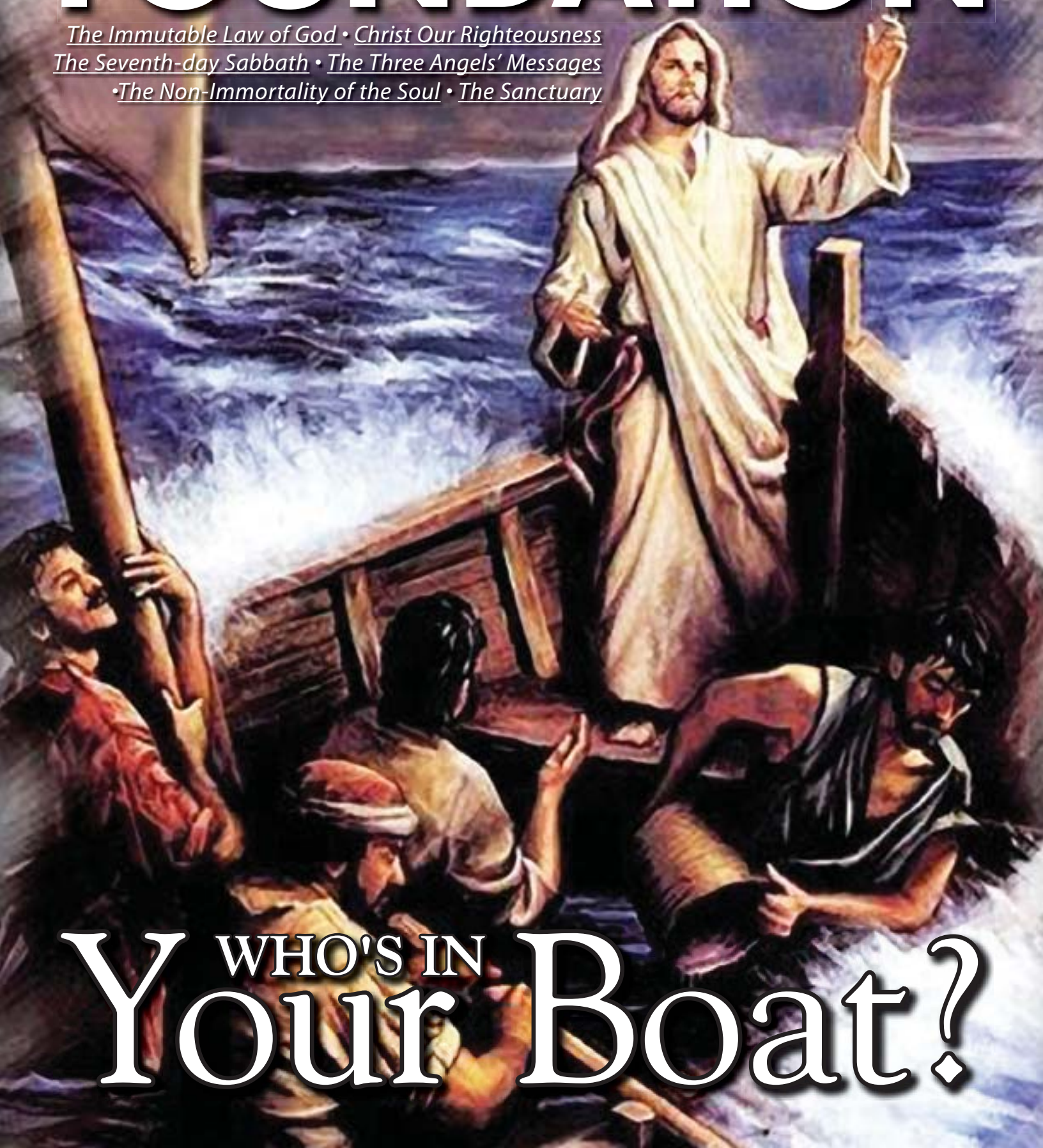


Volume 24, Number 5 • May 2009

*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*



WHO'S IN  
**Your Boat?**

# Editorial

Clark Floyd



*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.*

In Proverbs we read: “Have not I written to thee excellent things in counsels and knowledge that I might make thee know the certainty of the words of truth.” Prov. 22:20 & 21. And then in the Great Controversy, we have the statement: “Only those who have received the love of the truth, will be shielded from the powerful delusion that takes the world captive.” GC 625

It is clear that God desires that His people know the truth for themselves. Peter counsels us, “But sanctify the Lord God in your hearts: and be ready always to give an answer to every man that asketh you a reason of the hope that is in you with meekness and fear.” 1 Peter 3:15

“You will be brought before councils, and every position of truth which you hold will be severely criticized.” 5T 717 “There are many in the church who will be surprised to see how confused are their ideas of what they accepted as truth.” 5T 707

Seventh day Adventists at one time were known as the “people of the Book”. Could that term be applied to us today? Could it be applied to you, dear reader? Isn’t it time that we get even more serious in regard to our understanding of the Scriptures as well as our relationship to the Lord of the Scriptures?

If I were to ask you to name the books of the Bible, both Old and New Testaments, could you tell me, not only the number of books, but also the name of each of the books? My editorial this month is to encourage you to know your Bible better than you ever have before.

An easy way to remember the number of books in the Old Testament is as follows: There are 3 letters in Old, and 9 letters in Testament; there are 39 books in the Old Testament.

In the New Testament, likewise, there are 3 letters in New, and 9 letters in Testament. We multiply, like a sideways cross, X:  $3 \times 9 = 27$  books in the New Testament. There are 66 books in the Bible.

In cleaning a room that is full of different items that need to be separated and set aside, if we look at the whole room at once, we could get discouraged. We start with smaller parts of the room and work on them until the whole room is clean. The Bible, likewise, can be broken down into smaller parts and those memorized, until we finally know all the books of the Bible.

The Old Testament may be broken down as follows: (1) The five Books of Moses or history books; (2) Twelve additional history books—3 books, 3 pairs of books, and 3 books; (3) Five books of poetry; (4) Five major books of prophecy; (5) Twelve minor books of prophecy—HJ, AOJ, MN, HZ, HZM.

I have found that breaking these books down into the above patterns has made it much easier to learn all of

the 39 books of the Old Testament. At night, rather than counting sheep when I am having trouble sleeping, I go through the books of the Bible. The New Testament can be broken down into the 4 Gospels, 1 book of history, Acts, 1 book of prophecy, Revelation, and 21 epistles or letters, broken down by author.

Once you have memorized the books of the Bible and can repeat them quickly, without a pause, go back through, and try to remember what is in each book, i.e. in Genesis—the creation, the fall, the flood, etc., including the number of chapters.

Do this in your spare moments—while traveling, when trying to go to sleep, while waiting on someone, or for your Sabbath afternoon studies.

Always remember that Jesus is the center of all Scripture: “Search the Scriptures; for in them ye think ye have eternal life: and they are they which testify of me.” John 5:39

In future editorials, I hope to be able to furnish additional methods to truly make the Scriptures more familiar.

Ellen White has said: “The Bible with its precious gems of truth was not written for the scholar alone. On the contrary, it was designed for the common people: and the interpretation given by the common people, when aided by the Holy Spirit accords best with the truth as it is in Jesus. The great truths necessary for salvation are made clear as the noonday, and none will mistake and lose their way except those who follow their own judgment instead of the plainly revealed will of God.” 5T 331



**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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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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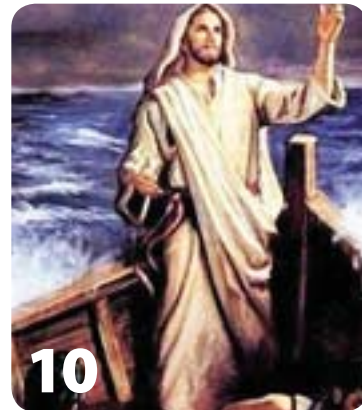
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# the bible museum opened

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.

## jonah's gourd

We look on a dry and withered thing, killed by the worm, shriveled by the heat. Not so appeared the plant when its broad leaves, full of life and beauty, afforded a cool green shade to the prophet Jonah. The gourd formed a kind of bower, under the shadow of which the weary could rest, and was thus a beautiful emblem of that charity which covereth a multitude of sins.

## worm at the root

It was a worm at the root which destroyed it; and when we read in the sacred story how, with Jonah himself,

charity was so dried up and withered that God's mercy to thousands could afford him pain instead of joy, we naturally ask, “What was the worm at the root with him?” If we search a little under the surface, we shall find that the worm was pride; and that, not only with Jonah, but too often with ourselves, hidden pride eats the life out of charity, and leaves but a dry, sapless skeleton, worthless in the sight of God and His angels.

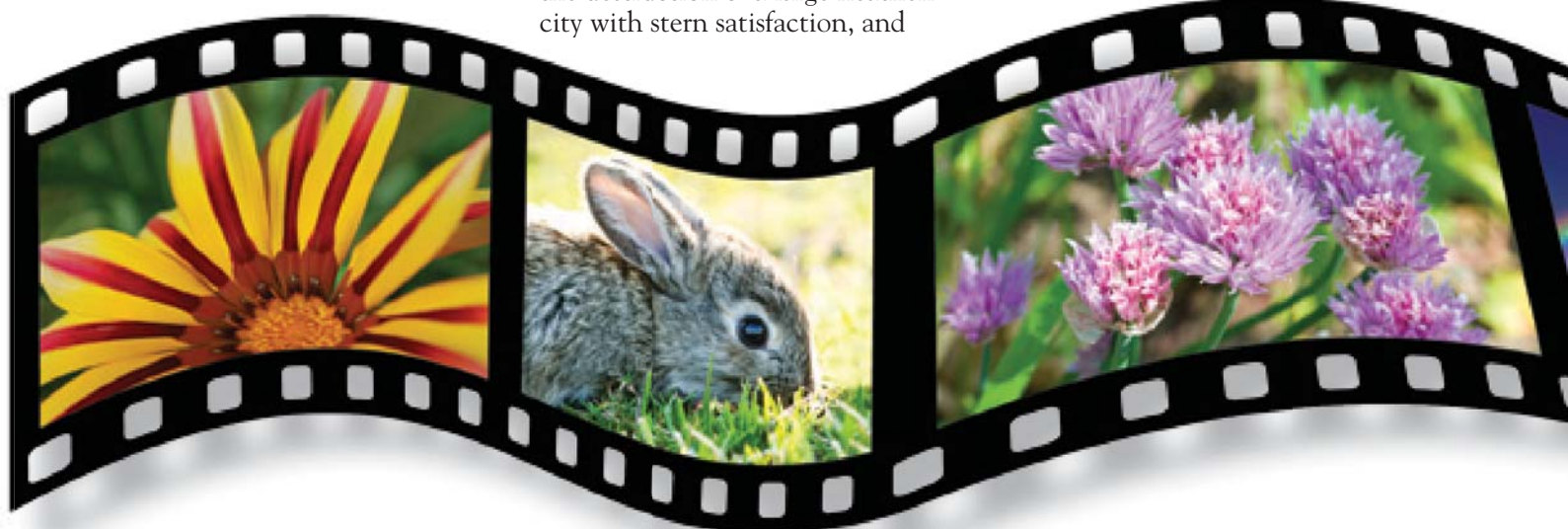
## little to love

There is something to admire, but little to love, in Jonah, as his portrait stands in the gallery of Scripture, drawn by his own vigorous hand. We admire the straightforward truthfulness of the man who softens not one harsh feature, but represents his own defects with unsparing fidelity. We admire Jonah's calm courage when he bade the mariners fling him into the raging billows, and save their own lives by sacrificing his. We admire the faith, which sustained him, and made him look towards God, even when the depth closed him round about, and the weeds were wrapped about his head. But we shrink from the severity of character, which marked this prophet, who could contemplate the destruction of a large heathen city with stern satisfaction, and

betray irritation because the mercy of God far exceeded his own. We imagine that, if Jonah had lived in these days, though he would have been a man of spotless integrity and unblemished life, he would probably have appeared as a severe master, or a hard landlord, far more just than merciful; that little ones, who “cannot discern between their right hand and their left,” would not have clung to his neck, or smiled up into his face, reading there—as children intuitively do—the impression left there by a spirit of kindliness. We contrast the character of Jonah with that of St. Paul; the hardness of the prophet with the intense desire of the apostle that sinners might be spared, and his readiness to spend and be spent for others: “To the weak became I as weak, that I might gain the weak. I am made all things to all men, that I might by all means save some.” Paul's charity, like the gourd of miraculous growth, spread its glorious branches far and wide; nor did opposition, cruelty, or ingratitude, destroy its vigour or wither its leaf.

## deep sense of personal sin

Perhaps the chief cause of St. Paul's



tender indulgence and yearning sympathy towards sinners, is to be found in his deep sense of personal sin. When he was a proud, self-righteous Pharisee, we find in him no trace of mercy towards those who differed from him in religious opinions. We have no reason to suppose that the perishing state of the Gentile world ever then cost him a sigh. Saul might have seen a Nineveh destroyed with as much cold indifference as Jonah himself would have done. But he who deemed himself the least of saints and the chief of sinners, loved much, because he had been forgiven much; he delighted in dwelling on the free grace which had saved his own perishing soul; he felt that that grace alone had made him to differ from others, and his heart's desire was that Jew and Gentile should participate in the blessing.

### no holy humiliation

Now, this deep sense of sin does not appear in Jonah. He confessed, indeed, to the sailors, that the storm was a judgment upon his flight from duty; but we discover in him none of the holy humiliation on account of sin, which marked a David, a Peter, or even a righteous Job. Perhaps the very nature of his punishment rather fostered the pride than abased the spirit of the prophet. The elements were moved on his account; his transgression had raised a storm—his generous sacrifice quelled it. God wrought a special miracle for his preservation from death. Then, scarcely had Jonah declared the Almighty's message to Nineveh, than the whole mighty city repented in

dust and ashes. When did the voice of preacher ever command more sudden, more marvelous success? Truly, Jonah was set on a very high pinnacle indeed! He was revered by monarch and people as the inspired oracle of God. We cannot marvel that pride was fostered in the heart of Jonah; and are less surprised that it had such an effect upon his charity—that, to maintain his lofty position as a prophet, he would have been content that the judgments which he had threatened should all be terribly fulfilled.

### god's gentle dealing

How gently did God, in His love and wisdom, deal with the haughty Jonah! He who had seemed to grasp the thunderbolt was taught that he was but man—but a weak, sinful man. The bodily frame, once miraculously preserved, was shown to be subject to pain and fatigue, even like those of others; the mere force of the wind, the mere heat of the sun, were sufficient to exhaust its strength. Jonah was ready to faint. The soul that had been so lofty and firm in the prospect of instant death was prostrated and brought to despair by the withering of a gourd! Where was his courage—where his power of endurance? Jonah, under a common form of trial, shows, not the dignity of a prophet, but the impatient querulousness of a child. It must have been with shame that he afterwards recorded the almost impious complaints which

bodily discomfort drew from his lips. The story is abruptly ended. Jonah tells not the effect on his own mind of the gentle rebuke of the Lord; but we may trust that it caused him to bow down in shame, and search for the worm at the root, and learn to extend to others that mercy which he found that he so greatly needed himself.

### what about each of us

What are our feelings towards “them that are without”—those, whom we deem grievous sinners, like the men of Nineveh? Is there a cold, self-righteous complacency, in the thought that we are not as they are—something of satisfaction in the belief, that, though they may revel in prosperity now, judgment will ere long overtake them? When the tower of Siloam falls, are we eager to show that those crushed beneath it were sinners above all that dwell at Jerusalem? Let us beware of a censorious spirit, ready to judge and to condemn. If we see the leaf of our charity shriveling, let us search for the worm at the root. Many a sorrow and many a fall may God permit His servants to suffer, in order to humble and to prove them, and to teach them, as He taught Jonah, that they are but dust. The most exalted saints have nothing wherein to glory but the Cross of Christ; through which alone they, as well as the lowest and worst of transgressors, can be delivered from the righteous judgments of God.



# Be Watchful

By Mrs. E.G. White

## PILGRIMS IN THIS WORLD

We are pilgrims and strangers in this world, traveling a path beset with dangers from those who have rejected the only One who could save them. Ingenious subtrefuges and scientific problems will be held out before us, to tempt us to swerve from our allegiance; but we are not to heed them.

Let every soul be on the alert. The adversary is on your track. Be vigilant, watching carefully lest some masterly snare shall take you unaware. Let the careless and the indifferent beware lest the day of the Lord come upon them as a thief in the night. Many will wander from the path of humility, and, casting aside the yoke of Christ, will walk in strange paths. Blinded and bewildered, they will leave the narrow path that leads to the city of God.

## A WATCHFUL CHRISTIAN

A man can not be a happy Christian unless he is a watchful Christian. He who overcomes must watch; for with worldly entanglements, error, and superstition, Satan strives to win Christ's followers from Him, and to keep their minds employed with his devices. It is not enough that we avoid glaring dangers and perilous, inconsistent moves. We are to keep close by the side of Christ, walking in the path of self-denial and self-sacrifice. We are not to allow our spiritual perceptions to be blinded, as they often are, by a strong, determined will. And in order to detect the artifices of Satan and to withstand his unexpected attacks, we must have the grace of Christ and the impartation of His Spirit. We are in an enemy's country. He who was cast out of heaven has come down with great power. With every conceivable artifice and device he is seeking to take souls captive. Unless we are constantly on guard, we shall fall an easy prey to his unnumbered deceptions.

## STEWARDS OF GOD

We are stewards, entrusted by

our absent Lord with the care of His household and His interests, which He came to this world to serve. He has returned to heaven, leaving us in charge, and He expects us to watch and wait, and prepare for His coming. Let us be faithful to our trust, lest coming suddenly, He find us sleeping.

## MANIFOLD ENEMIES

God's Word warns us that we have manifold enemies, not open and avowed, but enemies who come with smooth words and fair speeches, and who would deceive if possible the very elect. Thus Satan comes. And again, when it suits his purpose, he goes about as a roaring lion, seeking whom he may devour. Man's will, unless kept in subjection to the will of God, is as often on the enemy's side as on the Lord's side. Therefore watch unto prayer; watch and pray always.

## A LESSON FOR TODAY

The experience of the disciples in the garden of Gethsemane contains a lesson for the Lord's people today. Taking with him Peter, James, and John, Christ went to Gethsemane to pray. He said to the disciples: "My soul is exceeding sorrowful unto death: tarry ye here, and watch. And He went forward a little, and fell on the ground, and prayed that, if it were possible, the hour might pass from him. And He said, Abba, Father, all things are possible unto thee; take away this cup from me: nevertheless not what I will, but what thou wilt. And He cometh, and findeth them sleeping, and saith unto Peter, Simon, sleepest thou? couldest not thou watch one hour? Watch ye and pray, lest ye enter into temptation."

## SEPARATED FROM THE FATHER

He went a little distance from them,--not so far but that they could both see and hear Him,--and fell prostrate upon the ground. He felt that by sin He was being separated from his Father. The gulf was so broad, so black, so deep, that His spirit

shuddered before it. This agony He must not exert his divine power to escape. As One who had taken upon Himself the nature of man, He must suffer the consequences of man's sin; He must endure the wrath of God against transgression.

## WORDS OF COMFORT

The human heart longs for sympathy in suffering. This longing Christ felt to the very depths of His being. In the supreme agony of His soul, He came to his disciples with a yearning desire to hear some words of comfort from those whom He had so often blessed and comforted, and shielded in sorrow and distress. The One who had always had words of comfort for them was now suffering superhuman agony, and He longed to know that they were praying for Him and for themselves. How dark seemed the malignity of sin! Terrible was the temptation to let the human race bear the consequences of its own guilt, while He stood innocent before God. If He could only know that His disciples understood and appreciated the intensity of His agony, He would be strengthened.

## THEY WERE SLEEPING

Rising with painful effort, He staggered to the place where He had left His disciples; but He "findeth them sleeping." Had He found them praying, He would have been comforted. Had they been seeking refuge in God, in order that satanic agencies might not prevail over them, He would have been strengthened by their steadfast faith. But they had not heeded the repeated warning, "Watch and pray." At first they had been much troubled to see their Master, usually so calm and dignified, wrestling with a sorrow that was beyond comprehension. They had prayed as they heard the strong cries of the divine-human Sufferer. They did not intend to forsake their Lord, but they seemed paralyzed by a stupor which they might have shaken off if they

had continued pleading with God. They did not realize the necessity of watchfulness and earnest prayer in order to withstand temptation.

### **SANCTIFIED PERCEPTION NEEDED**

Many today are fast asleep, as were the disciples. They are not watching and praying lest they enter into temptation. Let us often read and give careful study to those portions of God's Word that have special reference to these last days, pointing out the dangers that will threaten God's people. We need keen, sanctified perception. This perception is not to be used in criticizing and condemning one another, but in discerning the signs of the times. We are to keep our hearts with all diligence, that we may not make shipwreck of faith. Those who neglect to watch and pray, in these days of peril; those who neglect to unite with their brethren in seeking the Lord, but who stand aloof from God's appointed agencies in the church, are in grave danger of strengthening themselves in their own way, following the impulses of their own minds, and refusing to heed the admonitions of the Lord. There are those who once were firm believers in the truth, but who have become careless in regard to their spiritual welfare, and are yielding, without the slightest opposition, to Satan's well-laid plots.

### **EXAMINE OURSELVES DAILY**

Let every believer closely examine himself, to ascertain what are his weak points. Let him cherish a spirit of humility, and plead with the Lord for grace and wisdom, and for the faith that works by love and purifies the soul. Let him cast away all self-confidence. God has no place for it in His work. Many have so high an opinion of their own abilities and attainments, and so firm a reliance on their own judgment, that they believe themselves capable of bearing responsibilities in any emergency. But too often they leave their appointed work, forget the precautions that God has enjoined

upon them, and entangle themselves in difficulty. They turn aside from wise counselors, and incur the displeasure of God. To all, and especially to those in positions of trust, is given the warning, "Let him that thinketh he standeth take heed lest he fall." Self-confidence leads to a lack of watchfulness, to perplexity, and to the doing of a work that the Lord never requires of those connected with His cause in the earth.

### **DISTRUSTFUL OF OWN WISDOM**

The dangers thickening around us demand from those who have had an experience in the things of God, a watchful supervision. Those who walk humbly before God, distrustful of their own wisdom, will realize their danger, and will know the power of God's keeping care. Those who do not realize their danger because they do not watch, will pay, with the loss of their souls, the penalty of their presumption and their wilful ignorance of Satan's devices.

### **TRUST IN GOD**

Let us trust in God. We are His

little children, and thus He deals with us. When we draw near to Him, He mercifully preserves us from the assaults of the enemy. Never will He betray one who trusts in Him as a child trusts in its parents. He sees the humble, trusting souls drawing near to Him, and in pity and love He draws near to them, and lifts up for them a standard against the enemy. Touch them not, He says, for they are Mine. I have graven them upon the palms of My hands. He teaches them to exercise unquestioning faith in His power to work in their behalf. With assurance they say, "This is the victory that overcometh the world, even our faith."

{RH, July 7, 1910



*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.*

# *Celebration*

**CONFORMED OR TRANSFORMED**





*Editor's Note: The following article was taken from the Signs of the Times, June 21, 1905. It was over one hundred years ago, but it, as well, could have been written today.*

The success of worldly enterprises has often led the professed followers of Christ to pattern some part of their work after the methods which made the worldly work a success. We have seen it in the introduction of modified theatricals in the church. Pastors who have compared the size of their audiences with the throngs which patronize the theater have introduced "attractions" to increase their attendance. The theater has its "attractions," and they draw the masses. The worried pastor reasons that they will do the same for the church. They have been added to the church service, and the pews have had more occupants. But the additional occupants came to see the curious and spectacular. They get what they came for, and probably depart satisfied.

### THEATRICALS DISPLACE THE WORD OF GOD

But they who come to hear the voice of God through one set to utter it, what do they get?—A theatrical performance. Refusing to go to the theater, their pastor permitted the theater to come to them in the house of God—into the sacred edifice where they had met God, and expected to meet Him again and again. The theater came into their sanctuary, displacing the Word, disorganizing the service, and lowering the respect of both saint and sinner for the house, the pastor, and the pastor's influence. Thus what is gained in numbers is lost in real heart work, in real, positive influence for good. The church which resorts to such means will soon find—and too many have found already—that it must add new attractions, as the theater does, or see its audiences dwindling away.

### IN HARMONY WITH THE WORLD

Such a course is in direct opposition to the counsel of the Spirit: "Be not conformed to this world; but be ye transformed by the renewing of your mind, that ye may prove what is good, and acceptable, and perfect, will of God." Rom. 12:2. Conformity to the world will never win the world; will never bring men and women out of the world and into the fellowship of Christ—and it never has. Conformity to the world is a yielding to the ways of the world, forming our ways and words and actions in harmony with the words and ways and actions of the world. It is not our winning the world, but rather our yielding to the world, our conversion to the world. They who come to a church in response to its attractions, not for salvation, not to hear the Word,—come because they recognize themselves in that church, not because they recognize God in its members or its pastor.

### THEY GO TO THE THEATER TO BE PLEASED, AMUSED; THEY WILL GO TO SUCH A CHURCH FOR THE SAME PURPOSE

They go to the theater to be pleased, amused; they will go to such a church for the same purpose. When the theater pleases and amuses people, it makes them satisfied with themselves. But it is the business of the church to make men and women dissatisfied with their condition when that condition is out of harmony with the ways of God. It must teach truth, no matter how straight it may cut, for only the truth can save. When men are entirely dissatisfied with their unsaved and unrighteous condition, then it is that they can find the true satisfaction that there is in Christ and in sins forgiven. It is the business of the church to do God's work; and that is not, and never has been, seeking the pleasures of this world.

### THE CHURCH vs. THE THEATER

Here, then, are two institutions, each doing a different work. The theater can not accomplish its work by teaching the Word of God and by influencing its patrons to lead lives of unselfishness; for that never has been pleasing to human nature. It accomplishes its end, however, and that by its own means. It is not reasonable to suppose that those same means can be used to accomplish an object entirely different, even if employed in an edifice hitherto sacred. The church can not accomplish its object in the world by using means designed especially for the purpose of thwarting that work, means which are antagonistic to that work, and promote only the service of self.

### CONFORMITY WITH EVIL

Conformity with that which is evil is, in the end, conformity with the evil itself; and that is what is bound to be when we use the instruments of the world in attempting to do the Lord's work. "Be not conformed to this world;" that would mean ruin of soul and body. "Be ye transformed by the renewing of your mind." That means a transformation out of self and into Christ. It is accomplished through the renewing of the mind, not by conformity with the world. There is salvation in heeding this admonition, or command of the Lord. There is death, everlasting death, in refusing to do it. While the great drift of the tide today is toward conformity with the world, the Christian must set his face against it resolutely, and seek for that transformation which will lift him out of self and into the service and life of Christ. (Author unnamed)

Editor's concluding note: The wise man said: "The thing that hath been, it is that which shall be; and that which is done is that which shall be done: and there is no new thing under the sun." Ecclesiastes 1:9. Remember that this article was put in the Signs of the Times in 1905!

# WHO'S IN Your Boat?

by Joe Olson

Today, I'd like to talk about two boats and two people and you. And my question to you, or better, to all of us... is "Who's in your boat?"

There are two stories in the Bible I'd like to talk about.

These two stories have:

- 2 boats
- 2 storms
- 2 groups of men
- 2 sleepers
- 2 prayers
- 2 peaceful endings and 2 themes.

Here is story number one:

Luke 8:22-25 "Now it came to pass on a certain day, that he went into a ship with his disciples: and he said unto them, Let us go over unto the other side of the lake. And they launched forth. But as they sailed he fell asleep: and there came down a storm of wind on the lake; and they were filled with water, and were in jeopardy. And they came to him, and awoke him, saying, Master, master, we perish. Then he arose, and rebuked the wind and the

raging of the water: and they ceased, and there was a calm. And he said unto them, Where is your faith? And they being afraid wondered, saying one to another, What manner of man is this! for he commandeth even the winds and water, and they obey him."

## ON A SINKING BOAT

It was a beautiful day.

No thought of bad weather; no idea of what was to come.

They take off from the land with a nice breeze and a beautiful sunset.

But during the night, a storm came up.

And not just any storm, this storm was so bad they were about to die.

The disciples are frantically trying

to bail the water out of the boat.

They are working as fast and furiously as possible.

You have to imagine the scene.

For those of you that have ever been out on the water, and it is too far from land to be safe... you know what fear is if the boat starts filling with water.

The boat is full of water.

They are ready to perish. They are most certainly in jeopardy.

And it is now that they remember who is in the boat with them.

## WHERE IS YOUR FAITH?

And they call upon Him.

"Jesus!" "Master!" "Carest not that we perish?"

And when they remember who is in the boat, and ask for His help...

Jesus calms their storm. Then He asks where their faith is.

In other words, Jesus is asking them... "Did you know who was in the boat with you?"

Obviously, at least at this point, they still didn't know who was in the boat with them.

Remember their question?

What manner of "man" is this?

They cannot believe that the winds and the sea obey Him.

Well, if **you** knew that in your boat, was the One who made the wind and the sea... you would not question whether or not He could control them.

If they were asked, "Who's in your boat?" they would have to honestly say that they did not know.





### KNOW WHO IS IN YOUR BOAT

It is vastly important that you know who is in your boat.

These men almost died, because they didn't know who was in their boat.

We are all "boats" on the "sea of life," and we need to be aware of who we allow to go with us... in our boat.

This story has been preserved in the Bible to remind us to check on who is in our boat with us.

Trust me... you might not think it's important to have Jesus with you in your boat when the sea is calm and the wind is a gentle breeze.

But you can believe that even though it may appear calm and serene

today...

Even though you might not think there are any storms on the horizon... Even though you might believe you can handle the storms that do come along...

The day is coming, and even now is, that you need the Saviour in the boat with you.

### THE SAVIOUR MUST BE IN YOUR BOAT

What happens when you lose your job?

What happens when you lose your home?

What happens when you lose your family?

Do you think you can handle it alone?

What about when you are losing your life?

What happens when you are ready to perish?

They say there are no atheists on a sinking boat.

I believe it.

For all you **think** you can handle, for as sunny as life may be today...

You need the Saviour in your boat.

When that day comes, and it comes for each one of us, you want the One who can make all things calm.

You want the One

who can bring peace to your storms.

You want the One who can simply speak, and make all things new.

You want **Him** in your boat.

### IF ONLY THEY HAD KNOWN HIM

And by the way, it would help if you got to know Him before the storms come.

You see, His own disciples didn't know Him yet.

How much grief could they have avoided?

How much fear could have been cast aside?

How much wasted energy was just that... wasted?

Jesus says that we can't even change the color of our skin, or the spots on a leopard.





boat, if you don't know who He is.

As soon as the storm started, they could have gone to Jesus.

Do you notice how often we try to handle things on our own until it just gets to be too much?

Most of us are not too much different than Jesus' disciples.

Let me ask you... do you think Jesus would have refused to help earlier?

No, He loves to have us call on Him.

Would you help someone who called upon you?

Then why would we think Jesus wouldn't?

Actually, Jesus asked that very question...

Matthew 7:9-11 "Or what man is there of you, whom

if his son ask bread, will he give him a stone? Or if he ask a fish, will he give him a serpent? If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him?"

You definitely want Jesus, the One who cares so much for you... in your boat.

Who's in your boat?

### THE OTHER BOAT STORY

Now let's turn to our other boat story.

Jonah 1:4-6 "But the LORD sent out a great wind into the sea, and there was a mighty tempest in the sea, so that the ship was like to be broken. Then the mariners were afraid, and cried every man unto his god, and cast forth the wares that were in the ship into the sea, to lighten it of them. But Jonah was gone down into the sides of the ship; and he lay, and was fast asleep. So the shipmaster came to him, and said unto him, What meanest thou, O sleeper? arise, call upon thy God, if so be that God will think upon us, that we perish not."

Do you see the similarities?

Boat... wind... tempestuous sea...

The men were afraid. They were ready to perish.

And there was somebody else in the boat with them.

And he was asleep.

And they didn't know who he was either.

Do you suppose these stories just happen to be mere coincidences?

I don't think so.

Now, we know what happened when Jesus was in the disciples' boat.

What happened with these mariners, and their boat?

Let's go back to the story...

Jonah 1:7-8 "And they said every one to his fellow, Come, and let us

What can we really, actually do on our own?

If it wasn't for the daily, protective, watch care of the Saviour right now, none of us could live.

Did you know that we, with all our collective wisdom, cannot figure out how God made us to be able to wake up in the morning?

If we can't figure out how to wake up, without God making it possible, do you really want to launch out in your boat... on to the seas?

### DON'T LEAVE HOME WITHOUT HIM

You've heard these commercials on TV about American Express...

Don't leave home without it.

O friends, you can do just fine without American Express on your boat.

But when the storm is raging, when the wind is blowing, when you are ready to perish...

The last thing you need is a piece of plastic.

You need the Saviour.

And you need to know who He is. It won't help to have someone in your



cast lots, that we may know for whose cause this evil is upon us. So they cast lots, and the lot fell upon Jonah. Then said they unto him, Tell us, we pray thee, for whose cause this evil is upon us; What is thine occupation? and whence comest thou? what is thy country? and of what people art thou?"

Do you see the interest they have in the man who's in their boat now?

This is absolutely huge.

You can't miss this concept here.

When the sun is shining and the seas of our lives are calm, we don't care who's with us... who's in our boat.

But when there are problems, when the winds are raging, when our boat is ready to sink...

All of a sudden we have a real interest in who's in our boat with us.

### A RUNNER FROM GOD

Earlier, these men could care less who got on board with them.

But when there are problems, we have questions.

These mariners wanted to know about Jonah now, and Jonah gives them the answers...

Jonah 1:9-10 "And he said unto them, I am an Hebrew; and I fear the LORD, the God of heaven, which hath made the sea and the dry land. Then were the men exceedingly afraid, and said unto him, Why hast thou done this? For the men knew that he fled from the presence of the LORD, because he had told them."

In essence, what Jonah told them was that he was a runner from God.

He was a disobedient servant.

He was rebellious.

Let's recap... he was a rebellious, disobedient, runner from God.

The God who made the land and the sea.

The God who was not happy with what he was doing.

And this man, this rebellious, disobedient, runner from God...

Was in **their** boat.

Not a good plan. Not wise to have such a person in your boat.



### IS JONAH IN YOUR BOAT?

Who you should have in your boat is Jesus.

But, if you do not have Jesus in your boat....

Please, please don't have Mr. Disobedient in it.

Don't have Mr. Rebellious. Not Mr. Runner from God.

This is not rocket science.

These are not just quaint stories.

These are examples of the do's and don'ts of **life**.

I'm sure you see how clear the analogies are.

The devil does his best to turn your mind from these truths.

But God has made them so plain and easy to understand, if we will read them.

Now, one last thought.

If, God forbid, you have a Jonah in your boat... what do you need to do?

If you have a rebellious, disobedient, runner from God in your boat, let's see what God wants us to

do.

Let's go back to the story of Jonah. Jonah 1:11-12 "Then said they unto him, What shall we do unto thee, that the sea may be calm unto us? for the sea wrought, and was tempestuous. And he said unto them, Take me up, and cast me forth into the sea; so shall the sea be calm unto you: for I know that for my sake this great tempest is upon you."

The mariners wanted to know how to save themselves; what they had to do to calm the sea and the winds.

### THROW JONAH OUT OF YOUR BOAT

And they asked the rebellious Jonah.

And more incredibly, Jonah answers them, and tells them what they need to do.

Throw me out. Get me out of your boat. Cast me away.

This is so true to life. We often have people in our lives that make our "seas" very stormy, to the point of us



perishing.

Have you had someone in your boat that has caused your life to be stormy?

Do you have friends, that if you stay with them and around them, will cause **you** to be lost?

I speak especially to the young people, but it applies equally to everyone.

Is there someone in your life, who is disobedient, rebellious, running from God?

The results will be disastrous.

And the incredible thing is, very, very often, the one who is causing you to perish, knows it.

Just like Jonah.

Jonah told those who were perishing to cast him out.

This is also very important.

Jonah knew that he was the cause of their misery.

And he was aware of how to fix it.

He said, "Get me out of your lives, and you will live."

Have you ever wondered, since Jonah knew that he was the problem, why Jonah didn't volunteer to get out of the boat?

Why didn't he cast himself out?

Why didn't he say, "I will leave."?

Why did he tell them that **they** needed to throw him out?

Remember, these stories are for us. How often, when you have a problem person in your life, does the person voluntarily leave of his own accord?

Usually, we have to throw them out.

Usually, **we** are the ones who have

to do the hard thing.

Well, what did the sailors do when Jonah suggested this?

Let's go back to Jonah.

Jonah 1:13 "Nevertheless the men rowed hard to bring it to the land; but they could not: for the sea wrought, and was tempestuous against them."

Nevertheless... In other words, in spite of what Jonah told them, in spite of what they knew to do...

They couldn't bring themselves to do it.

### YOU WILL SUFFER THEIR FATE

Does this not sound just like your life sometimes?

It was too hard. It was too cruel. It was too "unloving."

And as a result, it was almost... too late.



They tried to make it; they tried to fix it themselves; they did all they could...

But when you have the disobedient, the rebellious, the runner from God, in **your** boat...

**You** will suffer their fate, unless they are cast out.

Who's in your boat?

Will you allow yourself to be taken down with them?

Ask yourself, will that somehow make it better?

If you die, will the rebellious one now live? No.

You just **both** die.

So, what did the sailors end up doing?

They finally chose not to die.

Jonah 1:15 "So they took up Jonah, and cast him forth into the sea: and the sea ceased from her raging."

This is what always happens.

When you finally make the decision, as these sailors made, to get rid of their Jonah, the sea will calm, the winds will die down, and you will live.

Who's in **your** boat?

### GOD WILL TAKE CARE OF THE 'JONAH' IN YOUR LIFE

And by the way...

When we finally do the right thing, and cast our Jonah from our boat...

God will take care of him.

God has a life raft that we do not see.

He has a thousand ways to "fix" things that we know not of.

### WE MUST CAST 'JONAH' OUT

But first... first, we have to cast out Jonah.

We can't save Jonah, any more than the sailors could.

We can't save ourselves, any more than the sailors could.

Who's in your boat?

If it's Jesus, you have nothing to worry about.

God is with you... who and/or what can be against you?

But if it is Jonah... throw him out... as quickly as possible...

For both of your sakes.



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

# PEACE BE STILL

By  
Miss M. A. Baker

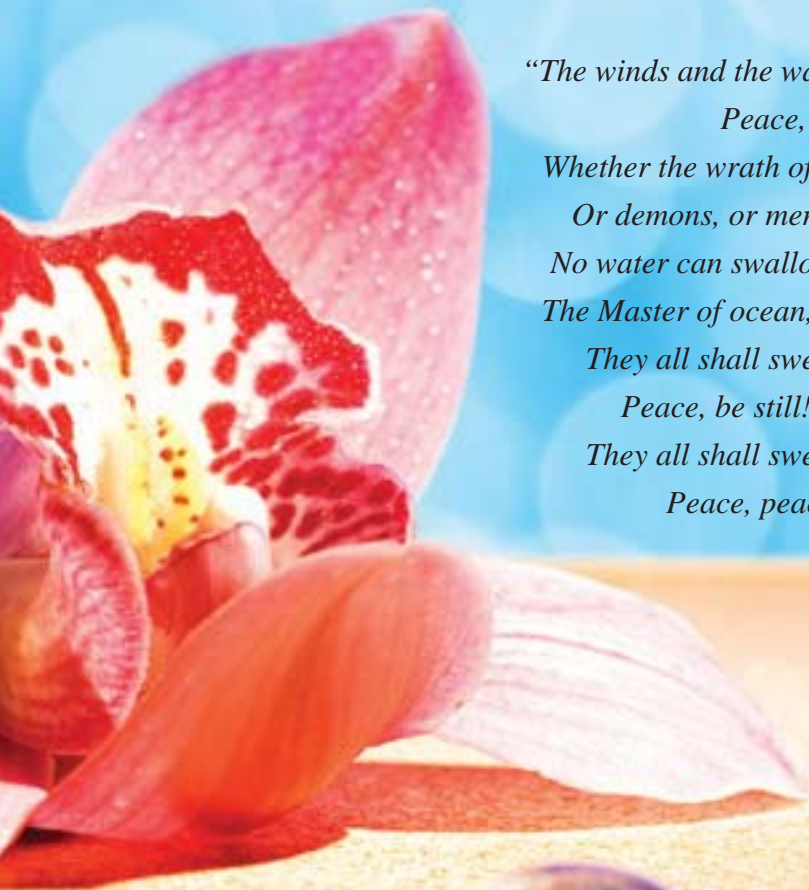
*Master the tempest is raging! The billows are tossing high!  
The sky is o'er-shadowed with blackness; no shelter or help is nigh;  
Carest Thou not that we perish? How canst Thou lie asleep,  
When each moment so madly is threatening A grave in the angry deep?*

*Master, with anguish of spirit I bow in my grief today;  
The depths of my sad heart are troubled; O, waken and save, I pray!  
Torrents of sin and of anguish Sweep o'er my sinking soul;  
And I perish! I perish! dear Master; O hasten and take control.*

*Master, the terror is over, the elements sweetly rest;  
Earth's sun in the calm lake is mirrored, And heaven's within my breast;  
Linger, O blessed Redeemer, Leave me alone no more;  
And with joy I shall make the blest harbor, and rest on the blissful shore.*

*"The winds and the waves shall obey My will,  
Peace, be still!*

*Whether the wrath of the storm-tossed sea,  
Or demons, or men, or whatever it be,  
No water can swallow the ship where lies  
The Master of ocean, and earth, and skies;  
They all shall sweetly obey My will;  
Peace, be still! Peace, be still!  
They all shall sweetly obey My will;  
Peace, peace, be still!"*



# STRENGTHENING WORDS FROM THE SAVIOUR'S LIPS

By C. H. Spurgeon

Paul speaking in 2<sup>nd</sup> Corinthians 12 beginning at verse 7, "And lest I should be exalted above measure through the abundance of the revelations, there was given to me a thorn in the flesh, the messenger of Satan to buffet me, lest I should be exalted above measure. For this thing I besought the Lord thrice, that it might depart from me. And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I glory in my infirmities, that the power of Christ may rest upon me."

## DIRECTING PRAYER TO THE LORD JESUS CHRIST

Paul, when buffeted by the messenger of Satan, addressed his prayer to the Lord Jesus Christ, and not, as he usually did, to the heavenly Father. This is a somewhat remarkable fact, but it is clear from the passage before us. He says, "For this thing I besought the Lord thrice," and that the Lord here is the Lord Jesus is pretty clear from the fact that he says in his next verse, "that the power of Christ may rest upon me." His prayer was not directed to God absolutely considered, nor does he speak of the power of God, but his prayer was directed to the Lord Jesus Christ, and it was the power of the Lord Jesus Christ which he desired to rest upon him. It is an infallible proof

of our Lord's divinity, that he may be addressed in prayer; and this is one instance, with several others, which show to us that we may legitimately present our petitions, not only to the ever-blessed Father, but also to his son Jesus Christ. There seems to be a peculiar fitness in prayer to Jesus when the temptation came from a messenger of Satan, because the Lord Jesus has endured the like temptation himself, and knows how to succour them that are tempted.

## DEVILS FELT THE POWER OF JESUS

Moreover, he has come to earth to destroy the works of the devil. In his lifetime he manifested peculiar power over unclean spirits, and was constantly casting them out from those whom they tormented. It was one of his few rejoicing notes, "I saw Satan like lightning fall from heaven." It was by the name of Jesus that devils were expelled after Christ had risen into the glory. "Jesus I know," said the spirits whom the sons of Sceva endeavored in vain to exorcise. Devils felt the power of Jesus, and therefore it was wise and natural that the apostle Paul should, when buffeted of Satan, turn to Jesus and ask him to bid the evil spirit depart from him.

## TRIALS WERE NOT TAKEN AWAY

It is not a little remarkable also that this prayer was not only addressed to Jesus, but was offered in much the same manner as the prayer of our Lord in the garden. The apostle prayed three times, even as our Lord did when he too was sorely buffeted by the powers of darkness. The thrice-repeated cry was intensely earnest, for he "besought" the Lord thrice. And







Paul, singularly enough, met with very much the same answer as his Master, for our Lord was not permitted to put aside the cup (it could not pass from him except he drink it), but an angel appeared unto him strengthening him, and so in Paul's case the trial was not taken away from him, but he was strengthened by kind, assuring words, and by being led to see that God would be glorified by his enduring the trial. I see, then, the Lord Jesus reflected in his servant Paul as in a mirror; I hear the three times repeated prayer, I mark the cup standing unremoved, and I see the strength imparted in the midst of weakness.

### *SWEET, CHARMING LANGUAGE OF JESUS*

Our text fell from the lips of Jesus Christ himself, and if anything could make its language more sweet than it is in itself it would be this fact, that he himself delivered the words to his chosen apostle. It is Jesus who says in the words of the text, "My grace is sufficient for thee; my strength is made perfect in weakness." This truth casts a soft, mellow light upon the words, helps us to interpret them, and enables us to derive all the greater comfort from them. When Jesus speaks, a special charm surrounds each syllable.

The exact tense of the Greek words it is not easy to translate into English. The apostle does not merely tell us that his Lord said these words to him fourteen years ago, but the tense connects the past with the present, as if he felt that the answer was not simply something past, but something that continued with him in its consoling power. The echoes of what

his Lord had said were still sounding through his soul. I should not miss the apostle's meaning if I read it, "He has been saying to me, 'My strength is sufficient for thee.'" The words had an abiding effect upon the apostle's mind, not merely for the time reconciling him to the particular trouble which had afflicted him, but cheering him for all the rest of his life, constraining him in all future trials to glory in his infirmities and render praise to God.

### *MEAT FOR LIFE ETERNAL*

It is a sweet thing to have a text of Scripture laid home to the heart for present uses, but when God the Holy Spirit so applies a promise that it abides in the heart for the term of one's natural life, then are we favoured indeed. Elijah's meat gave him strength for forty days, but what is that meat which endureth unto life eternal? What bread must that be which feeds me through the whole period of my pilgrimage? Here, then, we have before us food which Jesus himself provides, so nutritive that his Spirit can cause us to remember the feast to our dying day. O Lord, feed us now and give us grace to inwardly digest thy gracious word.

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(Editor's Note: In our own lives, may we have the realization that God has grace all sufficient for each of us, that our weakness may be perfected in His strength, and that Christ's power may rest upon each of us, or tabernacle in us.)

Taken from Spurgeon's Sermons, A. G. & J. M. McManaway, Charlotte, N.C. February, 1890. Page 170

### **A Preacher From The Past**

"Charles Haddon Spurgeon was first heard of as a boy preacher in a rural district of England, and in a little while he created a sensation which not a few were swift to predict would pass away. But not so; the star of his glory has been shining ever since, and with ever-increasing brightness."





# THE NECESSITY OF RELIGIOUS AGITATION

By Eld. W. C. Wales  
From the February 4, 1890  
Review and Herald

“Agitation” is inseparable from the advance of truth. “To move,” “to shake,” “to arouse,” “to excite,” “to revolve,” “to discuss,” “to controvert,” “to examine” are among the synonyms of this word. All these processes must be marshaled to the front in successfully advocating unpopular reform. But many, while professing allegiance to Bible truth, retreat in dismay before the first bugle call of religious controversy. They prefer the camp of peace to the painful marches, vigilant bivouac, and exciting combat of the moral reformer. But conquest involves war; and the true warrior, while maintaining and strengthening lives already established, aggressively advances his forces still nearer the enemy’s gates.”

## AN ENLIGHTENED CONSCIENCE

So with the Christian warrior, whom God calls to storm the popular citadels of unscriptural tradition. The forces of Christ must be set and kept in battle array. No compromise with error, no cessation of hostilities, no armistice or capitulation, nothing but unconditional surrender can be accepted. No man can maintain silence in the presence of wrong-doing without being false to his generation, a traitor to his own soul, and an enemy to God. *A knowledge of truth demands that such truth be communicated to others.* An enlightened conscience irresistibly impels its possessor to bear faithful witness to truth concerning which others are in darkness. This is Christlike. He says, "To this end was I born, and for this cause came I into the world, that I should bear witness unto the truth."

## A GENERATION OF VIPERS

Every true reformer of the past has found more or less controversy unavoidable. When Israel violated the Sabbath, Nehemiah says, "Then I contended with the nobles," etc. When the merchants sinned, he says, "Then I testified against them." Nehemiah 13. "They that forsake the law praise the wicked, but such that keep the law contend with them." Prov. 28:4. The work of John the Baptist did not consist simply in holding a revival to save

the unconverted. An important part of his mission consisted in waging a vigorous and uncompromising warfare against the popular religionists of his day. His most terrific thunder-bolts were hurled against those whose outward lives seemed fairest, and whose standing in the church was highest. These, not the heathen, he called a "generation of vipers."

## A PERSISTANT AGITATOR

Christ, the perfect missionary, did not remain silent concerning the doctrinal errors of the day. He fearlessly arraigned the traditions of even the best, because they rendered null the commandment of God. The apostles were accused of turning the "world upside down" by their agitation. The clergy, doubtless, all felt that no good came from such methods. Paul was a persistent agitator. He "disputed...with the Jews, and with the devout persons, and in the market daily." Acts 17. Because persons were "devout," was not sufficient with Paul. They must receive all the truth. Such aggressive zeal we may profitably imitate.

## THE STANDARD OF TRUTH

We have reached the last days. No age has witnessed such a Babylon of discordant and anti-scriptural theories as the nineteenth century (and twentieth century) presents. *The duty of the faithful watchman is unequivocal.* Close, patient, prayerful study of

God's word has revealed the truth for every age. This foundation still stands sure. The Bible is the sword of God and of His Spirit; and with this almighty weapon the most formidable strongholds of error may be stormed and demolished; the standard of truth may then be planted high above the battlements of men; and a people will be gathered from every clime to stand without fault in the day of impending wrath.

## SYMMETRICAL CHRISTIANITY

But with this necessary agitation, practical, daily piety cannot be neglected. Holiness of heart and life must not be undervalued. "Jesus Christ, and him crucified," must be exalted to primary and pre-eminent importance. The meek and quiet spirit of the Great Teacher must be exemplified and inculcated. Any pretended reform that neglects the heart for the education of the head would result in more harm than good. Cultivate the head alone, and the product is a cold, spiritless, Christless debater. Cultivate only the heart, and you make a bigoted fanatic. Combine the two, and you have exemplified a symmetrical Christianity,-"the wisdom of the serpent and the harmlessness of the dove, charity out of a pure heart, sanctification through obedience to the truth. A man of God, perfect, thoroughly furnished unto all good works."

# The Spirit of Christ

By Mrs. E. G. White.  
RH June 22, 1886

The religion of Jesus Christ means something more than talk. The righteousness of Christ consists in right actions and good works from pure, unselfish motives. Outside righteousness, while the inward adorning is wanting, will be of no avail. "This, then, is the message which we have heard of him, and declare unto you, that God is light, and in him is no darkness at all. If we say that we have fellowship with him, and walk in darkness, we lie, and do not the truth; but if we walk in the light as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin." If we have not the light and love of God, we are not his children. If we gather not with Christ, we scatter abroad. We all have an influence, and that influence is telling upon the destiny of others, for their present and future good, or for their eternal loss.

*If we have not the light and love of God, we are not his children.*

## CULTIVATE UNAFFECTED MANNERS

All have lessons to learn in the school of Christ, in order to perfect Christian characters, and have a oneness with Christ. Said Christ to his disciples, "Except ye be converted, and become as little children, ye



shall not enter into the kingdom of heaven." He explained his meaning to them. He did not wish them to become children in understanding, but in malice. Little children do not manifest feelings of superiority and aristocracy. They are simple and natural in their appearance. Christ would have his followers cultivate unaffected manners, that their whole bearing might be humble and Christ-like. He has made it our duty to live for others' good. He came from the royal courts of heaven to this world, to show how great an interest he had in man; and the infinite price paid for the redemption of man shows that man is of so great value that Christ could sacrifice his riches and honor in the royal courts, to lift him from the degradation of sin.

## LOVE ONE ANOTHER

If the Majesty of heaven could do so much to evidence his love for man, what ought not men to be willing to do for each other, to help one another up out of the pit of darkness and suffering? Said Christ, "Love one another as I have loved you;" not with a greater love, for "greater

love hath no man than this, that a man lay down his life for his friends." Our love is frequently selfish; for we confine it to prescribed limits. When we come into close union and fellowship with Jesus Christ, our love and sympathy, and our works of benevolence, will reach down deeper, and will widen and

strengthen with exercise. The love and interest of Christ's followers must be as broad as the world; and those who live merely for "me and mine" will fail of heaven.

"Now if any man have not the



spirit of Christ, he is none of his." This is close language. Who can stand the test? The word of God is to us a daguerreotype of the mind of God and of Christ, also of man fallen, and man renewed after the image of Christ, possessing the divine mind. We may compare our thoughts, feelings, and intentions, with the picture of Christ. We have no relationship with him unless we are willing to work the works of Christ.

## FOLLOW THE PATH OF DUTY

Christ came to do his Father's will. Are we following in his steps? All who have named the name of Christ should be constantly seeking for a more intimate acquaintance with him, that they may walk even as he walked, and do the works of Christ. We should appropriate the lessons of his life to our lives. "Christ gave himself for us that he might redeem us from all iniquity, and purify unto himself a peculiar people, zealous of good works. Hereby perceive we the love of God; because he laid down his life for us; and we ought to lay down our lives

for the brethren.” Here is the work of self-denial which we must enter upon with cheerfulness, in imitation of the example of our Redeemer. The Christian’s life must be one of conflict and of sacrifice. The path of duty should be followed; not the path of inclination and of choice.

### HOME ~ A LITTLE HEAVEN

We must let Christ into our hearts and homes if we would walk in the light. Home should be made all that the name implies. It should be a little heaven upon the earth, a place where the affections are cultivated instead of being studiously repressed. Our happiness depends upon this cultivation of love, sympathy, and polite courtesy to one another. The reason why there are so many hard-hearted men and women in our world, is because true affection has been regarded as weakness, and has been discouraged and repressed. The better part of the nature of those of this class was perverted and dwarfed in



childhood; and unless rays of divine light can melt away their coldness and hard-hearted selfishness, the happiness of such is buried forever. If we would have tender hearts, such as Jesus had when he was upon the earth, and sanctified sympathy, such as the angels have for sinful mortals, we must cultivate the sympathies of childhood, which are simplicity itself. Then we shall be refined, elevated, and directed by heavenly principles.

*Thoughtless Christians manifest in their neglect of others that they are not in union with Christ*

### WE SHOULD BE

### SELF~FORGETFUL

A cultivated intellect is a great treasure; but without the softening influence of sympathy and sanctified love, it is not of the highest value. We want words and deeds of tender consideration for others. A thousand little attentions we can manifest in friendly words and pleasant looks, which will be reflected back upon us again. Thoughtless Christians manifest in their neglect of others that they are not in union with Christ. It is impossible to be in union with Christ and yet be forgetful of others’ rights, and be unkind to others. Many long intensely for friendly sympathy. God has given each of us an identity of our own, which cannot be submerged in another; but our individual characteristics will be much less prominent if we are indeed Christ’s, and his will is ours. Our lives should be, as was our Saviour’s, consecrated to the good and happiness of others. We should be self-forgetful, and ever looking out for opportunities, even

in little things, to show gratitude for the favors we have received of others, and watching for opportunities to cheer and lighten, and relieve the sorrows and burdens of others, by acts of tender kindness and little deeds of love. These thoughtful courtesies in our families, that extend outside the family circle, help make up the sum

of life’s happiness; and the neglect of these little things makes up the sum of life’s bitterness and sorrow.

### WE HAVE A GREAT WORK TO DO

It is the work we do, or do not do, that tells with tremendous power upon our lives and destinies. God requires us to improve every opportunity for usefulness that is offered us. Neglect in doing this is perilous to our spiritual growth. We have a great work to do. Let us not pass in idleness the precious hours that God has given us in which to perfect characters for heaven. We must not be inactive or slothful in this work; for we have



not a moment to spend without a purpose or object. God will help us to overcome our wrongs, if we will pray, and believe on him. We shall be more than conquerors through Him who hath loved us. When this short life in this world is ended, and we see as we are seen, and know as we are known, how short in duration and how small will appear to us the things of this world in comparison with the glory of the better world. Christ would never have left the royal courts and taken humanity, and become sin for the race, had he not seen that man might, with his help, become infinitely happy, and attain durable riches, and a life that would run parallel with the life of God. He knew that without his help sinful man could not attain these things.

*We must not be inactive or slothful in this work.*

We should have the spirit of progress. We must guard continually against being fixed in our views, feelings, and actions. The work of God is onward. Reforms must be carried on, and we must take hold and help move on the car of reform. Energy, tempered with patience and ambition, balanced by wisdom, are now needed by every Christian. The work of saving souls is yet left to us, the disciples of Christ. We are not one of us excused. Many in their Christian life have become dwarfed and stunted, from inaction. We should employ our time diligently while in this world. How earnestly should we improve every opportunity of doing good, of bringing others to the knowledge of the truth. Our motto should ever be, “Onward, higher,”--surely, steadily onward to duty and to victory.



### OUR TRIALS ARE ALL NECESSARY

“And he shall sit as a refiner and purifier of silver: and he shall purify the sons of Levi, and purge them as gold and silver, that they may offer unto the Lord an offering in righteousness. Then shall the offering of Judah and Jerusalem be pleasant unto the Lord, as in the days of old, and as in former years.” Here is the process, the refining, purifying process, to be carried on by the Lord of hosts. The work is most trying to the soul, but it is only through this process that the rubbish and defiling impurities can be removed. Our trials are all necessary to bring us close to our Heavenly Father, in obedience to his will, that we may offer to the Lord an offering in righteousness. God has given each of us capabilities, talents to improve. We need a new and living experience in the divine life, in order to do the will of God. No amount of past experience will suffice for the present, or will strengthen us to overcome the difficulties in our path. We must have new grace and fresh strength daily in order to be victorious.

*Every one has his individual tests and trials in the drama of life, but the very same trial seldom comes twice.*

We are seldom, in all respects, placed in the same condition twice. Abraham, Moses, Elijah, Daniel, and many others, were all sorely tried, but not in the same way. Every one has his individual tests and trials in the drama of life, but the very same trial seldom comes twice. Each has his own experience, peculiar in its character

and circumstances, to accomplish a certain work. God has a work, a purpose, in the life of each and all of us. Every act, however small, has its place in our life experience. We must have the continual light and experience that come from God. We all need them, and God is more than willing we should have them, if we will take them. He has

not closed the windows of heaven to our prayers, but there are those who have felt satisfied to pass on without the divine help they so much need.

### THERE ARE NO UNIMPORTANT WORDS OR ACTIONS

How little many of us realize the bearing of our daily acts upon the history of others. We may think that what we do and what we say are of little consequence, when the most important results for good or evil are the consequence of our words and actions. The words and actions looked upon as so unimportant and so small, are links in the long chain of human events. With our first parents, the desire for a single gratification of appetite opened the flood-gate of woe and sin to this world. Would that all might feel that every step they take may have a lasting and controlling influence upon their own lives and the characters of others. Oh, how much need, then, of communion with God! What need of divine grace to direct every step, and show us how to perfect Christian characters!

Christians will have new scenes and new trials to pass through, where their past experience cannot be a sufficient guide. We need to learn of the divine



Teacher as much now as at any period of our lives, and even more. And the more experience we gain, the nearer we draw toward the pure light of heaven, the more shall we discern in ourselves that needs reforming. We may all do a good work in blessing others, if we will seek counsel of God, and follow on in obedience and faith. The path of the just is a progressive one, from strength to strength, from grace to grace, and from glory to glory. The divine illumination will increase more and more, corresponding with our onward movements, qualifying us to meet the responsibilities and emergencies before us.

*And the more experience we gain, the nearer we draw toward the pure light of heaven, the more we shall discern in ourselves that needs reforming.*

Real godliness is diffusive and communicative. The psalmist says, “I have not hid thy righteousness within my heart. I have declared thy faithfulness and thy salvation. I have not concealed thy loving-kindness and thy truth from the great congregation.” Wherever the love of God is, there is always a desire to express it. It is hard for us to submit to the crucifixion of self; but when the work is all submitted to God, to him who knows our weaknesses and our sinfulness, he takes the very best way to bring about the desired results. It was through constant conflict and simple faith that Enoch walked with God. We may all do the same. We may be thoroughly converted and transformed, and be indeed children of God, enjoying not only the knowledge of his will, but leading others, by our example, in the same path of humble obedience and consecration.



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.

# 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. Where was Ellen White born?**

- A. Ann Arbor, Michigan
- B. Gorham, Maine
- C. Battle Creek, Michigan
- D. Portland, Maine

**2. Ellen White's parents were**

- A. Richard and Doris Harmon
- B. Samuel and Melissa Harmon
- C. Robert and Eunice Harmon
- D. Gerald and Sharon Harmon

**3. The date of Ellen Harmon's birth was**

- A. November 26, 1827
- B. December 1, 1826
- C. February 4, 1827
- D. March 8, 1828

**4. Ellen White's parents were devoted members of**

- A. The Baptist church
- B. The Methodist Episcopal church
- C. The Unitarian church
- D. The Presbyterian church

**5. How many children did Ellen White's parents have?**

- A. 8
- B. 6
- C. 4
- D. 2

**6. How many children of Ellen White's parents become Christians?**

- A. Only 1
- B. 4
- C. 6
- D. 8

**7. How old was Ellen Harmon when she suffered her serious injury?**

- A. 7
- B. 12
- C. 10
- D. 9

**8. How old was the girl who caused Ellen's injury?**

- A. About 12
- B. About 13
- C. About 15
- D. About 9

**9. In what city did Ellen's injury occur?**

- A. Ann Arbor, Michigan
- B. Gornam, Maine
- C. Battle Creek, Michigan
- D. Portland, Maine

**10. How long did Ellen lay in a stupor from the injury?**

- A. Overnight
- B. 3 weeks
- C. 1 week
- D. 2 weeks

Answers: 1. B; 2. C; 3. A; 4. B; 5. A; 6. D; 7. D; 8. B; 9. D; 10. B  
Source: Christian Experience And Teachings of Ellen G. White, Pacific Press Publishing 1922, 1940

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# News Watch



## **HIV Infections Soar in the Nation's Capital—Time Magazine, March 30, 2009, page 15—The World**

A report by the District of Columbia revealed that at least 3% of residents suffer from HIV or AIDS—among the highest rates in the nation and a figure that far outstrips the 1% benchmark that the city's HIV/AIDS administration says indicates a “severe epidemic”. The city's rate of infection—which has risen 22% since 2006—surpasses those found in some developing nations, and officials warn that the actual tally is even higher than the reported number.

End time perspective: “The patriarchs from Adam to Noah, with but few exceptions, lived nearly a thousand years. Since the days of Noah, the length of life has been tapering. Those suffering with disease were brought to Christ for him to heal, from every town, city, and village; for they were afflicted with all manner of diseases. And disease has been steadily on the increase through successive generations since that period. Because of the continued violation of the laws of life, mortality has increased to a fearful extent.” CE 10.1

## **Dungeon Dad Pleads Guilty—Time Magazine, March 30, 2009, page 14—TheWorld**

Three days into Josef Fritzl's trial on charges of imprisoning and repeatedly raping his daughter Elizabeth in a homemade dungeon for 24 years, he pleaded guilty to all charges. Fritzl previously admitted to incest, rape, coercion and false imprisonment. But in a surprise move, he also took

responsibility for the death of one of the seven children he fathered with his daughter. Fritzl will probably spend the rest of his life in prison.



End time perspective: “The Degrading Process.--The mind of a man or woman does not come down in a moment from purity and holiness to depravity, corruption, and crime. It takes time to transform the human to the divine or to degrade those formed in the image of God to the brutal or the satanic.

“By beholding we become changed. Though formed in the image of his Maker, man can so educate his mind that sin which he once loathed will become pleasant to him. As he ceases to watch and pray, he ceases to guard the citadel, the heart, and engages in sin and crime. The mind is debased, and it is impossible to elevate it from corruption while it is being educated to enslave the moral and intellectual powers and bring them in subjection to grosser passions.

“Constant war against the carnal mind must be maintained; and we must be aided by the refining influence of the grace of God, which will attract the mind upward and habituate it to meditate upon pure and holy things.” -2T 478, 479 (1870).

## **Buyers Beware—World Magazine, March 28, 2009, page 12**

Federal investigators working to out sex trafficking across the country have long targeted pimps and prostitutes in their prosecutions, overlooking the purchasers of sex for reasons of efficiency. That may be changing. John F. Wood, U.S. Attorney for the Western District of Missouri has filed charges against three buyers under

the Trafficking Victims Protection Act, a federal statute carrying heavy penalties.

End time perspective: “This is an age when corruption is teeming everywhere. The lust of the eye and corrupt passions are aroused by beholding and by reading. The heart is corrupted through the imagination. The mind takes pleasure in contemplating scenes which awaken the lower and baser passions. These vile images, seen through defiled imagination, corrupt the morals and prepare the deluded, infatuated beings to give loose rein to lustful passions.

“Avoid reading and seeing things which will suggest impure thoughts. Cultivate the moral and intellectual powers. Let not these noble powers become enfeebled and perverted by much reading of even storybooks.

“Satan has come down with great power to work his deceptions. He fastens the mind or imaginations upon impure, unlawful things. Christians become like Christ in character by dwelling upon the divine Model. That with which they come in contact has a molding influence upon life and character. I have read of a painter who would never look upon an imperfect painting for a single moment, lest it should have a deteriorating influence upon his own eye and conceptions. That which we allow ourselves to look upon oftenest, and think of most, transfers itself in a measure to us.” {LYL 61.2}

## **03/24/2009 LEBANON--Asia News--Islamic-Christian celebration to honour the Virgin Mary, symbol of national unity**

On the occasion of the Feast of the Annunciation, Lebanon's government launches a joint Christian-Muslim celebration in honour of Mary who is venerated in both communities. In the square in front of Lebanon's National Museum a statue of Our Lady will be erected surrounded by a crescent. The initiative might be extended to other countries. Beirut – Tomorrow 25 March will be the first





“Islamic-Christian Day” in honour of the Virgin Mary, *L’Orient-Le Jour* reports today in an article signed by Fady Noun, who notes that the new festivity will fall on the Feast of the Annunciation of Mary according to the Christian liturgical calendar. “Together around Mary, Our Lady,” is the title chosen for the celebration, which will be more of a national event than a religious one. At present it is not a statutory holiday but it could become one in “the near future, in addition to traditional celebrations of the Annunciation.”

End Time perspective: “The advancing centuries witnessed a constant increase of error in the doctrines put forth from Rome. Even before the establishment of the papacy, the teachings of heathen philosophers had received attention and exerted an influence in the church. Many who professed conversion still clung to the tenets of their pagan philosophy, and not only continued its study themselves, but urged it upon others as a means of extending their influence among the heathen. Serious errors were thus introduced into the Christian faith. Prominent among these was the belief in man’s natural immortality and his consciousness in death. This doctrine

laid the foundation upon which Rome established the invocation of saints and the adoration of the virgin Mary. From this sprung also the heresy of eternal torment for the finally impenitent, which was early incorporated into the papal faith. Then the way was prepared for the introduction of still another invention of paganism, which Rome named purgatory, and employed to terrify the credulous and superstitious multitudes. By this heresy is affirmed the existence of a place of torment, in which the souls of such as have not merited eternal damnation are to suffer punishment for their sins, and from which, when freed from impurity, they are admitted to Heaven.” GC88 58



**Giving In and Giving Back--  
 Time Magazine--The World,  
 April 6, 2009--page 14**

CEO Edward Liddy appeared before a House committee on March 18 to discuss AIG bonuses--Some of the AIG executives under fire for taking fat bonuses have agreed to return the money. The insurance giant, which has received \$180 billion in bailout funds, was obligated to pay out \$165 million in bonuses as part of employee contracts--prompting outrage from the public and in Congress. In all \$50 million in bonus money has been returned.

End Time perspective: “The world’s policy is to acquire money and advantages in any way that they can be obtained. An accumulation of this world’s treasure is the ambition of worldlings. The aim and object of the followers of our Lord Jesus Christ is to become Christlike by self-denial and self-sacrifice. They keep their

eyes on the eternal riches which they can obtain by renouncing earthly treasure for heavenly treasure. Here are the conditions: He that will be My disciple, let him forsake all, and follow Me. Keep Christ in view, following where He leads the way. . . .” HP 300

**Medical Marijuana Fight: Up in  
 Smoke?--Time Magazine, --The  
 World, April 6, 2009--page 15**

U.S. Attorney General Eric Holder indicated on March 18 that he would not prosecute sellers of medical marijuana where it is legal under state law, reversing the Bush Administration’s zero-intolerance policy. A federal judge in Los Angeles has already postponed the sentencing of a convicted marijuana-dispensary operator, asking the Justice Department to further clarify its stance.

End Time perspective: “To use drugs while continuing evil habits is certainly inconsistent, and greatly dishonors God by dishonoring the body which he has made. Yet for all this, stimulants and drugs continue to be prescribed and freely used; while the hurtful indulgences that produce the disease are not discarded. The use of tea, coffee, tobacco, opium, wine, beer, and other stimulants gives nature a false support. Physicians should understand how to treat the sick through the use of nature’s remedies. Pure air, pure water, and healthful exercise should be employed in the treatment of the sick.--U. T., 1892.” HL 247



# Health Gem

Dr. Olson

## Why Apples



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.

Apples. Perhaps they remind you of the school days, when no matter what else was in your lunch, you always had an apple. Remember how hard apples were to eat when you could not rely on your front teeth? It seems that apples, teachers, and school are inextricably linked together!

Regardless of where you are today, apples should still play an important role in your diet. This attractive fruit contains many properties that are essential to optimum health.

### MORE FIBER, LESS FAT

Apples contain both soluble and insoluble fibers which enhance many body functions. Eating only one apple a day will supply you with 20% of the RDA of fiber for a 2,000-calorie diet. (1)

Eating two or three apples a day

lowers cholesterol, reduces blood pressure, and keeps blood sugar levels steady. (2)

Pectin, a soluble fiber making up 25% of the apple's total fiber, improves transit time through the intestines, thus aiding weight loss. Pectin helps to lower cholesterol by reducing the absorption of fat. One French study showed a 28% drop in cholesterol, which translated into a 56% drop in the risk of heart disease. Even more beneficial is the apple's ability to raise the desirable HDL cholesterol level, and lower the

destructive, artery-clogging, LDL level. (3)

The insoluble fibers—cellulose and hemicellulose—are helpful





for the removal of cancer-causing substances from the colon wall. They also aid in weight loss by giving a sense of fullness while not adding fat. (4)

### LESS SICKNESS

Studies have shown that those who eat more apples tend to have fewer colds, fewer upper respiratory infections, and less sickness all around.

Apples aid in the prevention of both constipation and diarrhea. *The American Journal of Clinical Nutrition* reported that apples helped to decrease the time it took to have a bowel movement, by increasing the stool weight, which in turn increased the number of trips to the bathroom during a 24-hour period. (5) If suffering a bout of diarrhea, grate one ripe apple, and allow it to stand at room temperature for several hours until it is considerably darkened before eating. The oxidized pectin is the same basic ingredient used in Kaopectate®.(6)

### REDUCED FEVERS

A poultice made from apple helps to reduce fevers. In order to

make one, finely grate an apple and spread it one half inch thick on a piece of double-layered cheesecloth about six inches in length. Apply this to the forehead. It may also be applied to the throat or chest area if needed. Leave on for one hour. (7)

### DECREASE IN CAVITIES

Two British doctors gave a group of children one or two thin slices of raw apple after each meal or for a snack. They subsequently discovered that as a result there was a substantial decrease in cavities. (8)

Apples give off large amounts of ethylene gas—a substance produced by fruit that aids in its ripening. To speed the ripening of other fruits, you may place an apple (or apple slices) in a bag with them. You can also use apple slices to soften hardened fructose or granulated sugars. (9)

### GOD'S AMAZING CREATION

It is always amazing to see the wonders that God has created—so many nutrients put in such a small package!

References  
1 Michigan Apple Committee,

- <http://MichiganApples.com>
- 2 K. Davis, *Nature's Healing Foods*.
- 3 Ibid.
- 4 Phyllis A. Balch, C.N.C. & James F. Balch, M.D., *RX Prescription for Cooking & Dietary Wellness*, 93.
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This article is an excerpt from a newsletter published by Preventive Health Care, the ministry of Dr. Phil Collins.

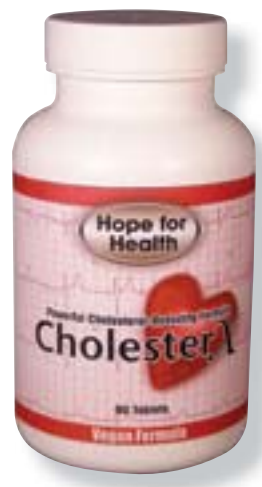
### AND DID YOU KNOW...

According to the Guinness Book of Records, the largest apple ever plucked from a tree weighed three pounds, two ounces, and was picked in Caro, Michigan!





Feature Product



Did you know that there are over 50 million Americans with high cholesterol and that one out of every two Americans are currently at high risk for cholesterol's damaging effects? Chances are, YOU could be one of them. High cholesterol is a serious risk factor for heart disease, stroke, and alzheimer's. **Why take a chance?**

# CHOLESTER X

## FACTS:

Synthetic chemicals are often prescribed to help with cholesterol problems. But so often, the side effects of these drugs are more damaging than the high cholesterol.

When looking at the cadavers of men in their 20's who died in car accidents or as casualties of war, nearly all had arterial cholesterol deposits. Heart disease starts much earlier than people realize. You're never too young to start protecting yourself.

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### Discover the benefits of just a few of the extraordinary ingredients in CholesterolX:

- Plant Sterols** - Help normalize blood cholesterol levels.
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- Soy Bean Extract** - Helps in reducing serum cholesterol levels.
- Oat Bran** - Helps reduce LDL cholesterol by reducing cholesterol absorption in the intestines.
- Inositol** - Helps in reducing LDL (bad) cholesterol and raising HDL (good) cholesterol.
- Psyllium Husk** - Helps lower total cholesterol, LDL cholesterol, and lipid levels.
- Chromium (as polynicotinate)** - Helps in reducing LDL (bad) cholesterol and raising HDL (good) cholesterol.
- Odorless Garlic Extract** - Helps to keep the blood cholesterol levels in good balance.
- Vitamin B6** - Reduces the risk of cardiovascular disease.
- Panthenine** - Helps to increase HDL (good) cholesterol levels, while decreasing total cholesterol levels.
- Artichoke Extract** - Helps lower cholesterol.
- Soy Lecithin** - Helps to reduce total cholesterol levels.
- Grapeseed Extract** - Helps reduce serum cholesterol levels.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to prevent, diagnose, treat, or cure any disease.

# THE APPLE TREE

*By Clark Floyd*

The Pruner came yesterday  
To trim our apple tree,  
And as his pruners went to work  
I thought of God and me.

The Pruner snipped and cut  
First the old dead wood,  
Then his pruning shears attacked  
Branches I considered good.

Branches that pointed upward  
And then those that pointed down  
Were soon released from the tree  
And piled upon the ground.

The Pruner continued on  
Much more than I would dare  
And when he finally finished  
The tree looked mighty bare.

But through faith in his ability  
I soon hoped to see  
The day when I would pick  
Fruit from off this tree.

Now I start to think  
How God has to deal with me  
He must prune and snip and cut  
The dead wood from my tree.

Then He needs to take those branches  
I think I cannot spare  
Until I finally find myself  
From sin and self quite bare.

But in the day of Christ's return  
When he comes to set us free  
I'll thank my God that He would use  
His pruning shears on me.



# Hope for Health



Every 33 seconds a person dies from cardiovascular disease in the United States. That means, in the 1-3 minutes it takes you to read this ad, 2-6 people have died. That's 2-6 fathers, mothers, brothers, sisters, grandpas, or grandmas. **The worst part?** They are dying from a disease that is largely **preventable.**

## HEART MAXIMIZER

# FACTS:

Heart failure is the number one killer of both men and women in the United States, where 500,000 die annually. Worldwide, it kills 7.2 million people every year.

### Heart Attack Risk Factors:

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### Suggested Adult Dosage:

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**Gotu Kola** - Helps prevent congestive heart failure and high blood pressure.

**Horse Chestnut** - Increases strength and tone of veins.

**Butcher's Broom** - Improves heart and blood circulation.

**Diosmin** - Helps strengthen the walls of blood vessels.

**Bromelain** - Helps to disperse blood clots for increased heart protection.

**Quercetin** - Helps improve capillary strength.

**Witch Hazel** - Protects and strengthens the heart and improves circulation.

**Odorless Garlic** - Helps lower cholesterol, blood pressure, and reduces blood clotting.

**Cayenne Pepper** - Helps protect against high cholesterol, high blood pressure, heart attacks, and strokes.

**Citrus Flavonoids** - Helps reduce high blood pressure and cholesterol levels.

**Niacin** - A great source of B-vitamin nutrition for cardiovascular maintenance.

**Ginkgo Biloba Leaf** - Helps maintain the normal function and tone of blood vessels.

**Grape Seed** - Helps to prevent the formation of plaque in the arteries.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to prevent, diagnose, treat, or cure any disease.

# the People's Page

*Instead of having letters to the editor, page 31 will be dedicated to your favorite quotes, including the Bible, the Spirit of Prophecy, and other positive sources. Please keep your submissions somewhat short. We do reserve the right to edit any submissions. May these be an inspiration to your Christian growth!*

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“If you will seek the Lord and be converted every day; if you will of your own spiritual choice be free and joyous in God; if with gladsome consent of heart to His gracious call you come wearing the yoke of Christ,—the yoke of obedience and service,—all your murmurings will be stilled, all your difficulties will be removed, all the perplexing problems that now confront you will be solved.” MB 101

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“Consecrate yourself to God in the morning; make this your very first work. Let your prayer be, ‘Take me, O Lord, as wholly Thine. I lay all my plans at Thy feet. Use me today in Thy service. Abide with me, and let all my work be wrought in Thee.’ This is a daily matter. Each morning consecrate yourself to God for that day. Surrender all your plans to Him, to be carried out or given up as His providence shall indicate. Thus day by day you may be giving your life into the hands of God, and thus your life will be molded more and more after the life of Christ.... It is by loving Him, copying Him, depending wholly upon Him, that you are to be transformed into His likeness.” SC 70

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“If you feel in no danger, and if you offer no prayer for help and strength to resist temptations, you will be sure to go astray; your neglect of duty will be marked in the book of God in heaven, and you will be found wanting in the trying day.” 3T 363

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“God’s promise is, ‘Ye shall seek Me, and find Me, when ye shall search for Me with all your heart.’ Jeremiah 29:13. The whole heart must be yielded to God, or the change can never be wrought in us by which we are to be restored to His likeness.” SC 43

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“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. By prayer, by the study of His word, by faith in His abiding presence, the weakest of human beings may live in contact with the living Christ, and He will hold them by a hand that will never let go.” MH 182

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“Jesus knows the circumstances of every soul. The greater the sinner’s guilt, the more he needs the Saviour. His heart of divine love and sympathy is drawn out most of all for the one who is the most hopelessly entangled in the snares of the enemy.” MH 89

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“None have fallen so low, none are so vile, but that they may find deliverance in Christ.” MH 93

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“Christ has made a way of escape for us. He lived on earth amid trials and temptations such as we have to meet. He lived a sinless life. He died for us, and now He offers to take our sins and give us His righteousness. If you give yourself to Him, and accept Him as your Saviour, then, sinful as your life may have been, for His sake you are accounted righteous. Christ’s character stands in place of your character, and you are accepted before God just as if you had not sinned.” SC 62

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“Do not for a moment suppose that religion will make you sad and gloomy and will block up the way to success. The religion of Christ does not obliterate or even weaken a single faculty. It in no way incapacitates you for the enjoyment of any real happiness; it is not designed to lessen your interest in life, or to make you indifferent to the claims of friends and society. It does not mantle the life in sackcloth; it is not expressed in deep-drawn sighs and groans. No, no; those who in everything make God first and last and best, are the happiest people in the world.” MYP 38

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“Christians should be the most cheerful and happy people that live.” MYP 363

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“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.” COL 312

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“All who consecrate soul, body, and spirit to God will be constantly receiving a new endowment of physical and mental power. The inexhaustible supplies of heaven are at their command. Christ gives them the breath of His own spirit, the life of His own life. The Holy Spirit puts forth its highest energies to work in heart and mind.” DA 827

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*Editor’s note: We still would encourage your letters in regard to the magazine, the health products and the DVD’s to keep us abreast of your thinking.*

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*"The very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ."*

*— 1 Thessalonians 5:23 —*

*While with penitence and humble trust we meditate upon Jesus, whom our sins have pierced and our sorrows have burdened, we may learn to walk in His footsteps. By beholding Him we become changed into His divine likeness. And when this work is wrought in us, we shall claim no righteousness of our own, but shall exalt Jesus Christ, while we hang our helpless souls upon His merits.*

*— Page 252 of Restoring the Image of God (a daily devotional available at Hope International Bookstore for \$12.99) -*