

our firm
FOUNDATION

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**The Exalted Position
of the Law of God**

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.

Several years ago Hope International and Hartland Institute met two years in a row with a sub committee of the General Conference in regard to issues in the church. In between the two annual meetings, the law suit by the General Conference against the Eternal Gospel Seventh-day Adventist Church went to trial in regard to the use of the name Seventh-day Adventist in the title of their church. People from Hartland and Hope testified in behalf of the Eternal Gospel Seventh day Adventist Church. Because of this, we noticed a less friendly atmosphere at the second annual meeting.

One of the concerns of Hope and Hartland was the great amount of counsel we have in regard to suing a Christian brother. We stressed this point during that second meeting, but there was no one from the General Conference

that seemed to have the same concern that we did. However, after the meeting was over, we were handed a paper, by one of those that we had met with, which centered on the position that we shouldn't sue a Christian brother. The person that gave us the paper was a General Conference committee member, but said nothing during the oral meeting—in effect he remained neutral.

Recently, in Tennessee, another General Conference lawsuit was successful against the Creation Seventh-day Adventist Church. The church members were required to remove Seventh-day Adventist from their church name. In fact, people were sent by court order to help with that removal of name from the church and its papers and hymn books.

Thousands of dollars were spent on this Tennessee lawsuit. And this was a church that put their belief in creation right out in front of their name. We have a university that is still teaching evolution while the leadership of the church seems to remain silent. I know that we have many good leaders within the Seventh-day Adventist Church. I know that there is a concern with accreditation, but I also believe that our lawsuit money would be better spent against the accreditation committee if that is our problem. Where are those that are crying aloud and sparing not? I know that there have been

the eternal well being of our youth and church members? Like the man in our General Conference meeting, do we remain silent and thus neutral?

In the Book of Judges, in the story of Deborah, there was a battle that all the Israelites participated in, except for a group called Meroz. What did Meroz do? They did nothing. They came not up to the help of the Lord. They remained neutral. Notice the strong language in regard to this action: “Curse ye Meroz, said the angel of the Lord, curse ye bitterly the inhabitants thereof; because they came not to the help of the Lord

against the mighty.”
Judges 5:23.

Ellen White has spoken: “Christ's followers have no right to stand on the ground of neutrality. There is more hope of an open enemy than of one who is neutral.” RH 2/25/02.

“Christ's followers have no right to stand on the ground of neutrality. There is more hope of an open enemy than of one who is neutral.”

some individual pastors that have spoken. But where are the ones with the authority to take appropriate action?

A second situation is in regard to the pastor of the Worthington Seventh-day Adventist church, which I mentioned in my last editorial. He has gone directly in the face of the Bible and the Spirit of Prophecy by authoring an article that speaks against the Catholic Church being the Anti Christ of Bible prophecy. I believe in Religious Liberty, but if someone doesn't believe our core teachings, let him find a church that thinks like he does. Are we going to allow our foundational beliefs to be maligned by our own pastors?

Where are our watchmen on the wall? Are we being too critical if we speak up because we are concerned about

“If God abhors one sin above another, of which His people are guilty, it is doing nothing in case of an emergency. Indifference and neutrality in a religious crisis is regarded of God as a grievous crime and equal to the very worst type of hostility against God.” 3T281.

“The gospel message admits of no neutrality. It counts all men as decidedly for the truth or against it; if they do not receive and obey its teachings, they are its enemies. Yet it knows no respect of persons, class or condition. It is addressed to all mankind who feel their need of its gracious invitations.” Life Sketches of Paul 240.

May the Lord be with our leaders, and give them His discernment and judgment. Let them not be neutral in a religious crisis.

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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Invitation to Writers

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

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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.

balaam's staff

It is with a sigh that we look on aught that reminds us of Balaam, the highly honoured, the highly gifted—"he which heard the words of God, and knew the knowledge of the Most High, which saw the vision of the Almighty, falling into a trance, but having his eyes open." In Balaam we behold a mournful example of light without heat, knowledge without practical wisdom, the gift of prophecy without the more excellent gift of charity.

Balaam's unholy errand

Here is the staff which Balaam grasped when eagerly setting forth upon his unholy errand, desiring to curse those whom he knew that his God had blessed. What was in the heart of the seer, when, with repeated blows from that staff, he strove to urge forward the reluctant, frightened ass which he rode? Not jealousy for the honour of God—not impatience to carry the blessing of religious knowledge to Moab; but one absorbing desire for his own advancement—his own profit, though at the cost of the misery and the ruin of God's chosen people! Most forcible is the expression used by one of our most talented writers to describe a character utterly selfish, such as that of Balaam appears to have been: "A selfish man's heart is just the size of his coffin; it has room to contain but himself;"—a description which presents to us an image not only of narrowness, but of death.

The history of Balaam is a terrible warning to inconsistent professors of religion

Balaam was one whose conduct belied his words. He was as a branch drawn back by main strength, but as soon as the outward pressure is removed, returning—springing back into its natural position. Fear was to him as a strong force drawing him back from sin, but only as long as the pressure remained. "Let me die the death of the righteous, and let my last end be like his!"—such was the aspiration on the lips of the prophet; but thoughts of covetousness, followed by an act of sin and the shameful death to which it led, make the history of Balaam a terrible warning to inconsistent professors of religion throughout all ages.



It is possible for a man to preach to others yet have no life in his faith

It is, then, possible that a man may preach to others, and yet himself be a cast-away; that he may be admired, followed, looked up to as a leader in religion, and yet have no real life in his faith. He may guide others to wealth, yet be himself miserably poor! There is an analogy between the fate of such a man and that of Rose and Dietz, two explorers in North America, who discovered a creek so rich in gold that its treasures have, for four years in succession, maintained more than sixteen thousand people, some of whom have left the country with large fortunes. Surely those whose feet first trod this land of gold—those who led the way where thousands have triumphantly followed, must have turned their knowledge into boundless wealth, and have been amongst the richest of mankind! So we might well conjecture, till we read the record of their fate. Dietz returned unsuccessful to Victoria, where he was struck down by fever, and obliged to receive help from charity. The fate of Rose was sadder still. He “disappeared for months; and his body was found at length by a party of miners in a journey of discovery, far out in the

wilds. On the branch of a tree hard by hung his tin cup, and scratched upon it with the point of a knife, was his name and the words, “Dying of starvation!”

Balaam’s eyes had been opened, his mind enlightened

Did visions flit before the eyes of the famishing man of the vast wealth which he had discovered, but never enjoyed—of thousands feasting on the golden harvest to which he had guided them, while not a single crumb was his portion to save him from a terrible death! Darker must have been the thoughts of Balaam, if time for thought was left, as his life-blood ebbed away where he lay involved in the fate—as he had been in the guilt—of the enemies of the Lord! To him had been revealed mysterious treasures of knowledge—his eyes had been opened, his mind enlightened. To him the Almighty had spoken—to him an angel had appeared—to him had been vouchsafed a prophetic glimpse of the Star that should come out of Jacob, the Sceptre that should rise out of Israel. If knowledge had power to secure, or spiritual privileges to save, Balaam surely would never have perished.

The snare of covetousness

“Take heed and beware of covetousness.” The warning is addressed to all, but it should come with peculiar force to those who are called on—in however narrow a sphere—to deliver the message of God. Their lips must not teach one thing, and their lives another; they must not guide others to the glorious land and themselves wander away to perish. If they stand in a clearer light than most men, greater is their guilt and their condemnation if they sin against that light. Covetousness is a snare into which the enlightened, the honoured, the privileged have fallen; it has ruined a Balaam amongst the prophets, a Judas amongst the apostles. And yet how few dread its power over themselves! To be in haste to grow rich, is perhaps the leading characteristic of men in this age: they are impatient of obstacles in their way, as Balaam at the stumbling of the beast that he rode; they see not the opposing angel that stands before them with the warning: “They that will be rich fall into temptation and a snare, and into many foolish and hurtful lusts, which drown men in destruction and perdition. For the love of money is the root of all evil.”



The Exalted Position of the Law of God

By Mrs. E. G. White.

“Think not that I am come to destroy the law or the prophets; I am not come to destroy, but to fulfill.”

What a contrast between the words of the Divine Teacher, and the language of those who claim that Christ came to abrogate the Father’s law, and to do away with the Old Testament! Our Saviour, who knew all things, understood the wiles of Satan, the snares by which he would seek to entrap the children of men, and hence made this positive statement to meet the questioning doubts and the blind unbelief of all coming time.

CEREMONIAL LAW WAS TO BE ABOLISHED AT THE DEATH OF CHRIST

The ceremonial law, given by God through Moses, with its sacrifices and ordinances, was to be binding upon the Hebrews until type met antitype in the death of Christ as the Lamb of God to take away the sin of the world. Then all the sacrificial offerings and services were to be abolished. Paul and the other apostles labored to show this, and resolutely withstood those Judaizing teachers who declared that



Christians should observe the ceremonial law.

THE IMMUTABLE LAW OF GOD REMAINS UNCHANGED

The law of ten precepts, spoken from Mount Sinai, Christ himself declares that he came not to destroy. This testimony should forever settle the question. The law of God is as immutable as the throne of Jehovah. It will maintain its claims upon all mankind in all ages, unchanged by time or place or circumstances. The ritual system was of an altogether different character, added to guard the ten precepts of the Eternal.

Christ declares, that he came not to destroy the law, but to fulfill,--“to magnify the law and make it honorable,” as Isaiah, hundreds of years before, had prophesied would be the Messiah’s work.

CHRIST’S LIFE OF OBEDIENCE IS OUR EXAMPLE

“To fulfill the law”.
By his own life he gives the children of men an example of perfect

obedience to that law. In the sermon on the mount he made clear and distinct its every precept, in order to sweep away the rubbish of erroneous tradition, with which the Jews had encumbered its sacred statutes, to illustrate and enforce its principles, and to show in all its particulars the length and breadth and height and depth of the righteousness required by the law of God.

LOVE TO GOD AND TO MEN MUST CONTROL THE LIFE

The Pharisees were dissatisfied with the teachings of Christ. The practical godliness which he enjoined condemned them. They desired him to dwell upon the external observances of the ceremonial law, and the customs and traditions of the fathers. But Jesus teaches the spiritual nature of the law and its far-reaching claims. Love to God and to men must dwell in the heart and control the life,--the spring of every thought and every action.

THE GOSPEL POINTS TO THE MORAL CODE AS A RULE OF LIFE

Christ declares, “Verily I say unto you,”--making the assertion as emphatic as possible,--“Till Heaven and earth pass, one jot or one tittle shall in no wise pass from the law till all be fulfilled.” Here Christ teaches, not merely what had been and were then the claims of God’s law upon mankind, but what shall be its claims so long as the heavens and the earth remain.

There is perfect harmony between the law of God and the gospel of Jesus Christ. “I and my Father are one,” says the Great Teacher. The gospel of Christ is the good news of grace, or favor, by which man





shall teach men so, shall be called the least in the kingdom of Heaven.” They can have no part with Him who came to magnify the law and make it honorable. They are deceiving the people with their sophistry,--saying to the sinner, “It shall be well with thee”, when God has declared that “the soul that sinneth [“transgresseth the law”] it shall die.”

may be released from the condemnation of sin, and enabled to render obedience to the law of God. The gospel points to the moral code as a rule of life. That law, by its demands for undeviating obedience, is continually pointing the sinner to the gospel for pardon and peace.

THE LAW IS HOLY

Says the great apostle, “Do we then make void the law through faith? God forbid. Yea, we establish the law.” And again he declares that “the law is holy, and the commandment holy, and just, and good.” Enjoining supreme love to God, and equal love to our fellow-men, it is indispensable alike to the glory of God and to human happiness.

After the fall, it had been impossible for man with his sinful nature to render obedience to the law of God, had not Christ, by the offer of his own life, purchased the right to lift up the race where they could once more work in harmony with its requirements.

WE ARE TO WALK IN OBEDIENCE AS CHRIST WALKED

There are persons professing to be ministers of Christ, who declare with the utmost assurance that no man ever did or ever can keep the law of God. But, according to the Scriptures, Christ “took upon himself our nature”, he “was made in fashion as a man”. He was man’s example, man’s representative, and he declares of himself, “I have kept my Father’s commandments.” The beloved disciple urges that every follower of Christ “ought himself also so to walk even as He walked.” All who are Christ’s will follow the example of Christ. All who justify the sinner in his transgression of God’s law belong to that class of whom our Saviour said, “Whosoever therefore shall break one of these least commandments, and

GOD DEMANDS IMPLICIT OBEDIENCE TO ALL HIS REQUIREMENTS

Christ’s words are both explicit and comprehensive. “Whosoever”--minister or layman, wise or ignorant--“shall break one of these least commandments”--willfully or presumptuously, as did Adam and Eve--is included in the condemnation. Breaking one of the commandments makes man a commandment-breaker.

“Whosoever shall keep the whole law, and yet offend in one point, he is guilty of all.” No excuse can avail for him who strictly obeys nine of the precepts of God’s law, but ventures to break one because it is for his profit or convenience to do so. God demands implicit obedience to all his requirements.

EVERY SABBATH-BREAKER IS, BY HIS EXAMPLE, TEACHING OTHERS TO TRANSGRESS

“And shall teach men so.” This is a point worthy of careful consideration. Christ foresaw that men would not only break the commandments of God themselves, but would, in a special sense, teach others to break them. Every Sabbath-breaker is, by his example, teaching others to transgress. But some are not content with this. They defend the sin of breaking the fourth commandment, and pervert the word of God to justify the transgressor. Such persons shall be of no esteem in

the reign of Heaven,--shall have no part there. But the greatest guilt rests upon the professed watchmen, and they will receive the severest punishment. They are in the highest sense enemies of Christ, as they put on, over corrupt hearts, the livery of Heaven to serve the devil in. They do not hesitate to speak evil of the law, and even make those who do not study the Bible for themselves, believe that the curse of God is upon them if they keep it. All we have to do, say they, is to believe in Christ,--come to Christ.

IT WAS CHRIST WHO SPOKE THE LAW FROM SINAI

The most fatal delusion of the Christian world in this generation is that in pouring contempt on the law of God they think they are exalting Christ. What a position! In so doing, they array Christ against Christ. It was Christ who spoke the law from Sinai. It was Christ who gave the law to Moses, engraven on tables of stone. It was his Father’s law; and Christ says,



“I and my Father are one.” The Pharisees held the reverse of the modern position, but were in just as great an error. They rejected Christ, but exalted the law. And it makes little difference which position we take, so long as we ignore the true one,--that faith in Christ must be accompanied by obedience to the law of God.

THE LAW OF GOD IS SACREDLY REVERED BY THE HOLY ANGELS

Now, while we point the sinner to Jesus Christ as the one who can take away sin, we must explain to him what sin is, and show him the necessity of being saved from his sins, not in them. He must be made to feel that he must cease



copy of the mind and will of the Infinite God. It is sacredly revered by the holy angels. Obedience to its requirements will perfect Christian character, and restore man, through Christ, to his condition before the fall.

THE LAW SENDS MEN TO CHRIST, AND CHRIST POINTS THEM BACK TO THE LAW

to transgress the law of God, which is to cease to sin. Paul makes the inquiry many years after the death of Christ, "Is the law sin? God forbid. Nay, I had not known sin, but by the law; for I had not known lust, except the law had said, Thou shalt not covet." Thus saying, Paul exalts the moral law. When this law is practically carried out in every-day life, it is found indeed to be the wisdom of God. It serves to detect sin. It discovers the defects in the moral character, and in the light of the law sin becomes exceeding sinful, revealing its true character in all its hideousness.

The sins forbidden in the law could never find place in Heaven. It was the love of God to man that prompted him to express his will in the ten precepts of the decalogue. And when, through sin, man's understanding became darkened, God came down upon Mount Sinai and spoke his law with an audible voice, and wrote it on tables of stone. Afterward he showed his love for man by sending prophets and teachers to declare his law.

The law of God given from Sinai is a

God has given man a complete rule of life in his law. Obeyed, he shall live by it,

through the merits of Christ. Transgressed, it has power to condemn. The law sends men to Christ, and Christ points them back to the law.

RH, September 27, 1881.

Editor's Note: Please read this article carefully and note where I have added underlining. Three important points that we see in today's church are made clear: (1) The feast days, both the sacrifices and the services, were ended; (2) Christ came in our nature; (3) Obedience to the whole law is required—by the power of Jesus working in us, we will not still be sinning when He comes, or we will be lost.



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.



In Memoriam

On the death of Elder James White

Farewell, farewell! Life's weary day is ended,
The strange vicissitudes of life are past;
Fold ye his hands across his quiet bosom,
He sleeps at last.

His work is done! Those lips so cold and silent
Have often spoken words of love and cheer;
He rests in hope; then dry, with words of courage,
The falling tear.

Why should we weep, when those we love and cherish
Are taken from our arms and laid to rest?
Why should we weep? Though fondest hopes may perish,
God knoweth best.

We may not know the darksome path before us;
The Guiding Hand above we may not see;
Yet through the misty way of life, dear Father,
We'll trust in thee.

We may not know why we are tried and stricken,
Why to our lips is pressed the cup of woe;
Why sorrowing hearts are filled with grief and anguish,
We may not know.

But this we know that in the glorious morning,
When sin and death forever shall be o'er
Then we may meet the loved, from whom we've parted,
To weep no more.

Oh, glorious day! When at the voice of Jesus,
'Mid shouts of joy immortal tongues shall sing,
"Where is thy victory, O, thou realm of darkness?
Where is thy sting?"

By Mrs. L. D. A. Stuttle

The Death of Elder James White

By Ethan Lanphear

While perusing my New York morning paper, my eyes chanced to observe a short note headed, "Death of Elder James White." In a moment my thoughts turned to Battle Creek, and the mental inquiry was, Does it mean our dear brother, James White, of that place? And then I read further: "Detroit, Aug. 8, 1881. —Eld. James White, the founder of the sect of 'Seventh-day Adventists', and President of their


Publishing Association and of the College at Battle Creek in this State, died at the age of sixty years. He was a direct descendant of Peregrine White, the first white child born among the Pilgrim Fathers." This made the matter plain that our dear brother had passed away, and we were overcome with grief, and for a little time took our couch for meditation.

Comfort in the words of gospel

We had perused the Review from week to week, but had not learned that he was sick. In the issue of July 26, we read with interest his article under the heading, "Words of Comfort", and his report of labor at the "Charlotte Tent-Meeting", without the least thought that he was then doing his last earth-work. But thus it seems to have been. His sickness was short. We found the paper, and again read the articles; and though sad, we found comfort in the words of gospel hope penned by our deceased brother. To his church and family, we commend these last published lines of his, for your consolation. Let these words of comfort, like the words of the apostle to the church at Thessalonica and their Christian relatives; be ours under our bereavement in the death of our dear brother and fellow laborer.

God's ways are not our ways

We feel sometimes that Providence is against us; but God's ways are not our ways, and we must be reconciled, though



the secret of his dealings is past our finding out. Though our brother had only reached his three-score years, his work had been marvelous in the sight of men. In his short life had originated the denomination now so widely known as Seventh-day Adventists, numbering thousands of members in this country and in Europe; with its large publishing interests, spreading the truth in many languages throughout nearly the whole world; having a college of large capacity, and one of the best health institutions in America.

Few late reformers have accomplished so much in so short a time

No other denomination in this country has seemed to carry with it greater moral and religious power, or to have so rapid a growth as this. Brother White and his wife were at the head of this people, and have passed through poverty, sickness, and discouragements of nearly every kind; yet through the blessing of God, strength and courage were given them to pursue the course marked out for them; and they have lived to see the work of the Lord prosper through their labors; to see the gospel of the second advent of Christ, and the Bible Sabbath promulgated by this people as they are not by any other denomination now existing. In fact, but few late reformers have accomplished so much in so short a time as Brother White; and few that started so unpopular, have become so popular among the more honest people of the world.

Let us not sorrow as others who have no hope

We feel that it is a great calamity for the church and the world to lose such a man; but God knows best. And while he has been called to rest from his labors, may his mantle fall upon some Elishas that shall go forth to finish the work he so nobly began. Our brother's course is ended, and he now rests, awaiting the trump of God which shall call him forth to meet our Saviour at his second appearing, and reap his reward as heir of God and joint heir with Jesus Christ. Then, brethren in Christ, while we mourn the loss we have sustained, let us not sorrow as others who have no hope.

It has been my privilege to be familiar with the progress of Seventh-day Adventists from the commencement of the Advent movement, having read their publications from nearly their first issue; and the names of their leading men have become familiar to me, though I have not been personally acquainted with many of them until within a few years. Elder J. N. Andrews made us a visit, accompanied by Brother Wheeler, while he was in New York previous to embarking on his European mission; and we as a family greatly enjoyed this privilege. But the poor man seemed then almost worn out, and had we heard that he was gone, we should not have been so surprised as we are now to learn of Brother White's decease. But so is the wisdom of God; and may his goodness be extended to Brother Andrews; and if it is his will, may he live to accomplish a great work in the cause that the Lord has allowed him to labor in so long and so nobly. May the blessing of God's favor ever rest upon him.

His whole soul seemed to be wrapped up in the interests of the cause of God

Elder White, accompanied by Brother Canright, made us a visit last winter while on business in New York, stopping over Sabbath and until the second day of the week following. That visit was of such a character that it cannot easily be effaced from memory. Brother Canright was very busy preparing an article for publication; but Brother White was at liberty, and he assured that that leisure was freely devoted to setting forth the doctrines of the Bible and of men; while his experience and labors for the interest of the people and the cause of God were largely the theme of conversation. His whole soul seemed to be wrapped up in the interests of the cause of God. He then hoped to make arrangements for lifting the indebtedness of the denomination in all its departments, that no embarrassment should hinder the prosperity and the progress of the work.

Brother White feared that he would lose his usefulness as he advanced in age

One of his greatest causes of anxiety seemed to be the fear that he should lose his usefulness as he advanced in age. His visit and our correspondence resulted in a good degree of brotherly love and friendship, and his last communication inviting us to visit him at Battle Creek will ever be remembered with pleasure. Though our visits are ended on earth, I hope to be prepared to meet him in the first resurrection, when Christ shall come to receive his own to himself. May the blessing of God attend his bereaved widow and children; and may the comforting Spirit ever guide her in her affliction, and in the work that is left for her to do, is the prayer of an unworthy servant of our blessed Lord.

Editor's Note: Often we may forget that our pioneers were people like ourselves, subject to heartache, sorrow and death, while dedicating themselves fully to God. Let us as a church not forget, the dedication that went into our formation and growth.



The Bible

Study it carefully,
Think of it prayerfully;
Deep in thy heart let its pure precepts dwell.
Slight not its history,
Ponder its mystery;
None can e'er prize it too fondly or well.
Accept the glad tidings,
The warnings and chidings,
Found in this volume of heavenly lore;
With faith that's unfailing
And love all prevailing,
Trust in its promise of life evermore.
With fervent devotion
And thankful emotion,
Hear the blest welcome, respond to its call;
Life's purest oblation,
The heart's adoration,
Give to the Saviour, who died for us all.
May this message of love
From the Tribune above,
To all nations and kindreds be given,
Till the ransomed shall raise
Joyous anthems of praise—
Hallelujah! On earth and in heaven.



GUILT

By Peter Laurin

There was an old man walking to town, carrying a large sack of potatoes to sell at a farmers' market. Another kind farmer driving by in a truck stopped and asked the man if he wanted a ride. The man accepted and climbed into the passenger side of the truck, still holding his bag of potatoes. The farmer, noticing that the man didn't put down the potatoes told him, "Friend, why don't you set down your heavy load of potatoes on the seat here and rest your back?" But, the man answered, "Mister, you were kind enough to give me a ride; I wouldn't dare ask you to also carry my sack of potatoes."

WE DO NOT HAVE TO CONTINUE CARRYING THE BURDEN OF GUILT AND SHAME

Of course, we know a scene like this would probably never happen, yet there are millions of Christians who accept Jesus' forgiving mercy but feel they are obligated to continue to carry their burden of guilt and shame.

Now, I think we have, all of us, at one time or another, done something or said something to another, whether it be at work, the store, whether a good friend or a casual acquaintance, that has hurt or offended that person. If we ask for forgiveness, we feel better. If we ask for God's forgiveness we feel at the time that we have a clear conscience. But, when we see that person again, or we remember what we did or said, we feel guilty all over again. We feel guilty for not acting like a Christian, for having that person find out that we are

not what we profess to be. And especially, you feel guilty knowing that what you did or said is one of the sins that Jesus died for. I know this has happened to me in the past. Sometimes it still happens and I have to remind myself of what I am going to mention here today.

GUILT AND FORGIVENESS ARE SOME OF THE MOST MISUNDERSTOOD SUBJECTS OF CHRISTIAN LIVING

There are few things more important to a Christian's peace and assurance than the understanding of guilt and forgiveness. It is too bad that these are some of the most misunderstood subjects of Christian living. A lot of people want to know what guilt and forgiveness should mean to Christians. There are too many of us dragging unnecessary burdens through life with us, keeping us from a fulfilling life close to Christ.

Paul tells us in Hebrews 12:1&2, "Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus the author and finisher of our faith..." to successfully run this race, we are told to lay aside not only the sin, but also the weight of guilt that holds us back.

The Bible also tells us in 1 John 1:9, "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." That cleansing includes the sin and the phantom pain of guilt.

OUR IDEAS ABOUT GUILT MUST BE TRUE

To really appreciate the forgiveness mentioned in 1 John, we need to understand guilt and find out which of the ideas we have about guilt are true. And



which ones cause unnecessary heartache and confusion.

When you are driving down the highway or the streets in town, do you automatically take your foot off the gas or put on the brakes when you see a cop? Do you do this even if you are going the speed limit and have nothing to worry about? Why? Could it be because you sometimes drive over the speed limit and think you may be doing it now?

There are times when feeling guilty is good for you. If you never feel guilt, there is probably something wrong with your conscience. In Ecclesiastes 7:20, it tells us, "For there is not a just man on earth who does good and does not sin."

SOME GUILT IS NECESSARY AND GOOD FOR US

Of course, no one enjoys guilt; yet, everyone, if they have a normal conscience, will experience it. It shouldn't really surprise us that popular philosophy, and even some theology, will tell us that all guilt is bad. Feel-good preachers say we should try to prevent guilt from worrying our minds no matter what we are doing or how evil it might be.

I'm sure we all experience pain now and then, some of us more so than others. I also know that it would be nice to live without pain. But, the very nerves that give us painful sensations are the same ones that help us to experience pleasure. Even more, nerves keep us alive. An example of what it would be like if we didn't have nerves, is a person with leprosy. One of the worst things about leprosy is that it kills the nerves. A person with leprosy could touch a hot stove and not feel that



he or she is getting burned. Another thing about not having nerves is that your eyes would forget to blink. It's a very slight impression on our nerves that tells us when to blink and lubricate our eyes. Without nerves we would be more susceptible to dry eyes, leading to eye diseases and possible blindness. Little sensations of pain are actually a blessing.

WHEN THE HOLY SPIRIT BRINGS CONVICTION TO OUR HEARTS, WE SHOULD FEEL GUILT

In the same way, while guilt doesn't feel good spiritually, it keeps your conscience alive. Jesus called the Holy Spirit a Comforter, but He also convicts the world of sin as it says in John 16:8, "And when He has come, He will convict the world of sin." We know the Holy Spirit is working in our lives when we feel the sensation of guilt that follows bad behavior. The feeling of remorse for sin is often literally a sign from God, a reminder that we have sinned and hurt God.

How we respond to guilt will tell us if we have a reason to feel the guilt or not, and if it is right or not.

Have you ever been gossiping with another person when the subject of your gossip walks into the room? You suddenly get very quiet and change the subject, possibly by talking about the weather or some other trivial thing. Why that reaction? Guilt. Is that a good or bad reaction? Good. You **should** be ashamed if you are gossiping! And, you should be ashamed of the gossiping, not the fact that you almost got caught.

THE CLOSER WE ARE TO CHRIST, THE MORE WE WILL EXPERIENCE TRUE GUILT

When Peter preached that spirit-filled sermon at Pentecost, one of the signs that it was effective is found in how his listeners responded. Acts 2:37 tells us, "Now when they had heard this, they were cut to the heart, and said to Peter and the rest of the apostles, Men and brethren, what shall we do?" They felt guilty and were convicted of their sins.

That was a good response. Peter could then talk to them about repentance and forgiveness. Notice that this was only after they sensed their guilt. After Isaiah saw God, he said, "Woe is me, for I am a man of unclean lips, and I dwell in the midst of a people of unclean lips; for my eyes have



seen the King, the Lord of hosts." Isaiah 6:5. When Isaiah saw God's holiness and goodness, he became aware of how sinful and unclean he was, and then God cleansed him of sin.

The closer you draw to Christ, the more you will experience feelings of guilt. That might sound like a contradiction, but it is true. The nearer you come to the Light, the more clearly you will see the wrong things in your living pattern that you otherwise may never see. And you will probably feel guilt and shame for the things you have done. But when you ask for forgiveness, you will experience grace and peace. It says in James 4:10, "Humble yourselves in the sight of the Lord, and He will lift you up."

THE TRULY GUILTY WILL SOMETIMES TRY TO REFLECT THEIR OWN GUILT ONTO OTHERS

In John 8 we read the story about the woman caught in the act of adultery. Her accusers condemn her, saying to Jesus, "Now Moses, in the law commanded us that such should be stoned. But what do You say?" but Jesus seems to simply ignore them, stooping to the ground and writing in the dirt on the temple floor. As the accusers continue to press their case, Jesus finally stands up and says, "He who is without sin among you, let him throw a stone at her first." Then Jesus went back to what He was writing in the dirt. Notice what it says in verse 9, "Then those who heard it, being convicted by their own conscience, went out one by one, beginning with the oldest even to the last." They felt guilty and they walked away.



I firmly believe that what Jesus was writing in the dirt was either the sins that these men had committed or, since they had mentioned the law of Moses, the laws that they themselves had violated, as each one was convicted by his own guilt.

KEEPING A SHORT ACCOUNT WITH GOD BRINGS PEACE INTO OUR LIVES

By contrast though, some guilty people react in anger when they are convicted. Stephen was murdered when the religious leaders heard his powerful convicting sermon. As it says in Acts 7:57,58, "Then they cried out with a loud voice, stopped their ears, and ran at him with one accord; and they cast him out of the city and stoned him." We need to ask ourselves if our anger toward another comes from their wrong-doing or because we resent that their goodness makes our badness stand out in contrast. Are they simply reminding us of our guilt? In fact, some people stay away from church because they want to avoid places that will stir the unpleasant sensations they have of their guilt and shame.

One of the best possible goals is to go through life feeling peace and innocence before God. Job said, "My righteousness I hold fast, and will not let go; my heart shall not reproach me as long as I live." Job 27:6. The Bible says that Job was a perfect and upright man who feared God and hated evil, but I don't think Job claimed to be sinless. Why then could he say that his heart did not condemn him or make him feel guilty? Because whenever Job became aware of any failure, he dealt with his sin, keeping his account right with God. He sacrificed for himself and his family every day, so his heart was always clear before the Lord.

What a wonderful thing it is when, like Job, our hearts don't condemn us. As it says in 1 John 3:21, "Beloved if our heart does not condemn us, we have confidence toward God."

SEEING OURSELVES THROUGH GOD'S EYES EXPOSES OUR GUILT

Have you ever felt condemned by your heart? Sometimes it might hit you like a bolt out of the blue. Other times it might build

up slowly, as if you know you are doing something wrong but are trying to ignore it---until it begins to boil over and all of a sudden you have an awful revelation. It is here that we suddenly see ourselves through God's eyes. We feel guilty and condemned, and like David we cry, "I have sinned!" As any gardener can tell you, weeds should be pulled from the dirt as soon as they sprout to keep them from disrupting the growth of the garden plants. In the same way, the weeds of sin MUST also be pulled from the gardens of our hearts as soon as they sprout to keep them from disrupting our spiritual growth.

WE MUST ACCEPT GOD'S FORGIVENESS FOR OURSELVES

Most of us have known somebody who felt guilty when they really shouldn't have---maybe we even felt like that ourselves. The devil is probably urging us to feel shame and guilt about sins that have been forgiven. There is a story about Martin Luther having a dream where the devil appears to him with a list of Martin Luther's sins written on a scroll. The devil says, "Do you really think that God will forgive all this? You're a doomed man!" Luther saw the list and thought, "Oh, there is no hope for me." But then he noticed that the devil had his hand covering some words at the top of the scroll, so he asked, "What is your hand covering?" The devil answered, "Nothing. Just notice these sins here." Luther demanded, "Remove your hand in the name of Jesus." Finally, the devil removed his hand revealing the words, "All under the blood." The blood of Christ covered all the sins listed, but the devil still sought to make Luther feel guilty for his past. In the same manner most Christians are attacked by the devil at some point in their lives so they will feel this same guilt.

Maybe you have asked forgiveness from God for something you have done years before---and you've asked forgiveness a hundred times over for the same sin. You ask for forgiveness every time it comes to your mind. Yet each time you feel the shame and guilt of what you have done and continue to punish yourself. Now think about this---is that feeling from God or from the devil? You need to remember what we just read found in 1 John 3:21, "Beloved, if your heart does not condemn



us, we have confidence toward God." And remind ourselves that if God has forgiven us we need to forgive ourselves. Otherwise, aren't we somehow saying that our judgment is better than God's? Without faith it is impossible to please God. That includes the faith that "He is faithful and just to forgive us our sins." We must hold to God's forgiveness just as we forgive others.

IF YOU CAN'T FORGIVE YOURSELF EVEN AFTER GOD HAS FORGIVEN YOU, CAN YOU REALLY FORGIVE OTHERS?

Now, here's a little story we should pay attention to: The town gossip invited a friend over for tea. Glancing out her window, she watched her neighbor hang laundry on the clothesline. The gossip shook her head and said, "That lady's house must be filthy because her laundry always looks dirty." Her guest looked out the window and answered, "I don't think it's her laundry that's dirty, but your windows."

It seems that those who struggle with guilt are the most critical of others. People in the church who criticize their fellow Christians are most likely the ones who haven't learned to embrace God's forgiveness. They still feel guilty, so they are trying to get rid of their shame by pointing to the shortcomings of everybody else. If you can't forgive yourself even after God has forgiven you, can you really forgive others?

THE GUILTY RUN FROM SELF-CONDEMNATION EVEN THOUGH THEY ARE NOT BEING CHASED

The opposite is also true: the ones who have fully embraced God's grace, who are forgiven much, return that forgiveness to others more abundantly. They have experienced God's mercy, and they are most

Christ-like. Proverbs 28:1 emphasizes this truth, "The wicked flee when no one pursues, but the righteous are bold as a lion."

The guilty run from self-condemnation even though they aren't being chased – like a thief who has been paroled thinks the sheriff is still after him. They are plagued by a guilty conscience, while the righteous, those who like Job are clean by the blood of the lamb, stand fast and offer grace to those in need.

THE WORLD'S GUILT CAN BE FALSE, BUT THE GUILT FROM GOD IS TRUE

In 1 Peter 3:16, we are counseled, "Having a good conscience, that when they defame you as evildoers, those who revile your good conduct in Christ may be ashamed." Peter is writing to all those who are doing good but are still suffering for their moral behavior. Remember, there is a day coming when the whole world will try to make you feel bad about doing God's will, as if you are a traitor for not going along with their evil ways. They will use guilt as a weapon against God's people, blaming them for the things that are happening on the earth in the final days.

Peter says that if you are being persecuted for doing what is right, don't be ashamed. Instead, let your false accusers be ashamed, because it's not your problem. Too often we allow the world and our friends to heap all kinds of guilt on us because we are more concerned about what they think about us than what God knows about us. We would rather have acceptance before man than a clear conscience before God. But as someone said, "Guilt suggested by the judgment of man is a false guilt if it does not receive inner support by a judgment of God."

This strong accusation can be seen during the church offering. As the collection plate goes by, some are not able to give, but they know people around them may be watching. So they reluctantly toss something into the plate. The empty offering envelopes church treasurers find in the offering attest to this. But don't confuse the guilt that the world **wants** to place on you with the guilt that comes from disobeying God. They are two different things, and only **one** leads to true redemption.

“But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin.” 1John 1:7.

THE BEST WAY TO AVOID GUILT IS TO SURROUND YOURSELF WITH SPIRITUALLY HONEST PEOPLE AND ACTIVITIES.

Of course, the best thing would be to not ever have to feel shame because we aren't doing anything to feel guilty about. Christians should keep clear of the need to be ashamed. It's an awful time when the first necessity of hiding anything comes. Your whole life is different from then on. When there are questions to be feared and eyes to be avoided and subjects which must not be brought up, then you know something is wrong.

Christians ought to live lives that are crystal clear. It is possible to live without feeling fear of shame because our sins are forgiven and we are walking in the light with nothing to hide. No one can be found in a place he does not visit. In other words, you won't have to feel guilty about going to a movie you shouldn't see if you were never at the movie theater. If you live in the light, you are not worried if someone gets hold of your computer hard drive or file cabinet. Any time you feel the need to hide something, you should ask, “Should I be doing this?”

The best way to avoid guilt is to surround yourself with spiritually honest people and activities. Reading the Bible with a sincere heart and having fellowship with other good Christians is a proven way to practice living right and learning how to behave according to the Word. Most people are more cautious with their actions when they are at church because they are conscious of the presence of God. It is good practice to remain in that environment and attitude. If we would remember that God is present everywhere,



we would more than likely behave ourselves no matter where we are. If we have the close walk with Christ, as we should, we would be more conscious of our actions and how we come across to others.

JESUS TOOK OUR GUILT AND SHAME TO THE CROSS

Mary was the disciple from whom Jesus drove out seven evil spirits. Someone at a banquet complains, “If Jesus was a prophet He wouldn't let this woman touch Him because of who she is.” That is how dirty Mary's reputation was; yet who is the first one who saw Jesus after the resurrection? Not His mother or James or John, not even Peter---it was Mary Magdalene. Jesus chose her to go share the message. Why? Quite possibly He was trying to say something about guilt and shame. The Lord uses people who have these reputations. Doesn't this tell you that you shouldn't feel shame or guilt after the Lamb of God has forgiven you? Doesn't it show how you should treat others whom the Lord has forgiven?

When Jesus went to the cross, He endured our sins---but He also took our guilt and shame. Some Christians think that Jesus took our sins but we should still feel the shame. Even though Jesus loves peace, He was stripped and felt our shame so that we might have that peace. He felt what every transgression ever committed has brought the world, and it tortured His spirit so that He took our guilt on the cross.

2 Corinthians 5:19 tells us, “God was in Christ reconciling the world to Himself, not imputing their trespasses to them, and has committed to us the word of reconciliation.” This is great news for us! God is not holding our sins over our heads. As I mentioned earlier, sin and guilt go together, so Jesus died for our shame as much as He died to cover our sins with His blood.

Jesus doesn't want us to feel guilty; rather, He has given us a new heart. That is why He calls His children “born again”.

Should a newborn baby feel guilty for what Hitler did? Of course not - they are two different people. It is the same when you are born again—you are not the same person you were before.

A NEW PERSON CANNOT FEEL GUILTY FOR A DEAD PERSON'S DEEDS

This is important to me as a speaker here in this church, be-



cause the only way I can stand here and dare to speak about Jesus and His gospel is if I believe I am not the same person I was before I was baptized. That's why Jesus came to set us free. It's the new birth concept—how can a new person feel guilty about something a dead person did? Hebrews 4:16 gives us great confidence and wonderful hope, “Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.” We can now come before the throne of God with boldness, because Jesus took away our sin, shame, and guilt.

There is a story about a grandpa who took the family to a county fair where plane rides were offered. After a lot of begging and pleading, Grandma very reluctantly agreed to go on a plane ride in what she called the “flying contraption”. For 15 thrilling minutes, the pilot gave grandma a beautiful and scenic ride. For the first time, Grandma saw from the air the fields and town where she had spent most of her life. After she landed, the family noticed a sparkle of excitement in her eyes. “We knew you would love it!” they yelled. Trying to save face, Grandma said, “I'll have you know, I never did put my full weight down!”

Maybe you are one of the millions who have accepted Jesus' forgiveness but still feel that you need to carry around the shame and guilt. Why not put your full weight down now?



Peter Laurin and his wife reside in Wisconsin. Currently the majority of Peter's time is spent caring for his wife.

Proof in the Pudding

By Joe Olson

I came across these statements a while back in the “Who Knew” section of National Geographic magazine:

“One of the world’s greatest wonder drugs is not a drug at all. It’s a placebo – a sugar pill or perhaps an injection of saline solution. There’s no pharmacological component whatever in a placebo, but darned if it doesn’t kill the pain, revive the spirit, and cure what ails us.

Placebos even take the form of surgery. Arthroscopic knee surgery is a remedy for arthritis, but researchers have matched its effectiveness with a sham operation. They sedated patients, nicked their knees, woke them up, and told them the operation was a success. Two years of follow-up showed that pain relief and improved function were the same for placebo patients as for those who had real operations.”



Is the placebo effect all in your mind?

How do we explain the placebo effect? Some might say, “It’s all in your mind.” But the mind-body distinction isn’t sharp. It’s better to say that the mind can affect how the body copes with a problem.

“Our beliefs,” says Wager, “have powerful influences on our experiences.” So the next time you feel under the weather, try the simplest cure

first: Imagine yourself healed.” “Who Knew”, National Geographic August, 2004.

Isn’t it wonderful when today’s medicine and/or education finally catch(es) up to what God told us through His prophet over a hundred years ago? Our minds, our wills, even our desires mightily impact how we feel and act. You can often feel better, simply by wanting to.

I remember asking my Mom many years ago why she did not get sick, what all of us children would be, and even Dad would get sick. She told me, “I don’t have time; I have too much to do.”

Moms and wives don’t have time to get sick!

Well, time has gone on and I’ve gotten married and I would get sick but my wife would not. I asked her why she was not getting sick and she told me, “I can’t, I have to take care of you.” There is no question but that choice and will power play a dramatic part in sickness.

“Sickness is very largely the want of will. Everything is brain. There are thought and feeling, not only, but will; and will includes in it far more than mental philosophers think. It acts universally; now upon the mind, and then just as much upon the body. It is another name for life-force. Men in whom this life-force, or will-power, is great, resist disease, and combat it when attacked. To array a man’s mind against his sickness, is the supreme art of medicine. Inspire in man courage and purpose, and the mind-power will cast out disease.” HR, January 1, 1871. That statement should be a poster in every health establishment there is; especially Seventh-day Adventist institutions.

To array a man’s mind against his sickness, is the supreme art of medicine

What is the “supreme art of medicine”? “To array a man’s mind against his sickness.” Get the sick person to believe what you give him will help, and chances are, he will get better, because he has “arrayed” his mind against his sickness. In other words, you can “think” yourself better, or, as in the case of my mother and my wife, you can simply refuse sickness because you **choose** not to be sick. Anybody who questions this, ask a mother if it is true.

Now, please understand that not every sickness is in the mind. Many people have serious problems that are not “mind” related. But... many are.

Here is what Sister White said about the quote we just read: “As my eye traced the above lines, I felt the force of them. In journeying, I have met many who were really sufferers through their imaginations. They lacked will-power, to rise above and combat disease of body and mind; and, therefore, they were held in suffering bondage. A large share of this class of invalids is found among the youth.” HR, January 1, 1871. **Many** people, she says, are sufferers through their imaginations, especially the youth.

There is a close relationship between the mind and the body

Many years ago God showed Sister White the relationship between the mind and the body. She talks a lot about diseased minds and diseased imaginations. Many are sick (not all) simply because they **imagine** themselves to be. Look at this quote here:

“Today thousands are sick and dying who might get well if they would; but imagination keeps them sick.” YI, February 2, 1902. This was written in 1902! They aren’t just sick; they are dying! Because of imagination! If someone can be **sick** because in their minds they imagined it, does not the reverse hold true as well that one can be made **well** because their mind imagines it or wills it?

I have five children, and at one time or another every one of them said they were too sick to go to school. When I would say that that is too bad, we were going to do something special after school, but if you are too sick... miraculously, they got better. Not every time, but more than a few times!





People can, and do, imagine themselves into being sick

I used to work for a large company with many employees. The company had excellent health benefits. One of the benefits was that each person was given a sick day each month. The goal of course was not to use them, but to have them available if you did get sick. But there were many people who were “sick” one day each month. I used to think these people were just making it up, and certainly that is more than possible. But now I understand that they could “will” themselves to be sick. And, as a result, they were actually very sick!

Remember what Sister White said...people can, and do, “imagine” themselves into sickness, and even death! They either “will” themselves to be sick, or they don’t “will” themselves **not** to be.

God has a lot to say about the power of the will. We can resist **cold** and actually bring energy to our nervous system through the power of the will. “Bring to your aid the power of the will, which will resist cold and will give energy to the nervous system.” CG 339. We have very little idea of the power God has given us in our **own** minds.

Few of us tap into our God-given powers

The power of the will, she says, is of the greatest help to recover health. Remember to notice things that Sister White says about the “most”, the “best”, the “only”, and in this case... the “greatest”. “If the power of the will be kept active to arouse the dormant faculties, it will be the greatest help to recover health.” 2MCP 734.

“The greatest help”! Not some help, a little help, a lot of help. The “**greatest**” help. How many people are aware of the power they have? “But few realize the power that the mind has over the body.” 3T 184. God has built us with amazing powers, and very few of us tap them.

If you think you are sick, chances are you will be

The Bible talks about the effects of the mind over the body. “A merry heart doeth good *like* a medicine: but a broken spirit drieth the bones.” Prov. 17:22. Don’t you know this to be true of your own self? It is hard to be happy and sick at the same time. It is usually when we are down, depressed, upset, or mad that we get sick.

Here’s another verse: “For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.” Prov. 23:7. As a man **thinks**, so is he. Do you think you are sick?

Chances are, you will be. Do you think, “I can’t get sick,” or “I don’t have time to be sick,” or “I have to care for others,” etc., etc.? Then, chances are, you won’t get sick.

Thousands could be healthy, if they will it to be so

God has been trying to tell us for many years that what we **think** about will impact our bodies. What we focus on, what we meditate upon, what we even talk about has consequences on the mind and the body. What we think has such an impact on us, that it has life and death consequences. Do we realize that, as we should? Do we “value” that?

“The power of the will is not valued as it should be. Let the will be kept awake and rightly directed, and it will impart energy to the whole being, and will be a wonderful aid in the maintenance of health. It is a power also in dealing with disease. Exercised in the right direction, it would control the imagination, and be a potent means of resisting **and** overcoming disease of both mind and body. By the exercise of the will power in placing themselves in right relation to life, patients can do much to co-operate with the physician’s efforts for their recovery. There are thousands who can recover health if they will.” MH 246. Willpower is a “potent” means of resisting **AND** overcoming disease. There you have it. There are literally thousands who could have good health again... if they simply **willed** it.

God will not do for us what we can do for ourselves

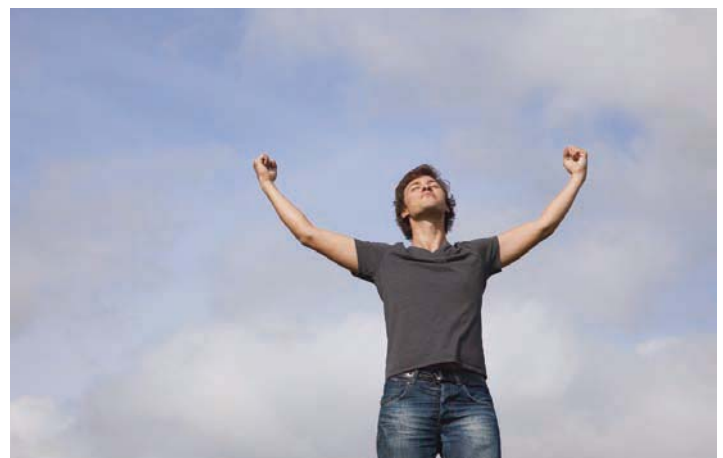
But we have to apply ourselves. WE have something to do. Will God do for us what we can do for ourselves? What does Inspiration have to say? “God will **not** do for us that which we can do for ourselves.” RH May 20, 1884; GW 440.

Really, isn’t that reasonable? Isn’t that fair? God made us. And He made us with these fabulous minds. He gave us “wills” to make right choices. Now, He says, “Do it. Use the minds and the wills I gave you, and apply yourselves.”

We need to understand the true force of the will

These examples of the use of the mind in physical issues hold equal force in matters relating to the spiritual realm as well. There are many who “want” to be saved, but are doing nothing about it **themselves**, and the results will be catastrophic. WE must do something. We must be willing!

“There is power with Christ to heal; there is power with Him to save to the uttermost all who come to Him. But we must be willing to be saved.” GCB, April 1, 1903. Just like with the willingness to



be healed, we must have a willingness to be saved.

You might think everyone wants to be healthy. Are you sure? God says many could be healthy if they willed it so. But they are not. What about going to heaven? Doesn't everyone desire and hope to go? What does God say about that?

"The tempted one needs to understand the true force of the will. This is the governing power in the nature of man-- the power of decision, of choice. Everything depends on the right action of the will. Desires for goodness and purity are right, as far as they go; but if we stop here, they avail nothing. Many will go down to ruin while hoping and desiring to overcome their evil propensities." MH 176.

Everything depends upon the will's right action

Here we go again with one of these superlatives. How much does God say depends upon the right action of the will? Everything! Everything depends upon the will's "right action". Almost everyone "desires" eternal life. Isn't that enough?

Please note this sad commentary: "Many desired life, but made no effort to obtain it." EW 281.

From what we read above, there is more to it than simply a desire; there must be a corresponding effort on our parts. Why would God do it for us, if we didn't care enough to put the effort into it ourselves?

"Put forth an effort proportionate to the value of the object of which you are in pursuit. Remember that you are seeking for eternal life. It will not pay to be indolent and slothful on the very borders of the eternal world." RH, June 11, 1901.

We must put forth corresponding effort to obtain eternal life

Here is another quote stated in a different way: "Why not be in earnest in your efforts for eternal life? Why not manifest a perseverance and an intensity of desire proportionate to the value of the object of which you are in pursuit?" HS 157.

How important is living forever with God Almighty to you? How important is eternal life for you? How about your children? However important it is to you, is how much effort you will put forth to obtain it.

"There is no release in this warfare; the battle is lifelong, and must be carried forward with determined energy proportionate to the value of the object you are in pursuit of, which is eternal life." MLT 313.

Again, isn't that fair? Isn't that reasonable? Wouldn't you do it the same way if you were God? Don't you want people around you who want to be there? For those of you with children, have you ever experienced their not wanting to be with you? What happens when you force them? **You** are miserable, and **they** are miserable.

It is always our choice

Why would we expect it to be any different with God? He says, "Choose, choose what you want." One of the most



wonderful things about our Lord is that He doesn't force the will. It is always our choice. He loves us enough to allow us to choose.

This is where our wills and our willpower come in. Our wills are not just important when it comes to our health; they are just as important, nay, more so, when it comes to salvation.

What we decide to accept and believe will be seen in how we act and in the choices we make

Let's look at one of the statements again of the original quotes from the National Geographic: "Our beliefs," says Wager, "have powerful influences on our experiences." What we believe makes all the difference. Now, I am glad that the word is finally beginning to see it, but we have Someone much more important to quote from than Wager.

What we choose; what we decide to accept and believe will be seen in how we act and in what choices we make.

Do you believe in Jesus? Do you believe He is coming again? Do you believe there is a heaven, and that Jesus wants to take you there? Is it possible for you to make it? Will you make it? "Jesus said unto him, If thou canst believe, all things *are* possible to him that believeth." Mark 9:23.

Do you believe? **Choose** to believe. **Will** to believe. Then act on your choice. DO what God says to do. Remember, God will not do for you what you can do for yourself! What **is** it you can do? Make yourself perfect? Purify your life? No. "Everything depends on the right action of the will." MH 176. **Choose** to give Jesus your life. **Will** to follow Him. "But," I have heard some say, "How will I know if I have done that?"

Why... the proof... is in the pudding.



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

A Time for Prevailing Prayer




The Lord is soon to come. Wickedness and rebellion, violence and crime, are filling the world. The cries of the suffering and the oppressed rise to God for justice. In the place of being softened by the patience and forbearance of God, the wicked are growing stronger in stubborn rebellion. The time in which we live is one of marked depravity. Religious restraint is thrown off, and men reject the law of God as unworthy of their attention. A more than common contempt is placed upon this holy law.

A moment of respite has been graciously given us of God. Every power lent us of heaven is to be used in doing the work assigned us by the Lord for those who are perishing in ignorance. The warning message is to be sounded in all parts of the world. There must be no delay. The truth must be proclaimed in the dark places of the earth. Obstacles must be met and surmounted. A great work is to be done, and this work is entrusted to those who know the truth for this time.

Now is the time for us to lay hold of the arm of our strength. The prayer of David should be the prayer of pastors and laymen: "It is time for Thee, Lord, to work, for they have made void Thy law." Let the servants of God weep between the porch and the altar, crying, "Spare Thy people, O Lord, and give not Thine heritage to reproach." God has always wrought in behalf of His truth. The designs of wicked men, the enemies of the church, are subject to His power and His overruling providence. He can move upon the hearts of statesmen; the wrath of the haters of His truth and His people can be turned aside, even as the waters of a river could be turned, if thus he ordered it. Prayer moves the arm of Omnipotence. He who marshals the stars in order in the heavens, whose word controls the waves of the great deep—the same infinite Creator will work in behalf of His people, if they will call upon Him in faith. He will restrain all the forces of darkness, until the warning is given to the world, and all who will heed it are prepared for His coming.

Mrs. E.G. White

Washington, D.C., Thursday, December 14, 1905



THE BIBLE LOOKING GLASS

WALKING BY FAITH

From the Bible Looking Glass
1914 Edition

Imagine a man just starting from what appears to be solid ground to walk upon a narrow plank, stretched across a deep gulf, and which ends nobody knows whither. Before him, thick clouds of mist and vapor slowly but continually ascend from the gulf or pit; rolling clouds of pitchy blackness also ascend. They spread themselves around him; in wreathy columns they stand before him, and hide the future from his vision. Still he proceeds; he is a wonder to many, who can not tell what to make of it. The man himself, however, appears to know very well what he is doing. He holds in his hand a book, which he reads as he goes along; though it may seem to some unsafe, yet he finds it advantageous rather than otherwise. The book, he thinks, throws light upon his path; now and then the

wind blows the clouds of smoke a little on one side, and he beholds, apparently far off in the distance, a mansion; this is the palace he has heard of; if it is thither the way leads, thither he would go.

BEHOLD THE MANSION AT JOURNEY'S END

The sight of the mansion above, whenever he is so fortunate as to behold it, inspires him with courage and fortitude; he bears cheerfully his present labors and suffering, and meets, without fear, any new foe. He walks onward, step by step, looking well at his footsteps; at last arrives at the end of his journey; this opens upon him quite abruptly. Suddenly he beholds right before him the mansion shining gloriously. He enters—he is made heartily welcomed—he is amply repaid for all his

labors and sufferings.

THE YOUNG CHRISTIAN RENOUNCES THE WORLD AS AN OBJECT OF HOPE

This may be considered as an allegorical representation of the Christian walking by faith through this world to the next; the young Christian, when he embraces Christ, turns his back upon the world, its vanities, and sinful pleasures. He renounces it as an object of trust and hope; he leads a new life; he walks a new path. It is the path of Faith. He knows not what is before him in the present life, whether sickness or health, prosperity or adversity; clouds of darkness, of temptation, and trouble are sometimes made to arise in his path, by the enemy of

his soul, to discourage him in the way he has chosen. Yet he pursues. The Word of God is his constant, best companion; it is a light unto all his goings, by it he cleanses his way; though it occupies much of his time, so that many think it will prove his ruin, yet he finds it exceedingly helpful; nay, he would not be without it for all the world.

THE MAN WHO WALKS BY SIGHT LOOKS ONLY AT THE THINGS THAT ARE SEEN, AND WILL NOT TRUST THE ALMIGHTY

In the midst of his labors and sufferings, he frequently enjoys rich foretastes of the happiness of heaven; these are refreshing to his soul, strengthening and inspiring him with zeal for the Lord of hosts. His light afflictions he reckons are not worthy to be compared with the glory of which he has had an earnest. Not knowing what shall befall him from hour to hour, and from day to day, he goes forward, trusting in God, to whom he has committed the keeping of all his concerns, soul and body, for time and eternity. By and by he finishes his course; he has kept the faith, and an abundant entrance is administered to him into the everlasting kingdom of Jesus Christ. The man who walks by sight looks only at the things that are seen, and which, of course are temporal. He looks at and regards the things of earth as worthy of his esteem, of his love, of his labor, of his sufferings; houses and lands, power and renown, and whatsoever tends to supply the lust of the flesh, the lust of the eye, and the pride of life—these are the objects to which he directs all his prayers, all his purposes, and all his toils; he lives for this, and, if necessary, he will die for it.

He puts faith in nobody. He will have bonds, and seals, and witnesses for all and in all his transactions. He will not trust the Almighty with any of his concerns, but manages them all himself. He asks no favors at his hands; if, indeed, he does, at any time put



up a petition to God, it is that he will ask nothing of him.

THE MAN OF FAITH IS BUT A SOJOURNER ON EARTH

How different with the man of Faith. He sees the things of earth and knows their value. It is enough for him that they are temporal. He values them simply as they bear upon Eternity. He looks at the things that are not seen, which are eternal; his soul, and whatever tends to inform and purify it; his Savior, and whatever will advance his cause on the earth; his God, and what will glorify him; Heaven, and whatever will help him on his way thither; Hell, and what will enable him to escape it. He looks at man as a fellow-traveler to Eternity, to the Judgment, puts a generous confidence in him, and labors to benefit him temporarily and spiritually. His thoughts, his words, his actions are all regulated according to his eternal interest. A man must live before he can walk. So it is spiritually. He lives a life of faith in the Son of God. Hence it is not difficult to walk by faith. He is but a sojourner here. His citizenship is in heaven.

JOSHUA AND CALEB SAW ONLY THE PROMISE AND THE POWER OF JEHOVAH

Faith is the foundation of things hoped for, the conviction of things not seen. Faith becomes a foundation on which Hope builds her glorious temple of future happiness. The spies who brought an evil report of the land of Promise, walked by sight. They saw nothing besides the high walls, the number of inhabitants, the gigantic Anikim. Not so Joshua and Caleb. They saw only the promise and the power of Jehovah, which they believed was sufficient to bring it to pass. While the former perished with those who believed not, they, walking by Faith, entered the goodly land and possessed it for an inheritance forever.

ACCORDING TO YOUR FAITH BE IT DONE UNTO YOU

In the days of the Redeemer, there were some who saw only the Babe of Bethlehem, the Carpenter's Son, the



Nazarene, the man of sorrows, the crucified Malefactor, and who dreamed of a temporal kingdom. These all walked by sight. Others beheld in him the Mighty God, the everlasting Father, the Prince of Peace, the Messiah, the desire of all nations, the Lamb of God, the Son of God, the King of Israel, who looked for a spiritual kingdom that would fill the whole earth, whose dominion should be forever and ever. These all walked by faith, and according to their faith even so was it done unto them.

BY FAITH, OUR PILGRIM FATHERS PLANTED A HABITATION FOR GOD

By faith, the good old Simeon took up the child Jesus in his arms, and said, "Lord, now lettest thou thy servant depart in peace, for mine eyes have seen thy salvation." By faith, the friends of the man sick of the palsy broke open the roof of the house, and lowered the sick man down into the midst where Jesus was, and experienced his salvation. By faith, Joseph of Arimathea went to Pilate and begged the body of Jesus, and laid it in his own sepulcher, not doubting but that it would be raised again according to the Scriptures. By faith, Paul, when brought before kings and princes of the earth, declared boldly the gospel of Christ and his hope in the resurrection of the dead. By faith, the disciples, who were in Jerusalem when it was encompassed by the Roman armies, left the city and fled to the mountains, and thus escaped punishment in the overthrow thereof. By faith, John Huss and Jerome, of Prague, delivered their bodies to be burned, not accepting deliverance. By faith, Luther burnt the Bull of excommunication, and repaired to the city of Worms, not fearing the wrath of Pope, Emperor, or Devil. By faith the Pilgrim Fathers braved the fury of the ocean and the violence of the savage, and planted a habitation for God in the wilderness, yea, a refuge for the children of men.

Hope for Health



While it has experienced overwhelming popularity in kitchens throughout the world, garlic bulb extracts may also help calm stomachs, improve circulation, and promote healthy cardiovascular function. In fact, more than 250 publications have shown that garlic supports and strengthens the cardiovascular system. In addition, garlic has antibacterial, antiviral, and anti-fungal properties. This odorless formula is designed to give you the amazing health benefits of garlic without the offensive odor associated with it.

ODORLESS GARLIC

FACTS:

Because of its anti-fungal properties, garlic inhibits the growth of *Candida Albicans* and has shown long-term defense against recurrent yeast infections.

Garlic produces a very marked effect on the intestines. It has a soothing effect on the various forms of diarrhea and can be used for problems such as colitis, dysentery, and many other intestinal disorders. In addition, it is an excellent vermifuge (kills and expels worms and parasites). Garlic has the ability to destroy harmful bacteria in the intestines without affecting the beneficial organisms, which aid digestion.

100 Softgels.....\$5.99 HXHH-OGAR
Suggested Adult Dosage: 2 softgels daily

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1.800.468.7884**

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

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

What Can Hope for Health's Odorless Garlic Do For You?

- Lowers blood pressure
- Regulates cholesterol levels
- Fights fungal infections such as *Candida Albicans*
- Kills and expels parasites and worms
- Boosts the immune system
- Helps prevent and fight cancer
- Purifies the blood
- Fights viruses and bacteria
- Improves energy levels
- Helps regulate intestinal health

More Facts:

Garlic is regarded as one of the most effective remedies to lower blood pressure. It also calms the pulse, regulates heart rhythm, and relieves symptoms such as: dizziness, shortness of breath, and chest pain.

Studies have shown that garlic can help control acne and improve complexion.

Garlic can help reduce **both** LDL ("bad") cholesterol **AND** blood clots that may lead to heart attack or stroke.

Research has proven that garlic can suppress the growth of tumors and cancerous cells.

*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.

JESUS COMES

Hark! A mighty swelling sound
Filleth all the air around
Voices shrill and lifted high,
Waft it upward to the sky!
Higher yet the strains ascend,
And with angels' anthems blend!
Heaven and earth repeat the strain:
"Jesus comes, and comes to reign!"

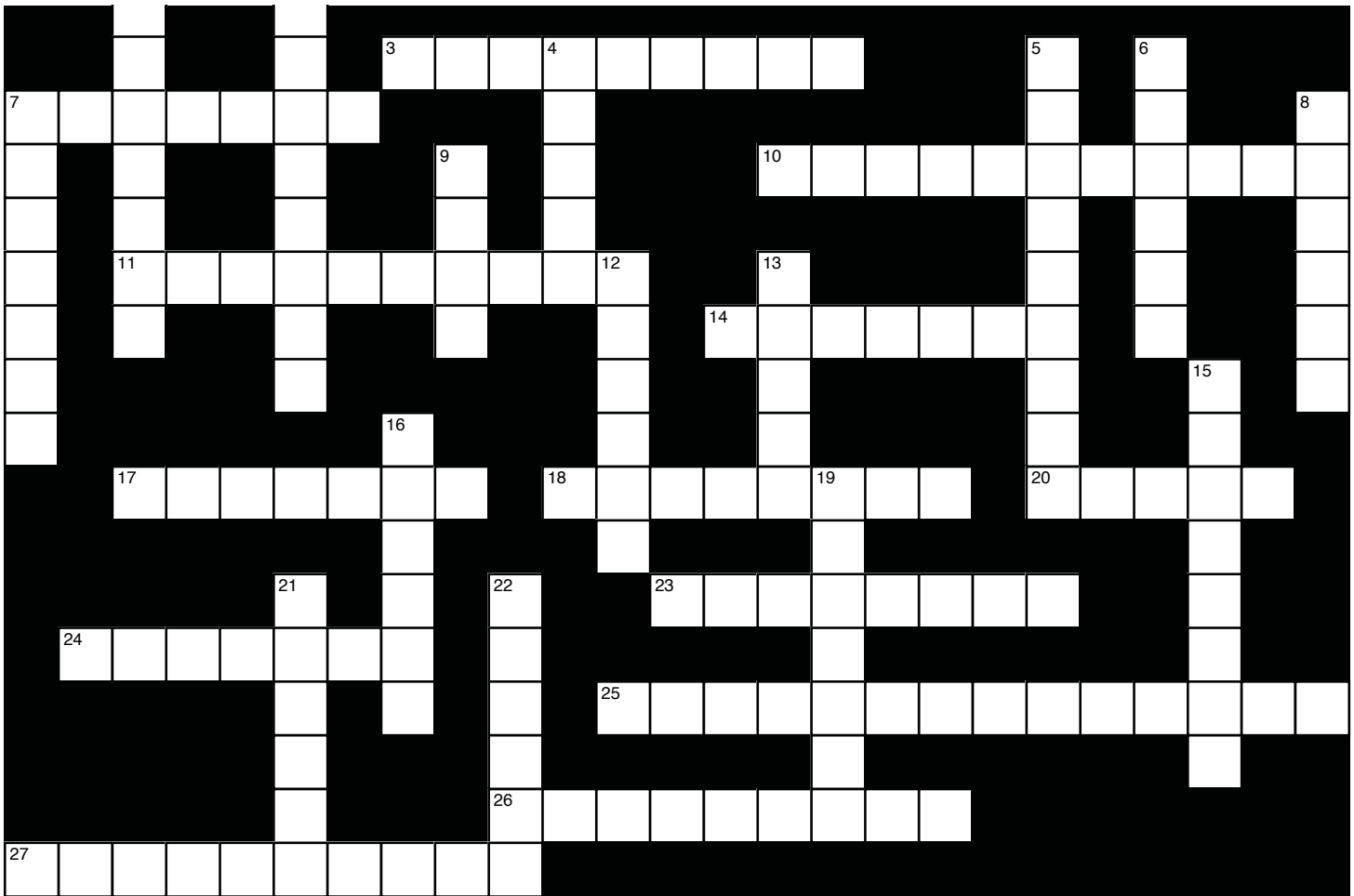
Sun in solemn darkness veiled;
Moon, whose midnight glory paled;
Stars, in myriads falling fast,
As the leaves 'mid autumn's blast;
Roarings of the storm-waked sea;
Kingdoms in perplexity,--
All take up the rushing strain:
"Jesus comes, and comes to reign!"

Deep with sin the world is stained:
Long the tyrant Death has reigned;
Long the earth has groaned aloud;
Long the church has sadly bowed;
Soon the absent Lord will come,
And reveal the Eden home.
All creation wakes the strain:
"Jesus comes, and comes to reign!"

Haste the day, and speed the hour,
When with awful pomp and power,
And with trumpet's rolling sound,
Christ shall come in glory crowned!
Then shall Paradise be here;
Then shall beauty bless and cheer;
Voices ring o'er earth and main:
"Jesus now returns to reign!"
--D. T. T., in Restitution



Christian Crossword



ACROSS

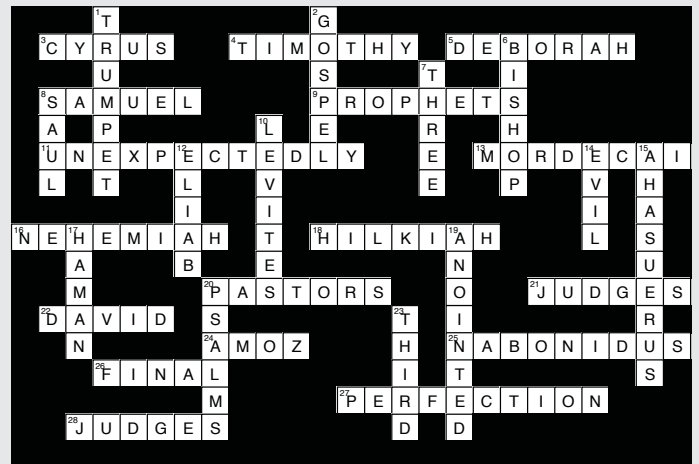
3. There is a time when human _____ is closed forever!
7. There are no _____ after the close of probation.
10. On the night appointed for slaughter, _____ comes at midnight.
11. The threefold union at the end will be Protestants, Catholics and _____.
14. All will take sides: no one will remain _____.
17. God will lead His people to safe _____.
18. Faithful _____ will give the warning.
20. The deepest concern of the faithful is God's _____.
23. All sins have previously been repented of and _____.
24. And at that time shall _____ stand up.
25. Satan's primary objective is to destroy _____.
26. The wicked mock at the _____ of our number.
27. The lamb-like beast symbolizes _____ America.

DOWN

1. Wheat and Tares grow together until the _____.
2. Men shall arise speaking _____ things.
4. U.S. enactment of the Sunday law will produce an image to the _____.
5. Like Jacob, all are _____ with God.
6. There will come a time when the last faithful soul has been _____.
7. Get out of the cities, is my _____ at this time.
8. The small remnant will be unable to _____ themselves.
9. National apostasy will be followed by national _____.
12. The National _____ law will open the door for the marvelous working of Satan.

13. Truth will be obeyed, though the result be _____.
15. Even the wicked will have _____ among them.
16. Satan accuses the _____ of God.
19. God has not revealed the time when this _____ will close.
21. There will be a time of _____ trouble.
22. Michael is another name for _____.

Answers from Christian Crossword published in the May 2010 issue of Our Firm Foundation



Hope for Health

Feature Product



Why should I worry about my liver? The liver is absolutely critical to a person's well being. A person's nutritional level is not only determined by what he or she eats, but by what the liver processes. Unfortunately, it is extremely difficult to detect early warning symptoms specific to liver metabolic imbalances since it is quite a "forgiving" organ that can withstand a myriad of abuse before finally giving up the fight. It is quite difficult to diagnose when the liver is not in order, and frequently one is unaware of it because the liver is the single organ that doesn't hurt when something is wrong with it. People can suffer for a long time from a liver ailment without knowing of it.

LIVER SUPPORT

FACTS:

The liver is the body's primary antipollution organ, in charge of removing potential toxins from the bloodstream; it filters more than a liter of blood per minute.

If you want to improve your digestion, look to supporting your liver. It's responsible for metabolizing fats, carbohydrates, proteins and many vitamins, most notably those that are fat soluble, like A and D.

Among the liver's other critical functions are regulating blood sugar levels, deactivating hormones so their levels aren't too high, and producing bile, a critical liquid that breaks down fats and carries away waste products.

As if all this doesn't keep your liver busy enough, it also supplies the immune system with antibodies and produces blood-clotting factors while also helping to oxygenate the body.

90 Caplets..... \$15.99 HXHH-LSUP
Suggested Dosage:

Adults take 3 caplets daily.

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or Visit us on the web at:
www.hopeint.org

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

What does my liver do?

The liver:

- Processes all food and (most) drugs we ingest
- Stores iron reserves, as well as vitamins and minerals
- Makes bile to help digest food
- Detoxifies poisonous chemicals, including alcohol and drugs
- Stores energy by stockpiling sugar until needed
- Manufactures new proteins
- Makes clotting factors for the blood
- Removes poisons from the body that we accumulate from the air, exhaust, smoke, and chemicals we breathe

What are the benefits of using Hope's Liver Support?

- Protects the liver from damage caused by viruses and toxins
- Detoxifies the liver from harmful environmental toxins and pollutants
- Improves overall health and function of the liver
- Cleanses, purifies, and detoxifies the liver, blood, and the entire body
- Strengthens and improves regeneration of the liver
- Relieves stress on the liver and helps rid the body of toxins
- Facilitates rapid liver regeneration

The special formula in our Liver Support is designed to help strengthen, protect, support, purify, and regenerate the liver while helping to improve overall general health. Some of the potent ingredients in our formula include Milk Thistle, Aloe Vera, Artichoke, Ginger Root, Reishi Mushroom, Schizandra Berry, Blessed Thistle, Licorice Root, Dong Quai, and over 20 other powerful liver-supporting ingredients.

*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.

Protein and the Vegetarian Diet - Part 1



Dr. Olson comes from a long line of health professionals including MDs, naturopaths, and osteopaths. Having always 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.

“You don’t eat meat? But where do you get your **protein**?!”

If you’ve been a vegetarian or vegan for any period of time, you’ve surely heard this question. One of the major controversies surrounding a vegetarian diet continues to deal with protein: can you get enough of it on a wholly plant-based diet? With fad diets, protein supplements, and a great deal of inaccurate information, Americans are **obsessed** with protein.

Over the next few months, I’d like to deal with a few of the major issues surrounding protein and the vegetarian diet; if you can get enough; how to get enough; how much is really “enough”; the dangers of getting too much; and more! However, before we talk about how much protein you need and how to get it, you need to understand what it actually is and why it’s important.

What is protein exactly?

Protein is one of the three macronutrients required for optimum health (along with fats and carbohydrates). When you ingest proteins, they break down into nitrogen-containing compounds, which **then** break down into amino acids. So basically, your body actually only *needs* protein because of what the protein is **made** of, which is amino acids. So the real “requirement” for the body isn’t for pro-

tein at all, but for the amino acids that it gets when you **eat** protein! Got it? – Keep this in mind as we go on.

So, what does protein do? Why do we need it at all?

Proteins are **extremely** important. They are responsible for the growth and repair of body tissue. So, if you want your old worn out cells to be replaced, or that cut on your leg to heal, or your skin, hair, and nails to have a healthy glow, then you’re going to need protein. Just about **every** cell in our body has a protein component, and we are **unable** to create new cells without these building blocks. Blood contains plasma proteins; hemoglobin has a protein component. Proteins are components of some antibodies. Many hormones are proteins (like insulin). Hair, nails, and skin all contain protein. In fact, the protein content of the average cell is 16% of its total mass. Proteins are actually the **most abundant** organic compounds of the body. So you can see how important it is that you’re getting enough.

There are more than **fifty thousand** different proteins in our bodies, yet all of these are created from only about 22 different amino acids (in different combinations). So if the amino acids are the building blocks of protein, and proteins are the building blocks of most of our cells, then it is of vital importance that we’re getting all the **amino acids** we need!

How do we get the 22 amino acids to make our proteins?

There are two ways. The first way is really cool



– we recycle them! Rather than having to provide our bodies with **all** “new” amino acids, our bodies actually **recycle** between 100 to 300 grams of our own protein (or amino acids) every single day! Before you think this means you’re just eating up your muscle mass and will shrivel up, don’t worry! It is mostly from digestive juices, intestinal mucosal cells, and the normal breakdown of tissues, etc. This is all part of the natural process of old cells dying and being replaced by healthy new cells. Except, instead of the old cells just going to waste, they’re being re-used! This efficient process that God designed, creates a whopping 14 of the 22 amino acids!

What about the remaining 8? Since our bodies cannot **make** the remaining 8, they are called the “**essential**” amino acids – meaning they are the ones **you** are responsible for supplying! How do you do it? Through your diet! (Really, all 22 are “essential”, but since your body takes care of the rest, you only have to worry about these 8 – that’s why they’re called the “essential” ones.)

You see, like I mentioned before, the protein requirement is not really for “protein” **per se**, but for the **amino acids** that the protein supplies. When we eat protein, it gets broken down into the amino acids, and it’s the amino acids that get absorbed and used by the body. As far as the body’s “requirement” goes, it doesn’t matter what the **source** of the amino acid is. Whether it is beef, egg, soybean, or cel-



ery, it still gets broken down into amino acids. We need to get those 8 amino acids from the diet and it doesn't really matter where they come from. That is, unless the protein source itself also has other negative effects... *more on this later.*

Replacement for losses

Before we talk about the dietary "requirement" for protein, you must understand that this "requirement" in normal **adults** is simply a **replacement** for losses. Meaning, adults aren't still growing (like children), so there isn't a huge demand for building new tissue (growth). So the protein you need basically amounts to keeping a leaky bucket topped off. Every day we lose protein (amino acids) through skin, sweat, hair, urine, and feces. But since we internally recycle most of the protein we need, we **only** rely on **dietary** protein to **make up the difference**. Does this start to give you a different idea about how much protein you need?

Amino Acid Pool

Unlike fat and carbohydrates that you can store for later use, we do not have a **store** of amino acids, per se. What we have is an amino acid "pool". This "pool" is a mixture of amino acids (either from the diet or the recycling process) circulating throughout the body at a given time and available to the cells. It is from **this** which we take out amino acids to build new ones, and to which we add amino acids by breaking down protein.

So, when we eat foods that contain protein, the protein is broken down into its constituent amino acids and added to the pool, and as we need amino acids to build new cells, we take them out of the pool. We have to eat regularly to keep adding to this pool, so it

Nutrition Facts		
Serving Size 1/6 package (60g)		
Servings Per Container 6		
Amount Per Serving	Mix Prepared	
Calories	260	360
Calories from Fat	80	150
	% Daily Value*	
Total Fat 9g*	14%	26%
Saturated Fat 3.5g	18%	30%
Cholesterol 0mg	0%	1%
Sodium 360mg	15%	20%
Total Carbohydrate 46g	15%	16%
Dietary Fiber 1g	4%	4%
Sugars 28g		
Protein 2g		
Vitamin A	0%	10%
Vitamin C	0%	0%
Calcium	15%	25%
Iron	6%	6%

does not become depleted. The actual **need** for protein is just enough to replace that which was lost. And since the "pool" only holds so much and we can't store the excess protein for future use, anything above and beyond the requirement is basically pointless, not to mention, flat-out harmful.

Ok, here's the big question. How much protein do we actually NEED?

This is a *widely* debated subject and often very *heated* discussion in the health and wellness community.

In the theoretical "average" 137.5-pound person, about 240 grams of protein is synthesized and broken down daily. This process requires about 260 grams of amino acids. Of this amount, **only about 1/6th must come from the diet**. This means that a hefty 5/6ths of the amino acids are "recycled" as explained above.

Now, the "daily requirement" or the "Recommended Daily Allowance" (RDA) that we are concerned about getting in our diet is **actually** only for the remaining 1/6th that we don't process internally.

Currently, the U.S. Recommended Daily Allowance (RDA) for that 1/6th is: 0.8 grams of protein per kilogram of body weight (.36 grams **per** pound), **per** day **or** about:

- 56 grams of protein for a 154-pound man
- 73 grams of protein for a 200-pound man
- 91 grams of protein for a 250-pound man, etc.

This equals about approximately 10 percent of calories as protein in our diet.

But many health practitioners are now suggesting that the U.S. R.D.A. protein recommendation may be **grossly** overestimated. In fact, the World Health Organization (W.H.O.) more conservatively puts our dietary protein needs **at nearly half** of the



U.S. government minimum levels, or 0.45 grams of protein per kilogram of ideal body weight per day (about .20 grams per pound). This would equal:

- 31 grams of protein for a 154-pound man
- 40 grams of protein for a 200-pound man
- 50 grams of protein for a 250-pound man, etc.

Now this is closer to 5% percent of calories as protein in our diet. This is the amount that Dr. T Colin Campbell, in his widely acclaimed book, *The China Study*, recommends for reducing the risk of certain diseases, particularly cancer. *We'll discuss this further in upcoming articles.*

Now, the government is saying 10%, the World Health Organization is saying 5%. Which one is correct? And does it really matter if you get too much? Well, first of all, if you only need 5%, and your body can't use or store the additional protein (amino acids), what is the point? Your body is just wasting energy processing food it cannot use. And it actually does matter if you get too much. *We'll discuss the dangers of too much protein in an upcoming article.*

Next month: Where did we get these inflated recommendations for our daily protein needs? If we don't need that much, why is the government still recommending it to this day? Stay tuned! You will not want to miss this!

News Watch

SHARES WORTHLES
Crash!
assets
Interest rates
liquidity
FORECAST



**1. Time Magazine, May 17, 2010—
The Moment, page 11,
by Claire Suddath--**

“When the Cumberland River, overwhelmed by unrelenting rainstorms, began to overflow and the city’s levees began to leak, America’s eyes were focused elsewhere. A car bomb had just been discovered in Times Square—an attempted act of terrorism that seemed much more menacing than a few flooded basements—and an uncontrollable amount of oil continued to spill into the Gulf of Mexico. So what about Nashville? It was only rain. But even when the skies cleared, the river kept rising. It washed away trees; it rushed into businesses. It killed 28 people throughout the region. Homes and honky-tonks were flooded with 10 feet of water. Helicopters rescued people from rooftops. Farm animals huddled on hillsides. A woman tried to drive through a flooded street, only to drown in her car. A body washed up behind a grocery store. And the stage of the Grand Ole Opry, the spiritual home of country music, once graced by legends like Patsy Cline and Hank Williams, is now waterlogged. This is Nashville’s worst flood in 80 years. It is

not a bomb, and it is not an oil spill, but it has destroyed a city all the same.”

End Time Perspective: “While appearing to the children of men as a great physician who can heal all their maladies, he will bring disease and disaster, until populous cities are reduced to ruin and desolation. Even now he is at work. In accidents and calamities by sea and by land, in great conflagrations, in fierce tornadoes and terrific hailstorms, in tempests, floods, cyclones, tidal waves, and earthquakes, in every place and in a thousand forms, Satan is exercising his power.... These visitations are to become more and more frequent and disastrous.” --Testimonies for the Church, vol. I, p. 302 (1862).

**2. Time Magazine, May 17, 2010—
Greece, page 16—Protests Turn
Violent--**

“Demonstrations against the government’s proposed 30 billion euros (\$39 billion) in budget cuts took a grisly turn on May 5 when protesters firebombed a bank, killing at least three people. Riot police armed with tear gas clashed with protesters throwing rocks, demonstrators tried to storm Parliament, and a general strike stopped trains and shuttered schools. The Greek government must push through the cuts to hold up its end

of a deal struck with other euro-zone countries, which have agreed to a 110 billion—euro (\$145 billion) bailout of the flailing economy.”

End Time Perspective: “The signs of the times tell us we are surely in the last days. This know also, that in the last days, perilous times shall come. We can see these perils more distinctly here in Europe. Things are rapidly developing. All are ranging under their respective banners; all are preparing for some great event; all are watching for the morning.” --8 MR 105

**3. Time Magazine, May 17,
2010--Broadway Bomber, page 21,
by Howard Chua-Eoan**

“If you wanted to do a lot of damage with a well-rigged car bomb, the junction of West 45th Street and Broadway in midtown Manhattan, where Times Square narrows into an asphalt bottleneck, would be the place to pick. If the bomb planted in a green 1993 Nissan Pathfinder SUV on the evening of May 1 had exploded, here's what would have happened, according to retired New York police department bomb-squad detective Kevin Barry. The car would have turned into a 'boiling liquid explosive.' The propane tanks that the bomb comprised would have overhea-



ted and ignited into 'huge blowtorches' that could have been ejected from the vehicle. The explosion, lasting only a few seconds, would have created a thermal ball wide enough to swallow most of the intersection. A blast wave would have rocketed out in all directions at speeds of 12,000 to 14,000 ft. per sec.; hitting the surrounding buildings, the wave would have bounced off and kept going, as much as nine times faster than before. Anyone standing within 1,400 ft.--about five city blocks--of the explosion would have been at risk of being hit by shrapnel and millions of shards of flying glass. The many who died would not die prettily. A Time reporter familiar with the ravages of car bombs in Baghdad describes how victims appeared to be naked because a fireball melted their clothing onto the surface of their skin."

End Time Perspective:

"I look at these flowers, and every time I see them I think of Eden, They are an expression of God's love for us. Thus He gives us in this

world a little taste of Eden. He wants us to delight in the beautiful things of His creation, and to see in them an expression of what He will do for us. He wants us to live where we can have elbow room. His people are not to crowd into the cities. He wants them to take their families out of the cities, that they may better prepare for eternal life. In a little while they will

have to leave the cities. These cities are filled with wickedness of every kind,- with strikes and murders and suicides. Satan is in them, controlling men in their work of destruction. Under his influence they kill for the sake of killing, and this they will do more and more. Every mind is controlled either by the power of Satan or the power of God." GCB, March 30, 1903.



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Ellen White Quotes

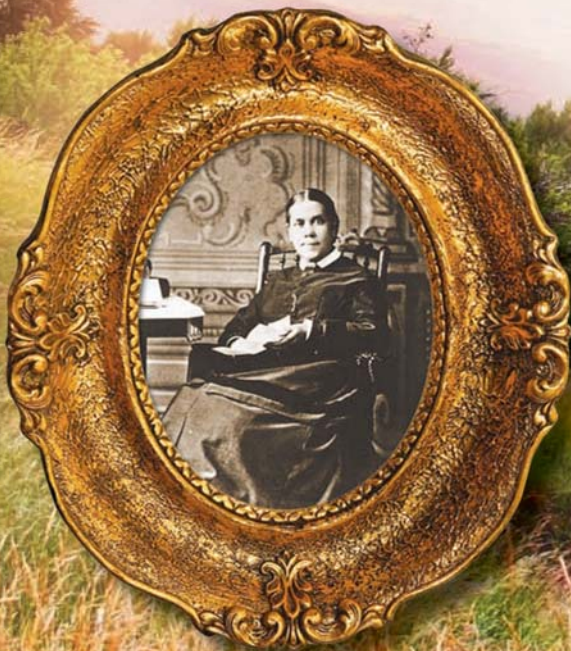
- *“We are not doing one-twentieth part of what God requires us to do. There has been a departure from the simplicity of the work, making it intricate, difficult to understand, and difficult to execute. The judgment and wisdom of man rather than of God has too often guided and controlled.” 5T 11*
- *“... the study of the Scriptures should have the first place in our system of education.” CT 86*
- *“As an educating power the Bible is without a rival.” RC 158*
- *“If a worldly influence is to bear sway in our school, then sell it out to worldlings and let them take the entire control; and those who have invested their means in that institution will establish another school, to be conducted, not upon the plan of popular schools, nor according to the desires of principal and teachers, but upon the plan which God has specified.” 5T 25*
- *“Young men who design to enter the ministry cannot spend a number of years in obtaining an education.” 5T 27*
- *“If you lower the standard in order to secure popularity and an increase of numbers, and then make this increase a cause of rejoicing, you show great blindness. If numbers were evidence of success, Satan might claim the pre-eminence; for, in this world, his followers are largely in the majority.” CE 42*
- *“Conscience must be first enlightened, the will must be brought into subjection. The love of truth and righteousness must reign in the soul, and a character will appear which heaven can approve.” Mar 83*
- *“Even kindness should have its limits. Authority must be maintained by a firm severity, or it will be received by many with mockery and contempt. The so-called tenderness, the coaxing and indulgence, used toward youth by parents and guardians, is one of the worst evils which can come upon them. In every family, firmness, decision, positive requirements, are essential.” PK 236*
- *“Even one wrong trait of character, one sinful desire, persistently cherished, will eventually neutralize all the power of the gospel.” SC 34*
- *“The pains of duty and the pleasures of sin are the cords with which Satan binds men in his snares. Those who would rather die than perform a wrong act are the only ones who will be found faithful.” MYP 74*
- *“Kill the thorns, or they will kill you.” PH117 28*
- *“Jealous, revengeful tongues have colored acts and motives to suit their own ideas. They have made black appear white, and white black. When remonstrated with for their statements, some have said: “It is true.” Admitting that the fact stated is true, does that justify your course? No, no. If God should take all the accusations that might in truth be brought against you, and should braid them into a scourge to punish you, your wounds would be more and deeper than those which you have inflicted on Brother ----- . Even facts may be so stated as to convey a false impression. You have no right to gather up every report against him and use them to ruin his reputation and destroy his usefulness. Should the Lord manifest toward you the same spirit which you have manifested toward your brother, you would be destroyed without mercy. Have you no compunctions of conscience? I fear not. The time has come for this satanic spell to lose its power. If Brother ----- were all that you represent him to be, -- which I know he is not, your course would still be unjustifiable.” 5T 57*

- *“What a world of gossip would be prevented, if every man would remember that those who tell him the faults of others, will as freely publish his faults at a favorable opportunity.” PH117 35*
- *“Many are looking with self-complacency upon the long years during which they have advocated the truth. They now feel that they are entitled to a reward for their past trials and obedience. But this genuine experience in the things of God in the past, makes them more guilty before Him for not preserving their integrity and going forward to perfection. The faithfulness for the past year will never atone for the neglect of the present year. A man’s truthfulness yesterday will not atone for his falsehood today.” 1SM 26*
- *“If you refuse to believe until every shadow of uncertainty and every possibility of doubt is removed, you will never believe. The doubt that demands perfect knowledge will never yield to faith.” SM 27*
- *“The pleadings of the Spirit, neglected today because pleasure or inclination leads in an opposite direction, may be powerless to convince, or even impress, tomorrow.” AG 202*
- *“The great sin of the Jews was that of neglecting and rejecting present opportunities.” 5T 72*
- *“God will work a work in our day that but few anticipate. He will raise up and exalt among us those who are taught rather by the unction of His Spirit than by the outward training of scientific institutions.” LDE 204*
- *“Many think it is of little importance what they do. It will do no harm for them to attend this concert, or unite with the world in that amusement, if they wish to do so. Thus Satan leads and controls their desires, and they do not consider that the results may be most momentous. It may be the link in the chain of events which binds a soul in the snare of Satan and determines his eternal ruin. Every act, however small, has its place in the great drama of life.” 5T 92,93*
- *“Would all professed Christians use their investigative powers to see what evils needed to be corrected in themselves, instead of talking of others’ wrongs, there would be a more healthy condition in the church today.” 2MCP 638*
- *“Light does not come to a man who makes no effort to obtain it.” 5T 107*



ELDER AND MRS. JAMES WHITE

“The aged standard-bearers in the cause of God are far from being useless. The men who have held the beginning of their confidence steadfast unto the end are not to be accounted second or third in the work of God. They are not to be cast aside as having outlived their usefulness. God has an important part for them to act in His work. By learning of Christ they have obtained a rich experience. When they have made false steps, they did not refuse to be corrected. When they wandered from the path that Christ trod, they allowed Him to lead them once more into it. Thus they have learned to help others.”



This passage is from a wonderful compilation of Ellen White's writings: The Retirement Years. It is available at The Hope International Bookstore for \$9.99 – Hardcover.

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