reaction, and become evil.

What makes the difference?

The person. The person makes the difference.

THE CHOICES WE MAKE



MAKE THE DIFFERENCE

The choice is his or hers. Left, or right? Backwards or forwards?

What choice a person makes is usually impacted by the event that the person went through.

Let's look at one such person in the Bible.

Now in the scripture, the more often something is told can be an indicator of its importance.

The story of this person's experience is in all four gospel narratives.

HE CUT OFF HIS EAR

Let's start with Matthew.

Matthew 26:48-51 "Now he that betrayed him gave them a sign, saying, Whomsoever I shall kiss, that same is he: hold him fast. And forthwith he came to Jesus, and said, Hail, master; and kissed him. And Jesus said unto him, Friend, wherefore art thou come? Then came they, and laid hands on Jesus, and took him. And, behold, one of them which were with Jesus stretched out his hand, and drew his sword, and struck a servant of the high priest's, and smote off his ear."

You will note that Matthew says Judas told the men that came with him to "hold Him fast."

In other words, "Don't let him go."

And then the story continues and we are told that the men "laid hands on Jesus and took Him."

And then a man gets his ear cut off.

THEY CAME TO TAKE JESUS

Now let's go to Mark.

Mark 14:44-47 "And he that betrayed him had given them a token, saying, Whomsoever I shall kiss, that same is he; take him, and lead him away safely. And as soon as he was come, he goeth straightway to him, and saith, Master, master; and kissed him. And



they laid their hands on him, and took him. And one of them that stood by drew a sword, and smote a servant of the high priest, and cut off his ear."

Once again we note that Judas told the men to "take" Jesus and the men "laid their hands on Him."

And again, notice the man with his ear cut off.

Neither of these gospels indicate whom the man is who cut off the ear, nor are we given the name of the man who had his ear cut off.

BETRAYED BY A KISS

Now let's turn to Luke.

Luke 22:47-50 "And while he yet spake, behold a multitude, and he that was called Judas, one of the twelve, went before them, and drew near unto Jesus to kiss him. But Jesus said unto him, Judas, betrayest thou the Son of man with a kiss? When they which were about him saw what would follow, they said unto him, Lord, shall we smite with the sword? And one of them smote the servant of the high priest, and cut off his right ear."

This narrative does not address Judas telling the men that were with him to hold Jesus fast, but it does still address the servant getting his ear cut off.

Interesting.

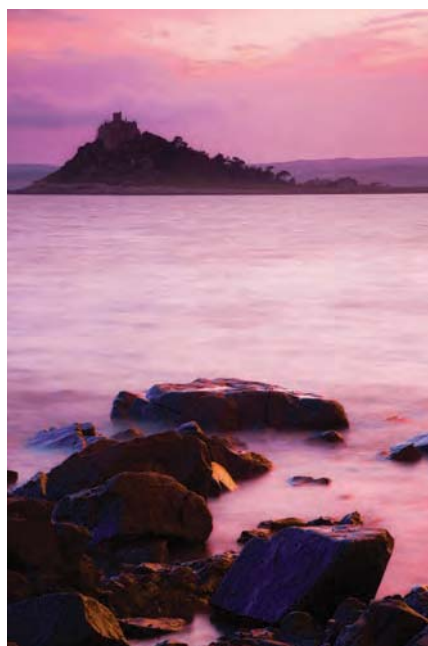
JUDAS BETRAYED HIM

Now, finally John.

John 18:3-10 "Judas then, having received a band of men and officers from the chief priests and Pharisees, cometh thither with lanterns and torches and weapons. Jesus therefore, knowing all things that should come upon him, went forth, and said unto them, Whom seek ye? They answered him, Jesus of Nazareth. Jesus saith unto them, I am he. And Judas also, which betrayed him, stood with them. As soon then as he had said unto them, I am he, they went backward, and fell to the ground. Then asked he them again, Whom seek ye? And they said, Jesus of Nazareth. Jesus answered, I have told you that I am he: if therefore ye seek me, let these go their way: That the saying might be fulfilled, which he spake, Of them which thou gavest me have I lost none. Then Simon Peter having a sword drew it, and smote the high priest's servant, and cut off his right ear. The servant's name was Malchus."

Again, we do not hear anything about the men being told to hold Jesus fast, or Judas kissing Jesus, but John does include the servant getting his ear cut off.

All four gospel writers, who have been inspired by the Holy Ghost to write down the events of Jesus' life, include



the servant getting his ear cut off.

Isn't that interesting?

It is even more so, when you consider how many different stories were **not** repeated each time in the gospels.

Stories that you would think would be repeated each time.

Like the story of Jesus' birth, or the story of the demoniacs, or the story of Judas hanging himself after betraying Jesus.

None of those were repeated each time... but the servant who got his ear cut off was.

Hmmmm.



ALL SCRIPTURE HAS MEANING

There is nothing in the scripture that does not have meaning.

And it isn't that there was just nothing else to repeat.

Remember John's words at the end of his gospel?

John 21:25 "And there are also many other things which Jesus did, the which, if they should be written every one, I suppose that even the world itself could not contain the books that should be written. Amen."

No, this "servant's ear" story is repeated in all four gospels for a much better reason than to take up space.

Let's go back to John 18.

John gives us more details into this event.

John 18:4-6 "Jesus therefore, knowing all things that should come upon him, went forth, and said unto them, Whom seek ye? They answered him, Jesus of Nazareth. Jesus saith unto them, I am he. And Judas also, which betrayed him, stood with them. As soon then as he had said unto them, I am he, they went backward, and fell to the ground."



The Bible says that when Jesus told them who He was, they "went backward."

That's all the Bible says about them going "backward."

Again, none of the other Gospel stories mentions this event.

THEY ALL FELL BACKWARDS

What do you suppose caused these hardened Roman soldiers and this rabble of wicked men to fall backwards and end up on the ground?

The Bible indicates that Jesus simply said, "I am He."

Here is what Inspiration further reveals about this event.

"Jesus saith unto them, I am he. And Judas also, which betrayed him, stood with them. As soon then as he had said unto them, I am he, they went

backward, and fell to the ground." Divinity flashed through humanity, and the soldiers were powerless before him." Review and Herald July 12, 1892

Just a flash; just a glimpse; just a second of the Divinity of Christ came through, and the men fell to the ground powerless.

But there was more...

"What made them fall to the ground? They could not endure the sight of the bright flash of light from the angels of God, who were right on the ground, and they fell prostrate." 2 Sermons and Talks 264

Angels were there, but they were hidden from men's sight... just like today.

But when they were revealed but for the smallest moment, these people fell down powerless.

Now let's ask ourselves... "Why did this happen?"

Why did Jesus and the angels reveal themselves for who they really were to these men?

Inspiration continues...

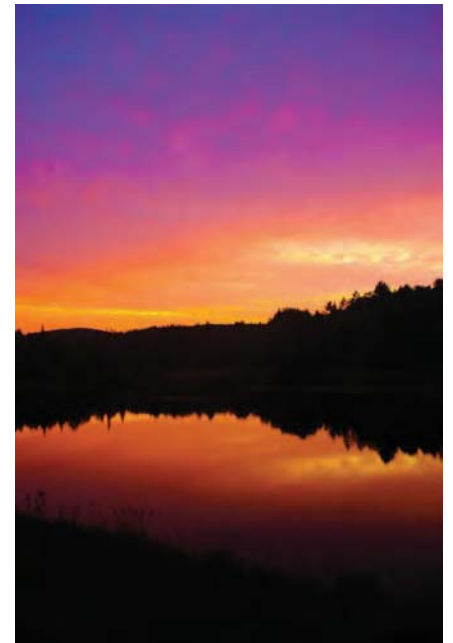
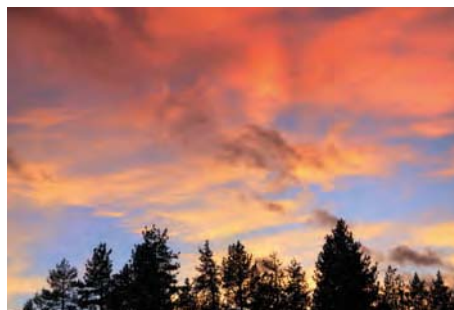
"That ought to have been enough to restrain them, but it was not." 2 Sermons and Talks 264

THE WARNING LOVE OF JESUS IS DISPLAYED

In mercy, in total and complete compassion, Jesus allows the men to see what they are doing, and Whom they are doing it to.

In today's language, one might have heard Jesus say, "Do you **really** want to go there?"

Jesus allowed them to see exactly Whom they were preparing to take to



the wicked Jewish leaders.

The flashing through of the power and glory of both the angels and Jesus Himself ought to have caused them to back off and think about what they were getting ready to do.

But sadly, it did not.

WHAT ABOUT YOU?

Has that ever happened to you?

Have you ever been in a situation where you recognized the power and divinity of Jesus?

Where you felt the power of His presence?

Where you felt convicted that what you were doing, and the way you were acting was not right?

Has your conscience said to you... "This is wrong?"

What did you do?

Did you change? Or did you just get up, after being "symbolically knocked down," dust yourself off, and keep going in the same direction?

That's what these men did.

And "these men" included the servant who had his ear cut off.

Let's not forget about him!

Let's go back to John.

John 18:7-10 "Then asked he them

again, Whom seek ye? And they said, Jesus of Nazareth. Jesus answered, I have told you that I am he: if therefore ye seek me, let these go their way: That the saying might be fulfilled, which he spake, Of them which thou gavest me have I lost none. Then Simon Peter having a sword drew it, and smote the high priest's servant, and cut off his right ear. The servant's name was Malchus."

Now we are given even more detail.

WHOM DO YOU SEEK?

After the men all fall to the ground and have seen the glory of the angels and the divinity of Jesus, Jesus asks them again whom they seek.

They say, "Jesus of Nazareth."

Jesus says, "If you want Me, then let the others go."

And here is where we find out who cut off the servant's ear.

None of the other Gospel writers says who it was, but John let's us know who did it.

Peter is the one who swings the sword wildly and manages to do no more damage than to cut off an **ear**.

And whose ear? Not even one of the *soldiers*.

Not one of the priests or even one of the mighty men brought to bind Jesus.

All Peter managed to do, was to cut off an ear... of a servant.

This is a whole story in itself.

TAKING MATTERS INTO OUR OWN HANDS

When we take matters into our own hands, without the help of Jesus, we always mess it up.

All he gets is an ear of a servant.



But John also reveals the name of the servant... Malchus.

The Bible makes it personal by revealing the servant's name.

I wonder why?

The Bible doesn't mention the woman at the well's name.

It doesn't mention the woman who was caught in adultery's name.

It doesn't mention the demoniac's names.

MALCHUS' EAR RESTORED

But it mentions Malchus' name. Hmmm.

You can be sure, if it was written down and recorded for all history, there was a reason.

So, we have Peter cutting off Malchus' ear.



Then we have Jesus restoring it.

Remember that Judas said, "Whomsoever I kiss is He," and to "hold Him fast."

Jesus was held tightly by the soldiers that came with Judas.

Then Peter cuts off the ear of Malchus.

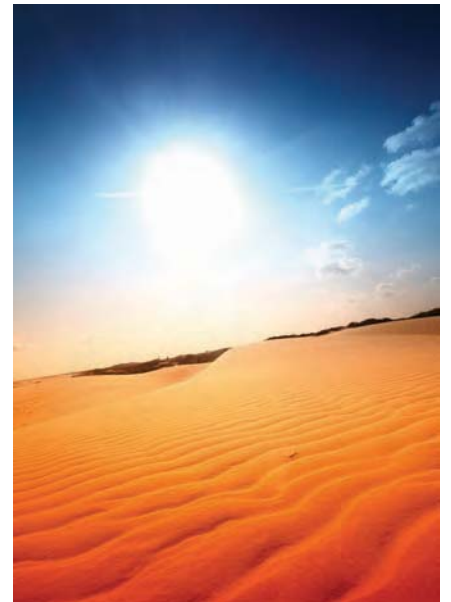
And the scripture in Luke says:

Luke 22:51 "And Jesus answered and said, Suffer ye thus far. And he touched his ear, and healed him."

Luke is the only Gospel that says that Jesus healed Malchus' ear.

It is interesting to me that it was the physician that added the fact that Jesus healed Malchus' ear.

This is what Sister White said about



that healing:

"When Jesus saw what Peter had done, he released his hands, already held by the Roman soldiers, and, saying, "Suffer ye thus far," he touched the ear of the wounded man, and instantly it is made whole. Even to his enemies, who are bound to take his life, he here gives unmistakable evidence of his divine power." Sign of the Times August 21, 1879

JESUS' POWER DISPLAYED

Please note that she said **Jesus** released His hands.

He did not ask to have His hands released; He released them.

This was another "sign" to all present, that He was who He said He was, the Christ, the Son of God.

He "released" His own hands from those who held Him "fast," or tight.

Then Jesus touched Malchus' ear, and restored it whole.

And as Sister White points out, Jesus gave unmistakable evidence of His divine power.

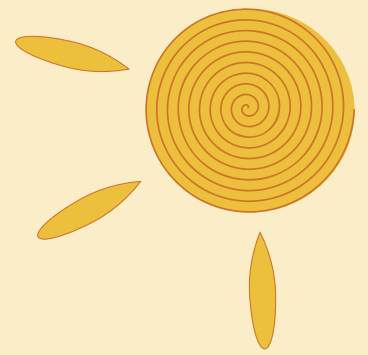
Malchus is in the mob coming to arrest Jesus.

Malchus is one of those who fall back at seeing the light of the angels and the divinity of Jesus.

Malchus' Moment

Continued on page 23

ACT OF GOD



There are only two possible explanations for what you are about to read. It was either the most phenomenal coincidence that ever occurred—or it was an act of God.

Literally.

And remember, as you learn what happened on that rainy Thursday afternoon a hundred summers ago, that a stack of sworn statements and legal documents say that it was so.

There was just one problem with Swan Quarter, North Carolina. It was a lowland town, so naturally the choicest real estate was on the highest ground. In the event of a heavy rain, the closer you were to sea level, the harder you were hit.

A little more than a hundred years ago the Methodists of Swan Quarter had no church,

and the only lot available on which to build one was a plot of low-lying property on Oyster Creek Road.

It was far from an ideal location, but they had acquired the land and construction began.

The church was to be white frame, small but sturdy, propped up on brick pilings. In 1876 the building was completed and on Sunday, September 16, a joyous dedication ceremony was celebrated.

That was Sunday, September 16.

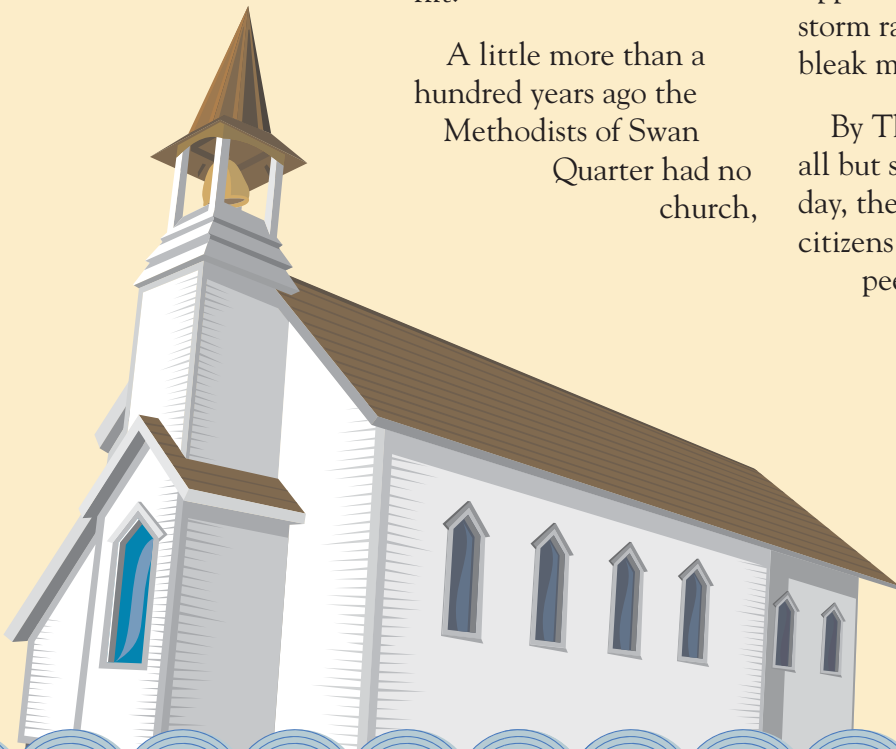
Three days later, on Wednesday, a terrible storm lashed Swan Quarter. All day the wind howled and the rain came down in a gray wall of water.

By nightfall, devastation.

Much of the town was flooded; many roofs were ripped from homes by the cyclonic turbulence. The storm raged on all through the night and into the bleak morning.

By Thursday afternoon the wind subsided, the rain all but stopped. For the first time in more than a day, there was an almost eerie calm. One by one the citizens of Swan Quarter threw back the shutters and peered from what was left of their homes.

Most saw only a desolate waterscape, a community ravaged by nature. But those within sight of Oyster Creek Road beheld the most incredible sight they had ever seen.



The church—the Swan Quarter Methodist Church—the whole building, intact—was floating down the street! The flood waters had gently lifted the entire structure from the brick pilings on which it had rested and had sent it off, slowly, silently, down Oyster Creek Road.

Within minutes, several concerned townsfolk were sloshing about in the street, waist-deep, fighting the rushing current, trying desperately to reach the still moving church so that they could moor it with lengths of rope.

The ropes were fastened, but the effort was in vain. There was no stable structure secure enough to restrain the floating chapel.

And as the building passed by, more attention was attracted, more aid was enlisted. To no avail. The church moved on.

By now the building had made it to the center of town, still on Oyster Creek Road. Then as dozens, amazed, helpless, watched, the Swan Quarter Methodist Church, still floating, made a sharp inexplicable right turn and continued down that road, as though the chapel were alive—as though it had a mind of its own.

For two more blocks the townspeople fought the ropes to hold it back, unsuccessfully. And then, in the same decisive manner with which it had moved, the church veered off the road, headed for the center of a vacant lot... and there... stopped.

While the flood water receded, the church remained—and is there to this day.

Over a hundred Septembers have passed since the little white frame church removed itself to the most desirable property in Swan Quarter.

In the process of making up your own mind as to how and why what happened happened, you ought to know this one thing more, THE REST OF THE STORY.

The choice highland lot where the chapel settled was the first choice of the town Methodists for the site of their church. And the shrewd, prosperous landowner whose property it was originally turned them down.

But the next morning after the flood—after discovering the church in the middle of his lot—that same landowner went to the Methodist minister and, with trembling hands, presented him with the deed.

From: More of Paul Harvey's THE REST OF THE STORY BY Paul Aurandt, William Morrow and Company, Inc., New York, 1980 page 247.



CHRIST IS COMING BY AND BY

“And to wait for His Son from heaven.”

1 Thess. 1:10

**Could we hear the songs Triumphant
That the hosts redeemed shall sing;
Could we see the matchless splendor
Of our Prophet, Priest, and King;
Could we see the crowns of glory
Waiting for us in the sky,
We should joy to tell the story,
Christ is coming by and by.**

**Could we see the white-robed angels—
See their faces pure and bright,
Listen to the glad evangels
In their heaven undimmed by night;
Could we know the loving pity
Jesus feels for those who sigh,
We should long for that blest city
And his coming by and by.**

**Oh the starry crowns of gladness
Waiting for us over there!
Oh the hearts all free from sadness!
Oh the brows all free from care!
Oh the joy of life unending,
Shadowed ne'er by tear or cry!
Oh the shining hosts attending
Jesus' coming, by and by!**

By Elder L. D. Santee

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. On January 1, 1886, a 16 page monthly was issued at Melbourne, Australia, called

- A. The Bible Echo
- B. The Signs of the Times
- C. The Australian Review
- D. The Bible Echo and Signs of the Times

2. How many of the above monthly were in the first edition?

- A. Six thousand
- B. Two thousand
- C. Twenty five thousand
- D. Ten thousand

3. When was the first Seventh-day Adventist Church organized in Australia?

- A. 1844
- B. 1886
- C. 1891
- D. 1865

4. Who was the Educational Secretary who spent several months in Australia in 1895?

- A. Uriah Smith
- B. W. W. Prescott
- C. Stephen Haskell
- D. James Osgood

5. Which president spent several weeks in Australia in 1893?

- A. James White
- B. Robert Pierson
- C. O. A. Olson
- D. A. G. Daniells

6. The South African Conference was organized in

- A. 1868
- B. 1872
- C. 1898
- D. 1892

7. The name of the ship built in 1890 for missionary work in the Pacific Ocean Islands?

- A. Pitcairn
- B. The Missionary
- C. New Life Vessel
- D. The First Step

8. The money to build the above ship came from

- A. Regular donations through the General Conference
- B. Sabbath school offerings
- C. The Mid America Union
- D. The South Pacific Union

9. Who began the colporteur work in the West Indies in 1889?

- A. J. N. Andrews
- B. O. A. Olson
- C. Wm Arnold
- D. G. C. Wellman

10. What was the name of the Steamer used in the Southern work in America by J. E. White?

- A. The Morning Star
- B. The Bethel
- C. The Three Angels
- D. The Southern Bell

Answers: 1. d; 2. a; 3. b; 4. b; 5. c; 6. d; 7. a; 8. b; 9. c; 10. a
 Excerpted from: *The Great Second Advent Movement* by J. N. Loughborough, Southern Publishing Assoc. 1905

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News Watch

worldwide
 Shares Worthless
 Crash!
 assets
 Interest rates
 liquidity
 FORECAST



1. Time Magazine, January 19, 2009—THE WORLD, page 14—“The Financial Crisis Claims A Victim” “Adolf Merckle, a 74-year-old billionaire whose business empire included some of Germany’s best-known cement and pharmaceutical companies, threw himself in front of a train on Jan. 5—driven to suicide, his family said, by the global financial crisis. Merckle had lost hundreds of millions of euros in a bad bet on Volkswagen shares, endangering the future of his companies as a result. A handful of other business leaders have taken their own life amid the recent economic downturn, including Kirk Stephenson, the London-based CEO of Olivant, who died in September.”

End Time Perspective: “Leading to Suicide.--The world, who act as though there were no God, absorbed in selfish pursuits, will soon experience sudden destruction, and shall not escape. Many continue in the careless gratification of self until they become so disgusted with life that they kill themselves.” {2MCP 726.1

2. Adventist World, January 2009—World Health, page 11—“According to the World Health Organization (WHO) report on tobacco for 2008, a person dies because of tobacco usage every six seconds. Tobacco kills between a third and a half of all the people who use it, and the 5 million who die each year from its consequences represent one tenth of all

deaths in the world annually. Of the world’s current population, 500 million will die of tobacco’s effects, and the twenty-first century could witness tobacco killing 1 billion people.”



End Time Perspective: “Diseases of every stripe and type have been brought upon human beings by the use of tea and coffee and the narcotics, opium, and tobacco. These hurtful indulgences must be given up, not only one, but all; for all are hurtful, and ruinous to the physical, mental, and moral powers, and should be discontinued from a health standpoint.” {MM 222}

End Time Perspective #2: “There are many, many afflicted in our world with tobacco poison. . . . The physician, if he is not a novice, can trace the effects back to the true cause, but he dares not forbid its use, because he indulges in it himself. Some will in an undecided, halfway manner advise the tobacco users to take less of this narcotic; but they do not say to them, This habit is killing you. They prescribe drugs to cure a disease which is the result of indulging unnatural appetites, and two evils are produced in the place of removing one. {MM 225.2}

3. Time Magazine, January 12, 2009—THE WORLD, page 12—

“Why Chastity Vows Don’t Work” “Though teenagers who pledge to remain virgins until marriage delay sex longer than average, they are as likely as their peers to have premarital sex and less likely to use protection, according to a study released Dec. 29. The report, in which a researcher at Johns Hopkins University parsed data gleaned from a large federal study, casts further doubt on the efficacy of abstinence-only sex-education programs, which received \$204 million in government funding in 2008.



End Time Perspective: “The Only Remedy.--For every soul struggling to rise from a life of sin to a life of purity, the great element of power abides in the only ‘name under heaven given among men, whereby we must be saved.’ Acts 4:12. ‘If any man thirst,’ for restful hope, for deliverance from sinful propensities, Christ says, ‘let him come unto Me, and drink.’ John 7:37. The only remedy for vice is the grace and power of Christ. The good resolutions made in one’s own strength avail nothing. Not all the pledges in the world will break the power of evil habit. Never will men practice temperance in all things until their hearts are renewed by divine grace. We cannot keep ourselves from sin for one moment. Every moment we are dependent upon God. . . . Christ lived a life of perfect obedience to God’s law, and in this He set an example for every human being. The life

that He lived in this world we are to live, through His power and under His instruction.” {Te 106.3}

4. Time Magazine, January 12, 2009, page 47, “Food, The Other Kind of Downsizing. Losing Weight in a recession is harder than you think.” By Andrea Sachs—“We have officially entered the ‘new year, new you’ season, in which grandiose resolutions abound. Chief among them: lose weight, the faster the better. With the recession raging and food prices soaring, you might think dieting would be easier these days. But in a recent survey of nearly 500 registered dietitians and nutritionists, 56% of respondents said they were concerned that the economic downturn would have a negative impact on their patient’s ability to maintain or achieve a healthy weight. The reason? Junk food is cheaper than healthy fare. Plus, financial woes can be so distracting, people don’t pursue nutritional goals.”

End Time Perspective: “Many have so long allowed appetite and taste to control reason that they have not moral power to persevere in self-denial and endure suffering for a time, until abused nature can take up her work and healthy action be established in the system. Very many with perverted tastes shrink at the thought of restricting their diet, and they continue their unhealthful indulgences. They are not willing to overcome as did their Redeemer. {Con 77.2}



Malchus' Moment

Continued from page 17

He is right in front as Jesus is arrested and sees Jesus free his own hands from the Roman soldiers.

And he is the recipient of the love and mercy and healing power of Jesus, even though Malchus is there to help arrest Jesus.

WHY THIS STORY?

So... what is mentioned about Malchus after this event?

Surely, after every Gospel account speaks of Malchus and what happened to him, one would assume that there is some sort of epilogue.

What is reported after he is shown God’s mercy, and healed by His Son?

Nothing. Absolutely nothing.

What does it mean? Why all the attention, and then a blank?

Maybe Malchus is an example, or symbol, of every one of us.

Maybe all of us are servants to some master.

THE POWER OF GOD DISPLAYED

Maybe we have all been given the opportunity to see the power of God, in one way or another.

God has taken time, though He is “tied up” with other duties, and has shown a personal interest in us.

Maybe God has touched each one of us and has shown His power, in healing some part of our lives.

And like Malchus, maybe each one of us now has a choice to make.

What will we do with what we have experienced?

It is not to be lost on us that it was the ear of Malchus that was cut off.

Not a finger, or an arm, or a stab wound to the chest, but an ear.

DO WE LISTEN TO GOD?

The ear is a symbol of hearing.

Many of us have never, or no longer, listen to God.

God can restore our “ear” of hearing as easily as He restored Malchus’ ear.

Now we can “listen” to Him.

The page is blank. The future has not been written yet.

And Praise God, what will be written... is up to us.

Maybe that’s why we were not told what happened to Malchus...

Because we... are Malchus.

That was Malchus’ moment.

His history has been written.

This is our moment.

What will our history be?



Joe Olson serves as the executive director and chairman of the board of Hope International. He also travels as an international speaker.



Depression and YOU

It is estimated that 10 percent of the U.S. population experiences depression severe enough to require medical attention.



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.

Like many other chronic illnesses, depression is not caused by one single thing, but is a result of a variety of factors. It is usually diagnosed when the patient has several of a long list of symptoms. Depression has no bias. It affects people of all ages, races, and nationalities and, according to the World Health Organization (WHO), is considered the most costly of all diseases, largely because it disables people who would otherwise be productive.

What is depression?

Although it is often normal and healthy to experience sad moods in response to a trauma, such as the loss of a loved one, a major depressive episode is characterized by inappropriate sadness that persists or is out of proportion with its apparent cause. Depression is **more** than just a sad mood. Someone who is depressed doesn't just "quit" feeling that way. Along with the feeling of sadness, there is often great weakness, fatigue and apathy, an inability to enjoy once-pleasurable activities, disturbed sleep (either sleeping too much or too little), increased (or decreased) appetite, and a low sex drive. Depression generally leaves its sufferers feeling worthless, hopeless, guilty, irritable, or angry. This tends to be made worse



by people who don't understand the illness telling them to just "stop being depressed" or "pull yourself out of it", as if they are making a conscious decision to feel this way.

Depression can even be deadly. In severe cases, the person may have constant thoughts of death and suicide. In fact, approximately **one out of eight** people will kill themselves during a major depressive episode.

Like other diseases, there are different categories of depression. The major two categories are: bipolar and unipolar depression. Bipolar depression is when the sadness alternates with periods of elation and mania, oftentimes simply referred to as bipolar disorder. Unipolar depression, by far the more common of the two, is marked by constant or recurring episodes of sadness. Unipolar depression is what we will focus on today, however, since both kinds can be caused by a number of similar factors, the suggestions here can benefit either type.

So what causes depression? What can cause some people to get so low that they feel the only option is to take their own life? Regardless of the type of clinical depression, it is probably a variety of factors, including: constant tension and unresolved stress, chemical or hormonal imbalances, chronic illness, poor diet, food allergies, nutritional deficiencies, genetics, and even inadequate sunlight.

What should I do?

If you suspect that you are clinically depressed, first consult a doctor to rule out any underlying illness (such as a thyroid problem). If you can, it is best to work with a

doctor who embraces natural therapies and will work with you to find the cause of your depression, rather than just prescribing a drug that will only mask the problem. In addition, the suggestions here will support your therapy and can help you to recover faster and more permanently.

How Do I know if I'm actually depressed?

Clinically, to be diagnosed with depression, a person has to exhibit several (a combination of at least 4) of the symptoms below. However, each person knows their own body and can usually tell if they are just sad, or if it is something more significant. Listen to your body, and follow the suggestions in this article for a healthier and happier mind AND body.



Symptoms

Inability to enjoy things, fatigue, mood swings, at times characterized by unexplained weeping, feelings of apathy, worthlessness, helplessness, hopelessness, irritability, or guilt. Sleep problems (either insomnia or sleeping too much), appetite disturbances (eating too little or too much), headaches, backaches, and digestive problems, difficulty concentrating or making decisions, increased anxiety, decreased sex drive, recurrent thoughts

of death or suicide.

As a rule, depression occurs as a result of a number of factors, not just one thing or incident. These are called the “root causes.” Look at this list and see if these apply to you. Even if you don’t suffer from depression, attending to the things on this list can help to improve quality of life and prevent mental illness and depression.



Root Causes

Diet: 1. Food allergies. 2. Nutritional deficiencies (particularly of B12, folic acid, B6, B1, and tyrosine) 3. Alcohol and recreational drug use. 4. Neurotransmitter imbalance.

Body/Illness Related: 1. Chronic illness/chronic pain. 2. A pre-existing condition—most commonly, hypoglycemia, anemia, sleep apnea, low adrenal function, and thyroid gland malfunction. 3. Hormonal imbalance, especially after childbirth or as a result of oral contraceptives and other synthetic hormone medications; commonly occurs with PMS and menopause.

Stress Related: 1. Excess tension or stress. 2. Unresolved emotional issues

Other Factors: 1. Lack of sunlight. 2. Medications, including: corticosteroids, antihistamines, blood pressure medications, anti-inflammatory drugs, narcotics, and some pharmaceutical antidepressants. 3. Heavy metal toxicity. 4. Candidiasis 5. Sleep disturbances.

Diet

Changes in diet over the past 50 years appear to be an important factor

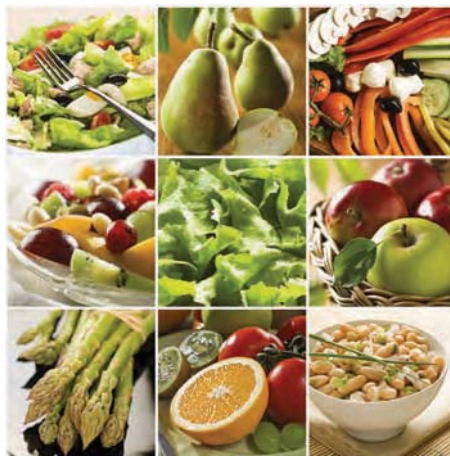
behind a significant rise in mental health illnesses. In fact, scientific studies have **clearly** linked depression, along with attention deficit disorder, Alzheimer’s disease, schizophrenia, and other mental health problems to increased intake of junk food and the absence of essential fats, vitamins and minerals in industrialized diets. Even **marginal** nutrient deficiencies can change the **structure** and **function** of the brain and nervous system, causing immediate and lasting effects on mental health and behavior.

Foods greatly influence the brain’s behavior. A poor diet, especially one with excessive junk foods, is a common cause of depression. What we eat controls the levels of brain chemicals called neurotransmitters, which regulate our behavior--and neurotransmitters are closely linked to mood.

Food to Eat

Diet therapy for depression includes adding foods that are high in nutrients that help improve mental health, such as: flaxseed and olive oil, leafy vegetables, brazil nuts, avocados, artichokes, broccoli, corn, kale, peas, potatoes, spinach, summer and winter squash, and sweet potatoes, bananas, blackberries, kiwi, oranges, strawberries, and tomatoes.

Eat a good diet balanced with complex carbohydrates from sources like whole grains, vegetables, and legumes. Carbohydrate-rich foods raise brain levels of tryptophan



and therefore serotonin, which can lead to feelings of wellbeing. It is no coincidence that people often crave carbohydrate rich foods when they are feeling sad. This is particularly common in those suffering from SAD and PMS. So don’t shun carbs – just make smart choices. Limit sugary foods and opt for smart carbs, such as whole grains, fruits, vegetables, and legumes, which all contribute healthy carbohydrates as well as fiber. On the other hand, eating junk food reduces the levels of these hormones in our brain--increasing our stress and tension, and reducing our joy and alertness.

Soy products, beans, nuts (walnuts are excellent), and seeds are excellent sources of protein, which will boost your energy levels.



B-Vitamins

Deficiencies of folic acid and B12 cause defects in red blood cell production and function, which can lead to a reduction in the amount of oxygen reaching the brain. This can lead to fatigue, depression, and mental problems. In addition, a direct symptom of vitamin B12 deficiency IS depression. In depressed patients with documented vitamin B12 deficiency, intravenous administration of the vitamin has resulted in dramatic improvement. Interesting to note, is that researchers report that these symptoms may occur when vitamin B12 levels are just slightly lower than normal AND are considerably above the levels normally associated with anemia. So if your doctor says that

you are just slightly low and that it is not affecting you, and you feel it might be, get another opinion.

Vitamin B6, or pyridoxine, works with enzymes that affect mood. Consequently, vitamin B6 deficiency might result in depression. Depression is a relatively common side effect of oral contraceptives. Why? Oral contraceptive use has been linked with low vitamin B6 levels. Of 22 women with depression associated with oral contraceptive use, 50% of them had vitamin B6 deficiency.

Folic acid deficiency can cause many mental health problems including: depression, insomnia, anorexia, forgetfulness, hyperirritability, apathy, fatigue and anxiety. Supplementing the diet can improve and possibly completely reverse symptoms.

Food to Avoid

Many depressed people have hidden food allergies. Any food is a potential allergen, but wheat is the product most often linked to depression. Dramatically reduce your intake of hydrogenated and saturated fats, which only increases fatigue and sluggishness. Caffeine and refined sugar may make you feel temporarily better, but your body soon “crashes” from the high, leaving you even more exhausted or irritable. This is partly due to the fact



that they deplete vital nutrients from your system. Plus, diets high in sugar have proven to aggravate depression. Alcohol in itself is a depressant, which includes wine, beer, and liquor. Eliminate these substances from your diet. While it may seem that you are cutting out foods that you “want,” when you give your body the food that it needs, you will soon see a dramatic difference in the way you feel.

Fasting

Fasting purifies cells all over the body, including those in the brain. Negative mental states such as anxiety, boredom, loneliness, tension, and fear, to some extent, can be understood as the mental expression of a physical state. When the brain is free of toxic poisons, the mind is liberated both physiologically and then psychologically.

To show the effect of fasting on the brain, think about this: in the last 50 years in Russia, therapeutic fasting has been found to be the most effective treatment for schizophrenia. As early as 1972, Dr. Yuri Nikolayev, director of the fasting unit of the Moscow Psychiatric Institute, reported on the use of fasting to successfully treat over 7,000 patients who suffered from various mental disorders including schizophrenia. Now Nikolayev after 30 year's experience fasting over 10,000 patients says, “seventy percent of those [schizophrenia patients] treated by fasting improved so remarkably that they were able to resume an active life.”

Detoxification

If you've been following a diet that's high in saturated fats and refined sugars, or if you've unknowingly been eating foods that have caused allergic reactions, some or even all of your symptoms may be caused by toxic buildup. A detoxification program will help cleanse your body. If you feel sluggish and dull, and if your doctor has ruled out an underlying disease as the cause, a three-day juice and liquid fast may refresh you.



Exercise

Physically active people tend to have better mental health, according to the 1996 U.S. Surgeon General's Report on Physical Activity and Health. Some studies even suggest that more-active lifestyles may be linked with higher levels of alertness and mental ability, including the ability to learn. Doctors agree that exercise improves mental health and many even “prescribe” it to relieve depression and anxiety. Walking is the most frequently prescribed exercise, followed by swimming, bicycling, strength training, and running. In addition to helping relieve depression, exercise can also help improve self-esteem and lessen anxiety. Try to get 30 minutes a day, 5 days a week.

Sunlight

If you are exercising, try to do it outdoors, even in the winter. “The combination of a lack of sun and cold weather invariably strains your mood as well as your metabolism. It is an energy-depleting form of stress, similar to having a daily argument with someone. If your energy systems are already low or your plate is full with things to do, the addition of this



weather stress can be significant.” (1)

“The energy of the sun is poorly understood by modern science and Western medicine. In fact, the industry of surgery-promoting cosmetic specialists want you to think that being in the sun will kill you unless you have **toxic** sunscreens on. However, the sun’s interaction with your skin produces vitamin D, a nutrient woefully lacking in the winter in northern climates.” (2) Vitamin D is vital to calcium metabolism, proper immunity, breast and prostate health, and has been scientifically proven to improve mood.

Additionally, the sun also produces photon energy. “Photon energy is stored in cell membranes. Your ability to do so is based on the amount of Omega 3 fatty acids in your diet. For example, along the equator there is plenty of sun and very little Omega 3 fatty acids in the food. Yet there are no winter blues. In the north, the traditional Eskimo diet was very high in Omega 3 oils all year long (whale blubber and other deep sea fatty fish). Still, there were no winter blues (until Eskimos started eating the Omega 3-lacking Western diet). In the traditional Eskimo diet the high concentration of Omega 3 oils in summer months would store up photon energy of the sun adequately to get them through the winter months. This is of course why every person likes a



winter vacation in the sun – to get some photon energy back into the brain.”(3)

Knowing this information, I routinely tell my clients who I know are prone to the winter blues to increase their essential fatty acid intake during the fall, so as to prepare for the winter. You can do so by taking Evening Primrose or Flaxseed Oil supplements. Boosting up these essential fatty acids in the winter is also a good idea and will generally help boost overall mood.

Stress Management

If your depression is clearly reactive to stresses or events in your life, many of the following therapies may ease some of your discomfort and help you work your way through the source of your sadness.

If you’re depressed, you’re experiencing powerful and probably continuous levels of stress. It is vital for your emotional and physical health that you find at least one way to control anxiety, fear, or tension. Prayer and counseling are very helpful. If you sense that your depression is more than you can handle, don’t hesitate to seek help from your pastor or a religious adviser, a counselor, or a support group. It helps a great deal to talk to people who have worked with others in great emotional pain.

Make an effort to stay in contact with nature. If at all possible, it is best to live away from the hustle and bustle of the city. People who live in rural areas tend to have less stress and depression. If you can’t live away from the city, try to spend as much time as you can outdoors in a garden, park, etc. Nature tends to calm the mind and soothe the soul. If you can’t get outside as much as you’d like, buy a plant or some fresh flowers to keep you in tune with nature.

Stress exacerbates symptoms of mental disorders, including fear, anxiety, and depression. In addition, stress slows the healing process and depresses the immune system, which will increase healing time. Take time

out of the day to pray or meditate or use other relaxation techniques to help soothe the mind and body.

Help someone else! One of the best ways to forget about your problems and feel better about yourself is by helping someone else. Volunteer at a local shelter, get involved with a church group, or just be a friend to someone in need. They will feel better and so will you!

Get a massage. Any massage can help you feel better, but a full-body treatment is a highly effective way to release stress that has built up in your muscles. When your body is relaxed and pain free, you feel better all over.

Try some hydrotherapy. A hot bath or a sauna can relax edgy nerves; the steam will also help detoxify your body allowing you to feel better all over.



Rest

Sleep deprivation destroys not only physical health, but mental health as well. It can cause everything from minor irritation to outbursts of temper to full-scale mental illness. A continuous lack of sleep, too few hours for too many nights, has proven to lead to many mental health disorders.

In addition, lack of sleep at a young age can bring on depression later in life. “Recent research shows that teens with sleep problems are 2.3 times more likely to become depressed within seven years, with a statistically significant increase in suicidal thinking and suicidal attempts.” (4)

Drugs

It is becoming clearer and clearer that antidepressants are far from

benign drugs. And unfortunately, the combination of depression and medication, as well as still being very much **trial and error**, has some unique worries due to the nature of the condition itself. Consider how anti-depressants are prescribed: Since no one anti-depressant has proven more beneficial than another, often the mode of prescription rests solely on which one causes the least side effects. Side effects, depressing in themselves, which include: dry mouth, urinary retention, blurred vision, constipation, sedation (which can interfere with driving or operating machinery), sleep disruption, weight gain, headache, nausea, gastrointestinal disturbance, diarrhea, abdominal pain, inability to achieve an erection, loss of libido, agitation, anxiety, and most recently publicized: an INCREASE in suicide risk.

If that's not bad enough, turns out, they don't even work! "Mainstream media is now widely reporting that antidepressants do not work – and it's about time. The frenzy was set off by a new study that included all the negative antidepressant studies that the drug companies kept out of the scientific literature, but were reviewed by the inept FDA when the drugs were originally approved. The conclusion is that for mild to moderate depression antidepressants work no better than placebo. In severe depression the drugs work only slightly better than placebo. In no case does antidepressant use reach a level of statistical significance in being able to show that they work." (5)

Supplements

If you feel that you need something in addition to the therapies listed above, there are many helpful nutritional supplements that can improve your symptoms without the risk of side effects related to conventional antidepressants. First of

all, vitamin and mineral deficiencies can directly cause depression, and simply correcting those deficiencies, often relieves depression. Interestingly enough, even if a deficiency cannot be *demonstrated*, nutritional supplementation may still improve symptoms in selected groups of depressed patients.

In addition to nutritional supplements, there are a variety of herbal supplements that help fight and reverse depression. Here are the natural products that I recommend to help battle depression:

Products that provide the nutrients essential for proper brain function:

Mega-Multi - This is a high potency multi-vitamin that provides a powerful base of nutrients involved with brain function.

B-complex - The B vitamins, especially B12, folic acid, and B6 are intricately involved in neurotransmitter metabolism. Patients with depression have shown oftentimes to have a much lower level of B-vitamins in their body than non-depressed patients, and supplementing with B-Complex has shown to improve and sometimes even completely eliminate symptoms of depression.

Flaxseed Oil – Studies show that a deficiency of essential fatty acids is directly linked with depression. Depressed patients have much lower blood levels of omega 3 fatty acids compared with non-depressed patients. Flaxseed can also help improve neurotransmitter function.

C-Blast - Vitamin C is used in the body to help convert amino acids to serotonin, so for people with depression associated with low levels of serotonin, it may be helpful.

Ginkgo Biloba - Ginkgo improves blood flow to the brain and enhances neurotransmitter activity.

Products specifically designed help treat depression:

Sunny Day - This product was specifically formulated to help treat depression. Packed with vitamins and nutrients essential to mental functioning and health, it also has minerals and herbs that help to calm the mind, energize the body, and



relieve depression.

Tranquility – St. John's Wort has been shown in numerous studies to be effective for mild to moderate depression. A review of twenty-three randomized clinical studies involving 1,700 people found that St. John's Wort was just as effective as pharmaceutical therapy for mild to moderate depression.

Soothe - For insomnia or anxiety that accompanies or causes depression, Soothe, with valerian (*Valeriana officinalis*) can help.

Liver Detox – If you think your problem may be a problem of toxicity, our Liver Detox will help to begin the cleansing and healing for your body.

Green Clay – This product also helps detoxify the body, but has the added benefit of enhancing mineral absorption, which is often lacking in depressed patients.

If you feel like you might need help, but don't know where to start, call us. We offer FREE health counseling with trained professionals who can help you with your personalized health plan. Call us today, at 309-343-5853.

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Hope for Health



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- **Vitamin B3** - Fights anxiety, irritability, & stress. Improves mood.
- **Vitamin B5** - Anti-stress factor. Protects against mental and physical stress.
- **Vitamin B6** - Very important in regulating mood disorders and is the most implicated of all the vitamins in the cause & treatment of depression.
- **Vitamin B12** - Improves mood, memory, and ability to concentrate. Fights depression, anxiety, and agitation.
- **Vitamin C** - Deficiency can cause fatigue, weakness, irritability, and depression. Helps elevate mood.
- **Vitamin E** - Boosts mood. Deficiency is linked with mental disorders.
- **Vitamin H (Biotin)** - Increases energy and endurance. Improves mood.
- **Vitamin M (Folic Acid)** - Improves mood and cognitive function.
- **Calcium** - Improves mood and fights mood swings.
- **Magnesium** - Stabilizes mood and emotional state. Fights mood swings.
- **Potassium** - Deficiency can cause irritability and agitation.
- **Iron** - Increases energy and reduces stress.
- **Zinc** - Improves mood, acts as a natural antidepressant.
- **Manganese** - Fights fatigue and improves memory and mood.
- **Chromate** - Helps regulate sugar levels and control cravings.
- **Selenium** - Improves mood and thyroid function.

HERBS

- **Valerian** - Reduces stress & aggressions. Improves sleep quality.
- **St. John's Wort** - Fights depression and anxiety. Very calming.
- **Chamomile** - Encourages a state of relaxation w/out drowsiness.
- **Hops** - Calms the nerves and improves quality of sleep.
- **Passion Flower** - Helps fight: tension, anxiety, panic attacks, mood swings, irritability, restlessness, and difficulty sleeping
- **Skullcap** - Relieves stress, tension, and nervous disorders.

OTHER NUTRITIONAL FACTORS

- **L-Glutamic Acid** - Fights chronic fatigue, anxiety, and depression. Can help correct some personality disorders.
- **GABA** - A natural tranquilizer without the effects of drugs. Has anti-stress and anti-anxiety properties.
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Valerian Root Throughout History

- Valerian has been used as a medicinal herb since at least the time of ancient Greece and Rome. Its therapeutic uses were described by Hippocrates, and in the 2nd century, Galen prescribed valerian for insomnia. Valerian Root: Expanded Commission E Monographs. Newton, MA: Integrative Medicine Communication, 2000: 394-400 -- Valerianae. In: A New Herbal, Parts II and III. Cambridge University Press, 1995: 464-66, 499-500, 764-65.
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- Sleep Disorders
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- Muscle Spasms
- Stomach/Intestinal Cramps
- Epileptic Seizures
- Relaxing Central Nervous System

*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



■ We were truly blessed with your story message "The man with the Dirt Brush" December 2008 and "The Righteous Shall Hold on His Way" in January 2009, our small SDA group thanks you and your staff each month for your inspiring messages. We have also used these for our mini sermons, "What has been will be" and "Along the Kings Highway". Thank you also for the wonderful healing products orders from Health Gem. May God's grace continue to bless your work – LM

■ "I am falling in love with your products. I am telling everybody about them. I even sent Oprah an email referring her to your site. My brother gave me a newsletter and that is how I found out about your products. I take the Swedish Bitters and I am now introducing my daughter to the Swedish Bitters products. So I am very excited and happy about the products that I have used. However, I believe you should advertise or send your newsletters to the Adventist churches so that they will be aware of your products. The products are very helpful and should be everywhere. Thank you for your diligence in healthcare and your wonderful helpful products." KMG – NC

■ "Your magazine, "Our Firm Foundation "is wonderful! It awakens and builds us up." PS – Kenya

■ "Thanks for the DVD's. God bless you all. Jesus is coming soon!" RP – UT

■ "I had to call before Sabbath to let you know how very much I appreciate the DVDs you have been sending me. I thank you a million times over. I wish I had lots of money to give you, but I do not, but I am praying that the Lord will provide for you." BF – CT

■ "Dear Brothers and Sisters in Christ, I recently had occasion to have email correspondence with _____ and promised to send a donation. Please use the funds wherever you feel they are most needed. As a matter of interest, we are planning on making a monthly gift, 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. Your in Him." JR – Canada

■ "I heard about you guys from _____ on AdventistOnline.com. You guys have a wonderful ministry! May God bless you!" LD – TX

■ "Thank you for the DVD. I will donate in the future. I think I have received flyers about your ministry before. I am interested in sharing the health message with as many others as possible. Thank you" J&T N – NY

■ "Your DVD sermons, "How to Save Ourselves" and "How the Devil Beats Us" really helped me focus on what's important and helped get rid of all the distractions. I agree with you 100%. I was also cleaning my stack of reading materials and read the Jan. 2008 of Our Firm Foundation from cover to cover--will be subscribing--Do you have the ... February 2008 issue of Our Firm Foundation--wanted to read part two on two articles. Thank you so much--God bless your work." PT - CA

■ "I'm a Seventh-day Adventist that very much appreciates present truth, like the three angels messages. Thank you for proclaiming God's message for today." RS – CA

■ "Hope International please continue to pray for me, one of your supporters. I love your DVD's, health products and your sermons. I live in Brooklyn, I preach the 3rd Angels messages on the subways. I've been on the subway for almost 10 years and give out thousands of books like "Steps to Christ", "National Sunday Law, and "Desire of Ages," and hit places like the Port Authority in NYC. I am now packing up my things to get out of the city... Please pray for me and my family members!"

■ "We want to thank you for the wonderful DVDs. My subscription has run out, and I am enclosing a check for that. Thank you for your great work in keeping us near our Lord Jesus! In prayer," N & NA – SD

■ "I came across a 2005 Volume 20, Number 11 "Our Firm Foundation" magazine. I enjoyed reading all the information in that volume. I went on your website to learn more about you. Great information." JA - GA

It is faith that enables us to look
beyond the present, with its burdens
and cares, to the great hereafter, where
all that now perplexes us shall be made
plain. – GW 259

Without faith it is impossible to please
him: for he that cometh to God must
believe that he is, and that he is a
rewarder of them that diligently seek
him. – Hebrews 11:6



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