

our firm
FOUNDATION

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

The Prophetic Gift

THE BIBLE MUSEUM
OPENED

Jesus,
THOU WHO FOR ME DIED

NOT IN MAN'S WISDOM

THE GOOD SHEPHERD

**AMOS &
HIS VISION**

HEALTH GEM
*Protein and the
Vegetarian Diet - Part 3*

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.

Some encouraging things happened at our recent General Conference Session in Atlanta Georgia. The more conservative side of our church seemed to show forth with flying colors—the side that supports the Biblical word as it is literally read. The Seventh-day Adventist Church reaffirmed its support of the Biblical account of creation. The newly elected President, Ted Wilson, preached a sermon in which he addressed the subject of creation. The following is an excerpt of Bother Wilson's sermon:

"Go forward, not backward! Stand firm for God's Word as it is literally read and understood. Of course, we must always humbly recognize that we are finite fallen creatures observing the works of an infinite omnipotent God. There are things in both of God's two great books of nature and Scripture that we do not fully comprehend. In fact, we are told that the sacrifice of Jesus will be 'the science and the song of the redeemed throughout the ceaseless ages of eternity.' But that which the Lord in His mercy has given to us in clear language to be taken as fact simply because He said so must not be shrouded in skepticism. Don't go backwards to misinterpret the first eleven chapters of Genesis or areas of Scripture as allegorical or merely symbolic. As just this week we have once again affirmed in an overwhelming manner, the Seventh-day Adventist Church both teaches and believes in the Biblical record of creation which took place recently; in six literal, consecutive, contiguous 24 hour days. The Seventh-day Adventist Church will never change its stand or belief in that foundation doctrine. If God did not create this world in six literal

days and then blessed the Sabbath day, why are we worshipping Him today on this seventh-day Sabbath as Seventh-day Adventists? To misunderstand or misinterpret this doctrine is to deny God's Word and to deny the very purpose of the Seventh-day Adventist movement as the remnant church of God called to proclaim the three angels' messages with Holy Spirit power. Don't go backwards to atheistic or theistic evolution, go forward to the prophetic understanding that loyalty to God, the Creator and Redeemer, will be seen in the observance of the Seventh-day Sabbath as the

to purify the family or the church of God, are held accountable for the evil that may result from their neglect of duty. We are just as responsible for evils that we might have checked in others by exercise of parental or pastoral authority as if the acts had been our own."--PP 578.

Dear Reader, I would encourage you to keep our new president and faithful leaders in this church in your prayers on a daily basis. There will be some that will be very unhappy with his speech. I would pray that those people that are in churches where leadership

undermines the doctrine of creation, the acceptance of Ellen White as a true prophet or who refuses to quote or have her writings quoted from up front, or who denies the true Biblical understanding of the antichrist would be

willing to be watchmen on the wall of Zion. Let's call for our pastors to follow the example of President Wilson.

"The work of opponents to the truth has been steadily advancing while we have been compelled to devote our energies in a great degree to counteracting the work of the enemy through those who were in our ranks. The dullness of some and the opposition of others have confined our strength and means largely among those who know the truth, but do not practice its principles. If every soldier of Christ had done his duty, if every watchman on the walls of Zion had given the trumpet a certain sound, the world might ere this have heard the message of warning. But the work is years behind. What account will be rendered to God for thus retarding the work?" GCDB, February 28, 1893.

"Stand firm for God's Word as it is literally read and understood."

distinguishing characteristic of God's people in the very end of time. Seventh-day Adventist church members, hold your leaders, pastors, local churches, educators, institutions, and administrative organizations accountable to the highest standards of belief based on a literal understanding of Scripture."

Please note that Ted Wilson not only upheld the true Biblical understanding of creation but he upholds the fact that we must always stand for accountability in leadership. He also did not have any hesitation in quoting from the Spirit of Prophecy—"the science and song of the redeemed throughout the ceaseless ages of eternity."

"Those who have too little courage to reprove wrong, or who through indolence or lack of interest make no earnest effort

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

Executive Director:

Joe Olson
executivedirector@hopeint.org

Editor:

Clark Floyd
editorial@hopeint.org

Director of Hope For Health:

Heather Olson, N.D., R.N., C.H.
hopeforhealth@hopeint.org

Bookstore Manager:

Kaye Olson
shipping@hopeint.org

Layout & Design:

Jessica Sipe
www.wavelinedirect.com

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

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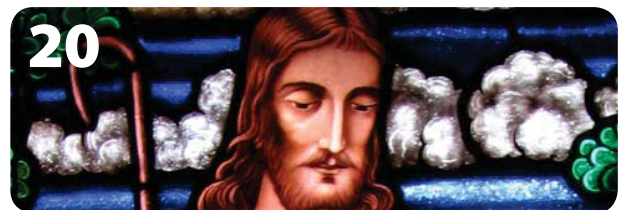
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the bible museum opened

By A. L. O. E.
1883

Again we enter into the halls of the House Beautiful, the Bible Museum Opened, to gaze upon another reminder from our God of the Biblical history of our past, an object of importance, rescued from oblivion, found in the Book of Jeremiah.

the rags of ebed-melech

Who can doubt that the God of Love notices the minutest act of kindness done to His servants, when even these rags of the Ethiopian are carefully preserved in the Scriptures, memorials of considerate thoughtful tenderness shown to His afflicted prophet.

Let us review one of the most interesting passages in the history of Jeremiah.

There was to be no lamenting for Jehoiakim

The miserable Jehoiakim fell into the hands of Nebuchadnezzar, by whose command he was bound with fetters and ordered to be carried to Babylon. As no account is given in Scripture of

Jehoiakim's death, it is surmised that the prophecy which foretold that his burial should be as "the burial of an ass", was fulfilled by his dying on the way to Babylon, and his corpse being thrown into a ditch, exposed to the heat of the day and the frost of the night.

Given into the hand of Nebuchadnezzar

For three months Jeconiah (or Coniah), a youth of eighteen, reigned in the place of his father Jehoiakim. Of him Jeremiah had prophesied, "Thus saith the Lord...I will give thee into the hand of them that seek thy life, and into the hand of them whose face thou fearest, even into the hand of Nebuchadnezzar, King of Babylon, and into the hand of the Chaldeans." And even so it came to pass that the young king and his mother, his officers and princes, and thousands of warriors and artisans were carried away captive to Babylon, with the vessels of Solomon's Temple.

The anguish of Jeremiah

Zedekiah (the son of Josiah), the last native monarch of Judah, then mounted the throne of David, to suffer one day a fate even more terrible than that which had befallen his two brothers and his nephew, who had successively reigned

before him. Zedekiah sought help from Egypt, and, as it appeared at first, with success, as on the approach of Pharaoh's army, the Chaldeans, who were besieging Jerusalem, retired. If the heart of Jeremiah had shared in the joy which this gleam of returning hope had caused in Jerusalem, it must have been to him a task all the more bitter to quench that hope in utter darkness. Anguish must have been his when he thus declared the message of God! "Behold Pharaoh's army which is come forth to help you shall return to Egypt into their own land; and the Chaldeans shall come again, and fight against this city, and take it, and burn it with fire."

The prophet was seized as a traitor and cast into a dungeon

After uttering this terrible prophecy, Jeremiah made an attempt to quit Jerusalem, and return to his native land of Benjamin; but he was seized as a traitor by a captain of the ward, brought before the princes as one taken in the act of falling away to the Chaldeans, maltreated, and thrown into prison. For a time the rigour of Jeremiah's captivity was softened by the king, who appears never to have doubted



the innocence of the prophet. But Jeremiah's enemies were not satisfied with his imprisonment; they were determined to have his life, and to destroy him by a death of lingering suffering. Abusing the weakness of King Zedekiah, who delivered the prophet into their hands, the princes of Judah cast Jeremiah into a dungeon, or rather a pit, in the court of the prison, which had mire at the bottom, in which their victim partially sank, and there his merciless foes seem to have left him to perish by inches from hunger and damp.

The intervention of Ebed-Melech

Such would probably have been the fate of Jeremiah, but for the intervention of Ebed-melech, not one of his own countrymen, but an Ethiopian in the service of the king. This African went to Zedekiah, and roused him to make an effort to save his innocent subject from so cruel a death. "My lord the king," said Ebed-melech, "these men have done evil in all that they have done to the prophet, whom they have cast into the dungeon; and he is like to die for hunger in the place where he is."

The tenderness of the Ethiopian

Ebed-melech succeeded in obtaining the king's order that he should take thirty men, and release the prophet from his dreadful situation. And here occurs the little trait of womanlike tenderness in the African, which God had deemed worthy of record. Ebed-melech knew that Jeremiah must be drawn out of the pit by cords; he knew that in his probable state of weakness and emaciation the ropes

would be likely to gall and hurt him. So he "went into the house of the king under the treasury, and took thence old cast clouts and rotten rags, and let them down by cords into the dungeon to Jeremiah. And Ebed-melech the Ethiopian said unto Jeremiah, "Put now these old cast clouts and rotten rags under thine armholes under the cords." And Jeremiah did so, and was safely drawn to the top.

A special promise of deliverance was granted Ebed-Melech

The Lord did not fail to requite the deed of the Ethiopian, to whom was granted a special promise of deliverance in the coming time of trouble. "Thou shalt not be given into the hand of the men of whom thou art afraid." And here the African disappears from our view, and we know nothing further of Ebed-melech; but the soft wrappings which he collected to put over the rough ropes may afford us a pleasant and profitable subject for our reflections.

Are we guilty of supplying the ropes but neglecting the wrappings?

Ebed-melech not only did a substantial service to Jeremiah, but he did it in a tender considerate way; he did not, as most men would have done, hurt the prophet even in helping him. The complaint of the ingratitude of those who have received great benefits is very common in the world, but we shall often find that ingratitude has been caused by

the want of delicacy in the benefactor who complains; he has supplied the ropes but neglected the wrappings.

For instance, a sufferer is sunk in the pit of poverty; he has seen better days, his feelings are tender, the very means used to raise him are likely to wound him, to gall even while they relieve. But Christian love must regard the feelings as well as the outward wants of the sufferer; it should bestow a gift almost as if it were asking a favour; it should smooth what is rough, soften what is hard, and let the wrappings with the rope.

Let down the wrappings with the rope

Again, there is the same, and even greater, delicacy to be observed when he whom we would help is sunk in the pit, not of poverty, but of sin. We earnestly desire to draw him forth, for we know that if he stay he must perish. Fervent exhortation, faithful reproof, may be as the cords in our hands, and with a prayer for success we use them; but our efforts will be far more likely to avail, if gentleness, consideration, and tenderness accompany earnest effort; if, shrinking from galling pride, or giving one needless pang, we let down the wrappings with the rope.

Nothing is really insignificant that affects the happiness of the character of men; a look or a word may awaken far more kindly feeling than the gift of a purse of gold, and that reproof is usually most effectual which is uttered in a tone of love.





The Prophetic Gift

By J. N. Loughborough

“Even as the testimony of Christ was confirmed in you: so that ye come behind in no gift; waiting for the coming of our Lord Jesus Christ.” 1 Cor. 1:6, 7.

This “testimony of Jesus”, as we have learned from Revelation 19, is “the spirit of prophecy”; and from the scripture just quoted, we see that the prophetic gift was to be with the people who were proclaiming and waiting for the second coming of our Lord Jesus Christ.

The Lord has been gracious to His people



About 1833, but more especially since 1840, a message has been sounding through the earth proclaiming the coming of Christ near at hand, “even at the door.” In connection with this proclamation the Lord has been pleased to manifest the power of his Spirit in various ways, and in a marked manner. In many instances, not only in America, but in other lands, the Lord has been gracious to his people who have been engaged in heralding the glad tidings of our returning Lord, by speaking to them through the gift of prophecy. Attention is here called to some instances of this character in America.

William Foy related his first visions to thousands

The first to be noticed is that of a godly man--a well-educated



and talented minister by the name of William Foy, who resided in Boston, Mass. At two different times during the year 1842, the Lord came so near to him that he was wrapped in holy vision. One of these occasions was on January 18, and the other was on February 4. By invitation he went from city to city to tell of the wonderful things he had seen; and in order to accommodate the vast crowds who assembled to hear him, large halls were secured, where he related to thousands what had been shown him of the heavenly world, the loveliness of the New Jerusalem and of the angelic

*“Even as the testimony of Christ was confirmed in you: so that ye come behind in no gift; waiting for the coming of our Lord Jesus Christ.”
1 Cor. 1:6, 7.*



hosts. When dwelling upon the tender, compassionate love of Christ for poor sinners, he exhorted the unconverted to seek God, and scores responded to his tender entreaties.

Foy did not recognize the third message

Brother Foy’s work continued until the year 1844, near the close of the twenty-three hundred days. Then he was favored with another manifestation of the Holy Spirit—a third vision was given—one which he did not understand. In this he was shown the pathway of the people of God through to the heavenly city. He saw a great platform, on which multitudes of people gathered. Occasionally, one would drop through the platform out of sight, and of such a one it was said to him, “Apostatized.” Then he saw the people rise to a second platform, and some of these also dropped through the platform out of sight; and finally a third platform appeared, which extended to the gates of the holy

city. A great company gathered with those who had advanced to this platform. As he expected the Lord Jesus to come in a very short time, he failed to recognize the fact that a third message was to follow the first and second messages of Revelation 14. Consequently, the vision, to him, was inexplicable and he ceased public speaking. After the close of the prophetic period, in the year 1845 he heard another relate the same vision, with the explanation that “the first and second messages had been given, and that a third was to follow”. Soon after this, however, Brother Foy sickened and died.

Hazen Foss refused to narrate what God revealed

Another instance of the manifestation of the gift of prophecy is found in the case of a young man who resided in Poland, Maine, by the name of Hazen Foss. He was a man of fine appearance, pleasing address, with a good academic education.

In the month of September, 1844, about six weeks before the close of the twenty-three hundred days, the Lord gave him a vision, in which he, like Brother Foy was shown the “three platforms” in the heavenly pathway. Some messages of warning to individuals were also given him, which he was instructed

to deliver. In connection with this he was shown the trials and persecutions that would follow if he was faithful in relating what had been shown to him. As he also was expecting the Lord to come “in a few more days” (as they sang), he did not understand the third step, or “platform”, in the journey; and shrinking from the cross, he refused to relate the vision. The view was repeated to him; and in addition to the first, he was told that if he still refused to tell what had been shown him, the burden would be taken from him, and given to one of the weakest of the Lord’s children, one who would faithfully narrate what God would reveal. Again he refused. A third vision was given him, a very short one, in which he was told that he was released, and was shown the person upon whom the Lord had laid the burden, “one of the weakest of the weak, who would do the Lord’s bidding.”



God took the vision from Foss

This startled the young man, who at once appointed a meeting on McGuire Hill, Poland, Maine, for the purpose of relating what had been revealed to him. He carefully related his experience—how he had refused to relate what the Lord had shown him, and what would result from his refusal. “Now,” said he, “I will tell you the vision.” But, alas! It was too late. It



had gone from him. Not a word could he recall. He wrung his hands in anguish, saying, "God has fulfilled his word. He has taken the vision from me. I am a lost man." From that time the man lived without hope, and died in 1893.

God chose the weakest of the weak as His instrument

Within two months after the close of the twenty-three hundred days, Miss Ellen G. Harmon of Portland, Maine, then only about seventeen years of age, began to receive revelations from the Lord. She was at that time in a very critical condition of health, being indeed, as Foss was told, the instrument God would choose, "the weakest of the weak." From a wound received when about nine years of age, she nearly bled to death, and ever afterward was unable to attend school. For several weeks before her first revelation she had scarcely been able to speak above a whisper. One physician diagnosed her case as dropsical consumption, with the right lung decayed, and the left one considerably diseased; and to aggravate her condition, her heart was also affected. All this made her recovery doubtful; in fact, he thought she could live but a very short time at most, and was liable to drop away at any moment. It was with great difficulty that she could breathe when lying down, and at night rest could be obtained only by being bolstered up in bed in an almost sitting posture. Frequent



spells of coughing and hemorrhages from the lungs had greatly reduced her physical strength. Her weight at that time was only seventy pounds.

Young Ellen G. Harmon related the vision that had been taken from Foss

In this weakened condition, she was instructed, in vision, to go and relate to others what the Lord had made known to her. She was directed to go to Poland, Maine, the place where Foss had failed when trying to relate the vision given to him. Here she related what the Lord had shown her. In an adjoining room, Foss heard the narration; and after meeting he remarked to others, "The vision Ellen related is as near like what was shown to me as two persons could tell the same thing." The next morning, on seeing Sister Harmon, he said, "That is the instrument on whom the Lord has laid the burden."

To Miss Harmon he said, "Be faithful in bearing the burden laid upon you and in relating the testimonies the Lord shall give you, and you will get through to the kingdom." And then, in anguish, he added, "Oh, I am a lost man!"

The gift of prophecy is to be connected to the last work of the people of God

The gift of prophecy, as manifested



through Miss Harmon (now Mrs. E. G. White, she having been married to Elder James White in August, 1846), has been connected with the third angel's message for about fifty-three years. (This article appearing in the RH of 1899.)

The Scriptures show clearly that such a gift is to be connected with the last work of the people of God; that it is to go before in preparing the way for the development of all the gifts, so that the church will "come behind in no gift; waiting for the coming of our Lord Jesus Christ." Such a gift of prophecy was to be connected with a message proclaiming obedience to all God's commandments.

The Lord's time came for the third angel's message

The students of Scripture prophecies have ever claimed that "when the time





comes for the fulfillment of a prophecy, the genuine fulfillment is there and not a counterfeit.” The Lord’s time came for the third angel’s message—for a people to arise, teaching the observance of all the commandments of God—a message with which should also be connected the Spirit of Prophecy. There is just such a message now being given to the world, and the gift of prophecy is connected with it; not to give a new revelation to take the place of the Scriptures, but simplifying and making clear the truths taught therein, and urging the importance of more earnest study of the Sacred Word.

It comes in these times when there is a “form of godliness” without the power, to show us where we are liable to be swerved from the way of God’s eternal truth. It comes as a counselor and guide in the management and extension of the work.

Prove all things, hold fast that which is good

Paul exhorts those who are called the “children of the light”, those who are looking for the second coming of Christ, to “despise not prophesyings [the exercise of the prophetic gift]. Prove all things, hold fast that which is good.” 1 Thes. 5:20, 21. The apostle well knew that in the last times there would be much of Satan’s work, and spurious gifts, that the people of God would be in danger of rejecting the genuine manifestations of the prophetic gift, of “despising”, before duly considering, the gift; hence the exhortation, “Despise not prophesyings....Hold fast that which is good”, which is equivalent to saying, There is to be some good manifestations of the gift of prophecy connected with the last church. Do not allow prejudice to arise, and lead to a despising of such a gift before a candid and careful investigation. Do not at once cast aside a genuine manifestation because you have met something bearing Satan’s mark. Exercise care; for there is to be a true work. Prove it, test it, that the good may be discovered.



We are instructed to try the spirits

In view of the apostle’s admonitions, the Scriptures must furnish rules, or evidence, whereby correct manifestations may be tested. Therefore we are instructed to try the spirits, “because many false prophets are gone out into the world.” 1 John 4:1. And Paul told Timothy that the Scriptures thoroughly furnish “unto all good works.” 2 Tim. 3:17. It is a good work to test the gift of prophecy, that we may find the true workings of the Spirit.

The Scriptures also give account of the condition of true prophets while in vision, as well as of the practical workings of the gift, and rules by which the “good” may be known.

Editor’s note: See September 2009 OFF, “Without a Breath”, and December 2006 OFF, “The Gathering”.



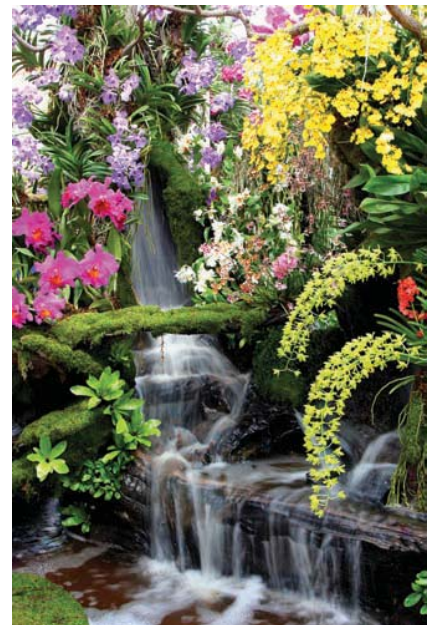
Not in Man's Wisdom

Mrs. E. G. White.

Before his ascension, Christ commissioned his disciples: "All power is given unto me in heaven and in earth. Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you alway, even unto the end of the world." When the disciples prepared themselves for the descent of the Holy Spirit, by putting away all selfishness, all love of supremacy, and all differences, by becoming of one accord, of one mind, divine grace came upon them in a marked manner. The Pentecostal season brought to them the evidences that they were accepted in the Beloved, and that their prayers, ascending to God in faith, would assuredly be answered. The power of the Holy Spirit was given to accompany the preaching of the Word.

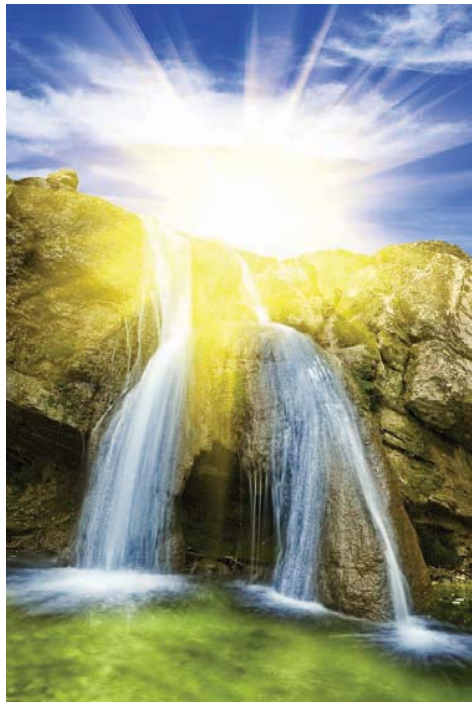
*True power and
wisdom come from
Christ, not man*

In the commission to the disciples, and the descent of the Holy Spirit on the day of Pentecost, Christ shows that power and wisdom are not with the many, and that they do not come from man, but from Christ. The apostle Paul declares: "He is before all things, and by him all things consist. And he is the head of the body, the church: who is the beginning, the first-born



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from the dead; that in all things he might have the pre-eminence. For it pleased the Father that in him should all fulness dwell; and, having made peace through the blood of the cross, by him to reconcile all things unto himself; by him, I say, whether they be things in earth, or things in heaven. And you, that were sometime alienated and enemies in your mind by wicked works, yet now hath he reconciled in the body of his flesh through death, to present you holy and unblameable and unreprieveable in his sight: if ye continue in the faith grounded and settled, and be not moved away from the hope of the gospel, which ye have heard, and which was preached to every creature which is under heaven; . . . even the mystery which hath been hid from ages and from generations, but now is made manifest to his saints: to whom God would make known what is the riches of the glory of this mystery among the Gentiles; which is Christ in you, the hope of glory.”



Father may be glorified in the Son. If ye shall ask anything in my name, I will do it.”

The world cannot receive the Spirit of truth because it does not know him

Christ makes a distinction between those who believe on him and those who do not, and tells his followers the evidence they must give to the world that they love the Saviour, who gave his life a ransom for them. “If ye love me,” he says, “keep my commandments. And I will pray the Father, and he will give you another Comforter, that he may abide with you forever; even the Spirit of truth; whom the world can not receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you.” “He that hath my commandments, and keepeth them, he it is that loveth me: and he that loveth me shall be loved of my Father, and I will love him, and will manifest myself unto him. . . . If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him.”



Nothing in the knowledge of truth and righteousness is to remain a mystery

Speaking to his disciples, Christ said, “It is given unto you to know the mysteries of the kingdom of heaven.” These they were to proclaim to the world. “What ye hear in the ear,” he said on one occasion, “that preach ye upon the housetops;” for there is nothing in the knowledge of truth and righteousness that is to remain a mystery. The door is thrown open for all who believe. “And whatsoever ye shall ask in my name, that will I do, that the

Spiritual discernment is required for understanding the things of God

The apostle Paul declares: “We have received, not the spirit of the world, but the spirit which is of God; that we might know the things which are freely given to us of God. Which things also we speak, not in the words which man’s wisdom teacheth, but which the Holy Ghost teacheth; comparing spiritual things with spiritual. But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned.”

Only by seeing Christ as the truth can we receive him

This scripture explains why men whose minds are occupied with worldly things do not give attention to things of eternal interest. Either God or Satan has the control of the intellect. If man sustains no vital relation to God, he reveals that he is connected with another leader, who is controlling his mind, and holding him in darkness, that he may not see the evidences of truth. The world can not receive the Spirit of truth, because they have not made the truth, which would make them wise unto salvation, their study. They can not receive truth, because they do not see Christ as the truth. They do not know him. “This is life eternal,” said Christ, “that they might know thee, the only true God, and Jesus Christ, whom thou hast sent.”



All who are connected with God will be imbued with his Spirit

Those who know the truth are responsible for those who know it not. As a part of God's great firm, we have a work to do in building up the interests of that firm. As instruments of righteousness, we are to build up the kingdom of God, according to the plans he has laid before us. All who are connected with God will be imbued with his Spirit. The light that has been given them they will communicate to those who are in darkness. They will never cease their efforts to win souls to Christ.

This is the work before all who claim to believe in Jesus. And in this work they will give themselves to God, soul, body, and spirit. They will bear their burden of soul in prayer to God, that those who know him not may be convicted and converted. To neglect this work is to insult Jehovah, to grieve the Holy Spirit, and to prove disloyal to Christ.

Divine wisdom is given to all who ask in faith

The Lord would have all his workers weighted with a wisdom that is divine, that wisdom which God gives to all who ask in faith. Paul said: "And I, brethren, when I came to you, came not with excellency of speech or of wisdom, declaring unto you the testimony of God. For I determined not to know anything among you, save Jesus Christ, and him crucified. And I was with you in weakness, and in fear, and in much trembling. And my speech and my preaching was not with enticing words of man's wisdom, but in demonstration of the Spirit and of power: that your faith should not stand in the wisdom of man, but in the power of God."

Worldly education does not enable one to reach the highest standard

The apostle Paul had all the privileges of a Roman citizen. He was not behind in the Hebrew education; for he had learned at the feet of Gamaliel; but all this did not enable him to reach the highest standard. With all this scientific and literary education, he was, until



Christ was revealed to him, in as complete darkness as are many at this time. Paul became fully conscious that to know Jesus Christ by an experimental knowledge was for his present and eternal good. He saw the necessity of reaching a high standard.

In order to convict and convert sinners, the Spirit of God must come into the work

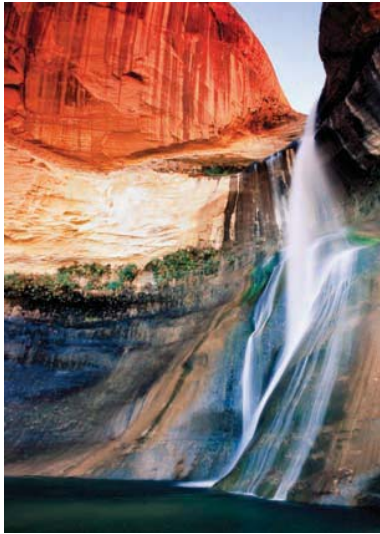
It had been Paul's custom to adopt an oratorical style in his preaching. He was a man fitted to speak before kings, before the great and learned men of Athens, and his intellectual acquirements were often of value to him in preparing the way for the gospel. He tried to do this in Athens, meeting eloquence with eloquence, philosophy with philosophy, and logic with logic; but he failed to meet with the success he had hoped for. His after-sight led him to understand that there was something needed above human wisdom. God taught him that something above the world's wisdom must come to him. He must receive his power from a higher source. In order to convict and convert sinners, the Spirit of God must come into his work, and sanctify every spiritual development. He must eat the flesh and drink the blood of the Son of God.

God has chosen the foolish things of the world to confound the wise

Christ is the mystery of godliness, and God calls for a humble reliance upon him, whose divine aid is promised to all. The church at Corinth did not make the fear of Christ the first, the last, and the best in everything. They were fearful of offending the Jews and the learned heathen, and they were becoming weak. Paul declared to them that he had not come to them with enticing words of man's wisdom, but in demonstration of the Spirit and of power, that their faith might not stand in the wisdom of men, but in the power of God. "Howbeit," he said, "we speak wisdom among them that are perfect: yet not the wisdom of this world, nor of the princes of this world, that come to naught." "For ye see your calling, brethren, how that not many wise men after the flesh, not many mighty, not many noble, are

called: but God hath chosen the foolish things of the world to confound the wise; and God hath chosen the weak things of the world to confound the things which are mighty; and base things of the world, and things which are despised, hath God chosen, yea, and things which are not, to bring to naught things that are: that no flesh should glory in his presence. But of him are ye in Christ Jesus, who of God is made unto us wisdom, and righteousness, and sanctification, and redemption: that, according as it is written, He that glorieth, let him glory in the Lord."

The learned men of the world know not the truth as it is in Jesus



This mystery all the intelligence of human beings is of itself incapable of understanding. Man's learning may be considered supreme, but it is not that higher education which he can take with him into the kingdom of heaven. The learned men of the world, notwithstanding all their intellectual studies, know not the truth as it is in Jesus. In his epistle to the Ephesians, Paul brings to view a kind of education which these supposed intellectual stars have

not: "Blessed be the God and Father of our Lord Jesus Christ," he says, "who hath blessed us with all spiritual blessings in heavenly places in Christ: according as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love: having predestinated us unto the adoption of children by Jesus Christ to himself, according to the good pleasure of his will, to the praise of the glory of his grace, wherein he hath made us accepted in the Beloved."

To as many as receive him, he gives the power to become the sons of God

These divine heights the true believer may reach. All who will may see the mystery of godliness. But it is only through a correct understanding of Christ's mission and work that the possibility of being complete in him, accepted in the Beloved, is brought within our reach. His long human arm embraces the human family; his divine arm grasps the throne of the Infinite, that man may have the benefit of the infinite sacrifice made in his behalf. And to as many as receive him, he gives the power to become the sons of God, even to them that believe on his name.



Human science is not divine enlightenment

There are many who are too exalted in their own opinion to receive this mystery. There is a science that the Most High would have these great men understand; but they can not see the Truth, the Life, the Light of the world. Human science is not divine enlightenment. Divine science is the demonstration of the Spirit of God, inspiring implicit faith in him. The men of the



world suppose this faith to be beneath the notice of their great and intelligent minds, something too low to give attention to; but here they make a great mistake. It is altogether too high for their human intelligence to reach.

True wisdom is infinitely above the comprehension of the worldly wise

The gospel message is far from being opposed to true knowledge and intellectual attainments. It is itself true science, true intellectual knowledge. True wisdom is infinitely above the comprehension of the worldly wise. The hidden wisdom, which is Christ formed within, the hope of glory, is a wisdom high as heaven. The deep principles of godliness are sublime and eternal. A Christian experience alone can help us to understand this problem, and obtain the treasures of knowledge which have been hidden in the counsels of God, but are now made known to all who have a vital connection with Christ. All who will may know of the doctrine.

"He that believeth on me, the works that I do shall he do also"

God is glorified in having channels through which he can communicate the treasures of heaven to a fallen world. Every one who will cleanse his soul of impurity, and let the similitude of Christ's character be placed on his character, will reflect back to God in pure currents the praise and thanksgiving of the souls he has won for Christ. The Saviour says, "Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father."
~July 18, 1899



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.

AMOS AND HIS VISION

By Joe Olson

“The words of Amos, who was among the herdmen of Tekoa, which he saw concerning Israel in the days of Uzziah king of Judah, and in the days of Jeroboam the son of Joash king of Israel, two years before the earthquake.” Amos 1:1. Amos was a prophet of God during the time when the nation of Israel was separated into two different groups...the ten northern tribes, called Israel...and the two southern tribes, called Judah. God gave Amos a vision about what was going to happen to the nations that surrounded Israel and Judah, *and* what was going to happen to Israel and Judah themselves.

GOD IS MEASURING AND WATCHING HIS CHILDREN AT ALL TIMES

“And he said, The LORD will roar from Zion, and utter his voice from Jerusalem; and the habitations of the shepherds shall mourn, and the top of Carmel shall wither.” Amos 1:2. This verse gives the distinct impression that there is a God who is measuring the people and taking into account all that they have done. When people have filled up their cup of guilt and when there is no other way for God to get their attention, something must be done.

There is a heavenly Watcher who is aware of every act and thought of

man, and there will come a day of accountability to every soul. Paul realized this when he wrote in Hebrews 10:31, “It is a fearful thing to fall into the hands of the living God.” Fearful only if you have not committed your life to Him and become one of His children.

Most people do not spend too much time thinking about standing before the “living God” as Paul said, and being accountable for the words, thoughts and deeds of their lives. “For we must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad.” 2 Corinthians 5:10.

REWARD FOR GOOD, PUNISHMENT FOR BAD

Jesus showed the world the love of God, to the extent that all heaven was poured out in the gift of God’s only Son to die for man. It is not possible to love more than God has loved us. Every thought, word and deed of Christ and the heavenly Father is that of love. But few people think about the fact that love is also fair, is righteous, is holy.

Everyone has to receive reward or punishment according to the deeds done in the body. Most of us like the idea of receiving our reward for the good things that we have done, but few consider the punishment we can receive for the bad we have done.

But Amos was given a vision of God roaring from Zion and the earth mourning and the mountaintop of Carmel withering away. This pictures a God who has determined that the time had come to visit the



people and judge them in righteousness. The next 16 verses of Amos address the sins that the surrounding nations of Israel and Judah have committed and what their punishment would be.

God points out the sins of Damascus, Gaza, Tyrus, Edom, Ammon and Moab. If you were to get a Biblical map of the time of Amos, you would see that God addressed here in this book, all of the nations that were north, south, east and west of His people in the Promised Land. In other words, God leaves out no one when the judgments come. Every person will be brought before the judgment seat of Christ. In these 16 verses, from Amos 1:3 to 2:3, God explains why He is punishing these different nations and what their sins were that had brought them into condemnation.

A DAY OF RECKONING IS COMING

You see, all of our sins are faithfully



chronicled in the books of heaven. “And I saw the dead, small and great, stand before God; and the books were opened: and another book was opened, which is the book of life: and the dead were judged out of those things which were written in the books, according to their works.” Rev. 20:12. This is something that the devil wants to keep from our attention.

There is coming a day of reckoning, just as there was in the day of Amos. Everyone will be given their just reward for what they have done. And an interesting point in these verses is that the punishment that these nations received was as a result of the specific infractions against God’s people, or those He had specifically blessed. If you choose to beat up somebody’s kid, try not to pick on the child of the all-powerful God of the universe. That’s just not good planning.

GOD WILL AVENGE HIS CHILDREN

But you see, everyone who is not led by God is led by the devil; and the devil has the most bitter animosity toward God’s children.

So, it stands to reason that if the devil is leading his people, they would naturally be used to cause distress to the children of the One he hates the most.



These verses in Amos are also supposed to be a comfort to the people of God. The example we are given here shows that God is going to address every grievance that His people have against those that have caused them harm and pain. That’s why God says that vengeance is His. “Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord.” Romans 12:19.

GOD WILL BE WITH US, WILL NOT FAIL US, AND WILL NOT FORSAKE US



All of the word of God is a complete, harmonious whole. This is another reason for Bible study - so that we might see that everything God does and says comes together like a perfect tapestry. That being said, we should notice here in Amos that the tribes surrounding the Jews were the very ones that God had commanded the people to remove from the land when they were first brought there from Egypt. This is a very important point. When the Jews left Egypt, and were brought to the Promised Land, God gave them specific instructions to remove all of the people

there, and that they would be helped by Him to accomplish this task.

“Now after the death of Moses the servant of the LORD it came to pass, that the LORD spake unto Joshua the son of Nun, Moses’ minister, saying, Moses my servant is dead; now therefore arise, go

over this Jordan, thou, and all this people, unto the land which I do give to them, even to the children of Israel. Every place that the sole of your foot shall tread upon, that have I given unto you, as I said unto Moses. From the wilderness and this Lebanon even unto the great river, the river Euphrates, all the land of the Hittites, and unto the

great sea toward the going down of the sun, shall be your coast. There shall not any man be able to stand before thee all the days of thy life: as I was with Moses, so I will be with thee: I will not fail thee, nor forsake thee. Be strong and of a good courage: for unto this people shalt thou divide for an inheritance the land, which I swear unto their fathers to give

them.” Joshua 1:1-6.

GOD MEANS EXACTLY WHAT HE SAYS

God said to take over the whole land... everywhere their foot tread upon... from the Euphrates River, which is in the middle of Iraq, all the way west to the Mediterranean Sea. The land of the Hittites referred to in verse 4 was as far north as the Black Sea and included most of modern day Syria and Turkey. On the south, God had said also in verse 4 that they were to possess the land from, “the wilderness.”

The Israelites left Egypt and went east into the wilderness, or Sinai. So, to put it in perspective, the Jews were to possess the land from Egypt in the south, to the Black Sea in the north, to the River Euphrates in the east, to the Mediterranean Sea in the west. God said that there would not be a man able to stand against them. He promised them complete victory over their enemies!

They started in Jericho... you know the story. They walked around the city and the walls fell down. God gave them a miraculous victory! And it was God’s plan to make them victorious over the entire land.



MIRACLE AFTER MIRACLE AFTER MIRACLE

Now let's fast-forward to Joshua chapter 13:1-2... "Now Joshua was old and stricken in years; and the LORD said unto him, Thou art old and stricken in years, and there remaineth yet very much land to be possessed. This is the land that yet remaineth: all the borders of the Philistines, and all Geshuri,". And if you read on into verses 3 through 6, you will see that there were still many tribes and peoples that they had yet not conquered.

God showed His people that He was more than willing to give them all of the land that He had promised... give them all the victories they needed. He started with the miraculous escape from Egypt and pharaoh, and the miraculous plagues. Then the miraculous opening of the Red Sea. Then the miraculous closing of the Red Sea, drowning pharaoh and all his army. Then the miraculous preservation of the Hebrews all during their time in the wilderness. The miraculous water, the miraculous manna, the miraculous pillars of cloud and fire to keep them cool



in the day and warm at night. Then the miraculous crossing of the Jordan River while it was flooded. Then the miraculous falling down of the walls of Jericho. Any question about the Jews seeing miracle after miracle after miracle?

God was making a point that He would be with them all the way. And they begin to possess the land that God promised them, and nation after nation, tribe after tribe were falling before them.

AND THEN... THEY STOPPED

God had Joshua divide the land up between the Israelites and then the individual tribes were to continue their conquest of their lands. Now let's fast



forward again to just after the death of Joshua in the first chapter of Judges... "Now after the death of Joshua it came to pass, that the children of Israel asked the LORD, saying, Who shall go up for us against the Canaanites first, to fight against them?" Judges 1:1.

So far, so good.

They are still fighting the good fight; they are still striving for the victory; they are still trusting in the God who has promised to be with them. The tribes of Judah and Joseph went into the land to subdue it as God had commanded. But look what happened to the rest of the people... "And the children of Benjamin did not drive out the Jebusites that inhabited Jerusalem; but the Jebusites

dwell with the children of Benjamin in Jerusalem unto this day." Judges 1:21.

"Neither did Manasseh drive out

the inhabitants of Bethshean and her towns, nor Taanach and her towns, nor the inhabitants of Dor and her towns, nor the inhabitants of Ibleam and her towns, nor the inhabitants of Megiddo and her towns: but the Canaanites would dwell in that land." Judges 1:27.

"Neither did

Ephraim drive out the Canaanites..."Judges 1:29.

"Neither did Zebulun drive out the inhabitants..."Judges 1:30.

"Neither did Asher drive out the inhabitants..."Judges 1:31.

It goes on, but I think you see what began to happen.

GOD PROMISED THEM THE VICTORY OVER ALL

Now I want to go back to what Amos prophesied...All of these surrounding nations that were north, south, east and west of God's people were going to be punished by God for doing evil to His people. But as we had just read earlier in Joshua and Judges, these people were not

supposed to have been there anymore. God promised them the victory over all of these problems, but the Jews quit fighting; they quit going forward.

This is a crucial point here.

God's people of old are an example to God's people today. God never changes. Just as God miraculously delivered His people from bondage back then, He still offers that same freedom today. And how many of us have been delivered from the bondage of sin and Satan, only to rest after a few victories? God has no desire for us to have half a victory. He wants to give us ALL the land!

GOD ONLY WANTS BLESSINGS FOR US

If you read in Amos about all of the evil things that the surrounding nations did to the Israelites, it will make you sick. And sure enough, God will and did punish them for what they did. But we must not miss the point that none of this



would have happened to them had they done what God commanded them in the first place. This is a recurring theme throughout the Bible. God wants to bless us and help us and give us all we could ever want. Sounds like heaven doesn't it? He wants to give us everything! He wants us to live forever. He wants no pain, no suffering, no sorrow, no complaints... for any of us! But we have not let Him cast out all of our problems yet.

To be sure, most of us will allow God to give us the victory over certain things... maybe even a lot of things. We might allow Him to change our lives a little and

In every single case, where there was a nation or a people left in the land of promise that was *not* overcome by God's power, that nation or people caused constant conflict to the Jews. We are supposed to *learn* from these examples! We can never "get along" with the devil. He will never be satisfied until we are destroyed. This is what Amos was trying to reveal. God was



using Amos to make the point to the Jews then, but also to each one of us today.

GOD WILL GIVE US COMPLETE VICTORY

What wicked nation is still living next to you? The nation of overindulging in food? The nation of meat eating? The nation of not spending time studying God's word? The nation of no exercising? Maybe it's the nation of an unforgiving spirit? How about the nation of impatience? Or the nation of pride?

God will, just like He did with the Israelites, offer us complete victories over our enemies. If we will do what He says, sometimes all we have to do is walk around the problem and shout out and

God will make it fall down. Sometimes we will have to put forth a little more effort. But every time we want the victory, and will fight to obtain it, we are promised that it will be given to us. Believe me; the longer the enemy sits at your doorstep... the harder it will be to remove him. Sometimes the enemies seem too large to tackle. Sometimes they seem like giants.

WHEN WE TAKE GOD AT HIS WORD, WE CANNOT FAIL

Paul addressed these concerns... "What shall we then say to these things? If God be for us, who can be against us?" Romans 8:31. Praise the Lord! Paul is telling us what is actually the obvious. If God, the God of all creation, the God who speaks worlds into existence, the God who inhabits eternity... is FOR us, then who, or what, CAN be against us? We cannot fail! Hallelujah!

But you have to believe you can do it. Jesus said, "All things are possible to him that believeth." There are many, many



quit going to the bars. Maybe we will even allow Him to get us to church. We might even be convinced to start tithing. And these are indeed precious victories. But like the ancient Israelites, if we do not go on and get the rest of the evil away from us, that evil will come back to haunt us.

WE CAN NEVER COMPROMISE WITH THE DEVIL

Do we still have unconverted friends that we spend too much time with? I'm not talking about doing Bible studies with them, I mean just hanging out. Have we cut out the more objectionable TV programming, but we still watch things that we would be uncomfortable having Jesus sit with us and watch? Are you giving of your funds through offerings, besides your tithes, to help in the work? Each example of areas in your life that you realize you need to make a change is like one of the wicked tribes preventing us from enjoying full communion with God. These must be battled against, in God's power, and overcome.



things that we can do if we will just try. For many of us, the devil convinces us to not even try because it seems too large a task, too great an effort.

TOO OLD TO CHANGE AT 60?

I'd like to finish with a story about a man who took on a really large task. He was a doctor...Dr. Kane. He was part of the medical establishment, but he believed that things should change in the medical field. He was a surgeon. Sixty years old. Many people at sixty think that they can do little good or make few changes at this time of their lives. Dr. Kane did not feel this way. You see, Dr. Kane felt that when people were to undergo surgery, even a major surgery, many of them just needed a local anesthetic. Some people have anesthesia allergies and never wake up from anesthesia. Some people have heart conditions, which make putting them under very dangerous. And there were other reasons as well.

But the medical community thought that this was ridiculous. And many people were a little more than worried about being awake during surgery. Dr. Kane was fighting a giant of a problem as an old, or older, man. What Dr.



procedure, the patient suffered but minor discomfort. There was no grogginess to overcome. There were none of the dangers inherent in major anesthesia. And only two days after the surgery, the patient was released to recuperate at home.

Dr. Kane had slain the "giant" of best medical practices of the day and the psychological fear of being awake during surgery. What made this even more significant is that this took place in 1921! He did it! You can do it too! With God's

help, you can do anything you want; you can have any victory you desire. God promises that! Dr. Kane proved that a person can do the impossible.

But I'm not talking about doing the surgery with a local anesthetic. I'm not even

talking about changing the medical practices of the day. I'm talking about Dr. Kane's volunteer. You see... Dr. Kane did just what I said and accomplished just what he did. But the volunteer was what made this task that Dr. Kane performed seem Herculean, or practically impossible.

For the volunteer... was Dr. Kane himself.

NO GIANT TOO BIG WHEN WE HAVE GOD

Dr. Kane performed, under local anesthetic, his own appendectomy. Impossible? Too big a giant? Too old? What does the devil tell you when you are convicted to make a change? Paul said that if God is for us, who can be against us? We can do so much more than we imagine, but we have to quit listening to the devil. Imagine what you can do, imagine what you can have the victory over... and then imagine God standing right there beside you... helping you!



Kane needed, to convince people, was a volunteer; someone who would be willing to risk a major surgery while awake.

DR. KANE'S VOLUNTEER

He found someone. The man had appendicitis. Dr. Kane performed an appendectomy on this man, while the man was wide awake. The surgery was a complete success. Through the entire



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



JESUS, THOU WHO FOR ME DIED

*Jesus, Thou who for me died,
All my soul goes out to Thee;
Keep me closely by Thy side,
In my weakness care for me.
When the storm and tempest break,
Fierce with wrath, upon my head,
Shelter me between Thy feet,
Thy protection o'er me spread.*

*In the darkness and the storm,
In the tempest's wild increase,
Let me see outlined Thy form,
Hear Thy voice commanding peace.
In my weakness make me strong
Through the grace Thou dost impart;
Turn my plaint into a song;
With Thyself fill all my heart.*

*Storm and trial may beset,
Foes encompass me about,
I will neither shrink nor fret,
Thou wilt bring me safely out.
Why should aught my heart appal,
Or my soul with terror fill?
Thou, O Christ, doth rule o'er all,
Working out Thy gracious will!*

*He whose trust is in the Lord
Never shall confounded be;
Needed help is in Him stored,
That from fear we might be free.
None who unto Christ belong
E'er shall come to any harm.
Devils thick their way may throng,
None shall pluck them from His arm.*

--William G. Haeselbart





The Good Shepherd

By Mrs. L. D. Avery-Stuttle

One day my heart was filled with pain,
And bitter tear-drops fell like rain.
In deep despair I hung my head;
"The Master careth not," I said;
"My devious way I can not see;
Why dealeth thus the Lord with me?
The way once open for my feet
He hedgeth up in gloom complete:
His words I once could understand,
Once could I see his guiding hand:
But when he taketh, one by one,
The things I've loved beneath the sun,
How can I say, 'Thy will be done'?
Where once his bow of promise shone
In darkness, and I dwell alone.
I lean no longer on his breast;
Master, why stirreth thou my nest?"

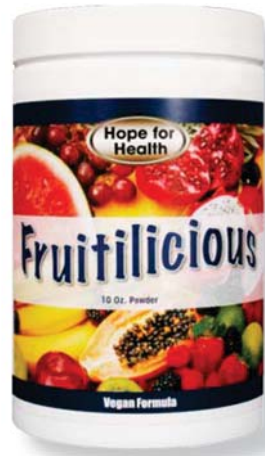
'T was thus I spoke, when, quick it seemed
I closed my eyes, and, sleeping, dreamed.
The sun hung blazing in the sky
Till many a purling brook was dry.
The verdant grass grew crisp and dead,
And rustled 'neath the traveler's tread.
The thirsty floweretse each held up
With withering stem its parched cup,
Until a burning desert seemed
To stretch before me as I dreamed;
While by the stream which once flowed deep,
I saw a shepherd lead his sheep.
I saw the poor sheep, one by one,
Fall fainting 'neath the burning sun;
But though death lurked in that dread spot,
The blinded lambkins knew it not,
In death-like sleep content to lie
Upon the arid field, and die.

But ah! The gentle shepherd knew
Where green fields lay, all wet with dew;
And where, beneath the cooling shade,
The murmuring brooks sweet music made.
And then he said: "I'll lead my sheep
Over the hillside, rough and steep,
Though wild and thorny be the way:
'Tis death, 'tis only death to stay."
Then o'er the desert, wild and grim,
He called his sheep to follow him.
The foolish lambkins answered, "Nay;
We are content; pry let us stay."
And thus they murmured all the way,
From hour to hour, from day to day.
"Why dost thou lead us thus?" they said;
"We see no verdant fields ahead;
We only see the desert bare,
With rock and thorn and blinding glare.
Dost thou not see our bleeding feet?
Thou knowest that our rest was sweet."

Then in his arms the lambs he pressed,
And gently held them in his breast;
And on his shoulders, broad and strong,
He bore the fainting sheep along,
And led his flock o'er hill and plain,
Nor chide them for their murmurings vain,
Until, their every danger passed.
In pastures green they rest at last.
I woke, and dried my blinding tears,
And said, "Begone ye faithless fears!
E'en as the shepherd leads his sheep
O'er hill and dale and chasm deep,
So he, my tender Shepherd, leads
Me gently on, toward flowery meads.
Though rough the journey to the goal,
Fresh pastures wait my weary soul."



Feature Product



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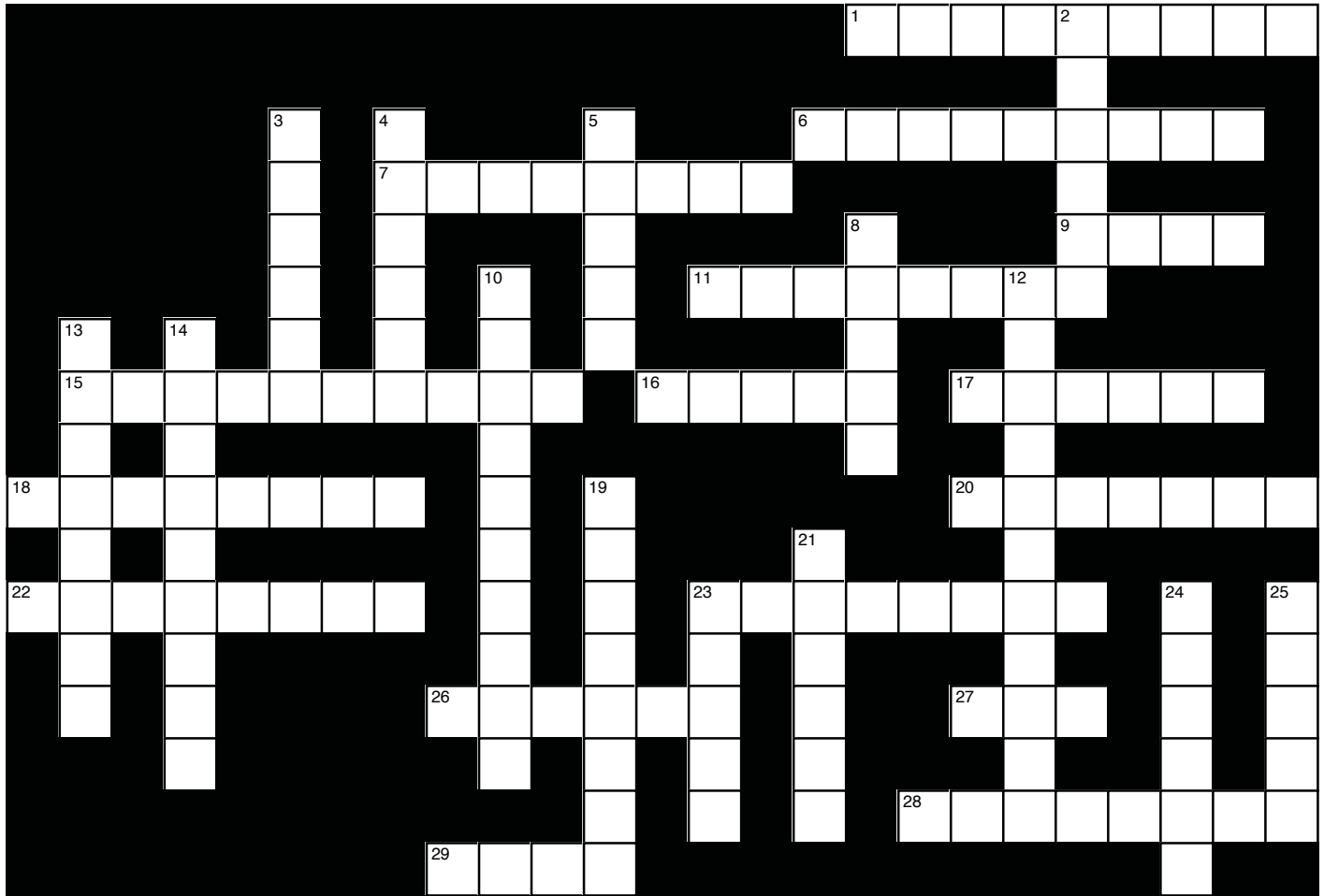
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Christian Crossword



ACROSS

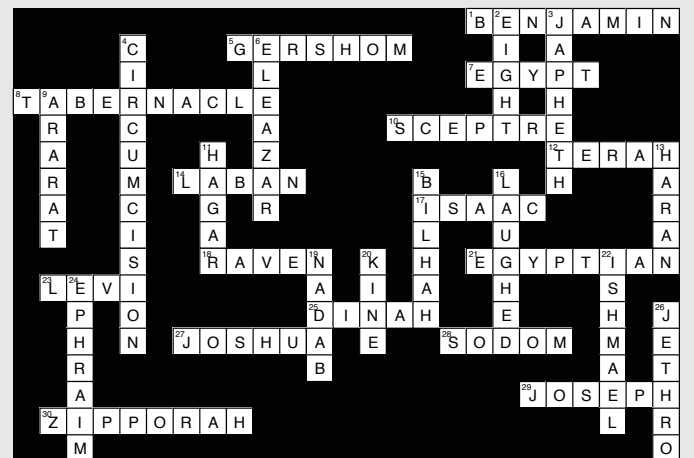
1. "To the law and to the _____."
6. The king that cut up Jeremiah's scroll
7. The city of Jeremiah's father
9. Isaiah was the son of _____
11. A king during the prophetic ministry of Isaiah
15. The Ethiopian that pulled Jeremiah from the miry pit
16. A vision in the Book of Isaiah that spoke of _____ having the two-leaved gates of Babylon opened
17. The first king under whom Jeremiah prophesied
18. The king that gave permission for Jeremiah to be pulled out of the miry pit
20. The father of Jeremiah
22. How many chapters in the Book of Isaiah?
23. The prophet that gave the 70-year prophecy of captivity of the Jews
26. The Babylonian captain of the guard gave Jeremiah a _____
27. The number of wings of a seraphim
28. "My well-beloved hath a _____ in a very fruitful hill."
29. "I have likened the daughter of _____ to a comely and delicate woman."

DOWN

2. Who is the gospel prophet of the Old Testament?
3. Jeremiah's messages were of _____
4. The prophet who prayed for the 70 years of captivity to be ended
5. Jeremiah told the Lord he could not speak for he was a _____
8. "There shall come forth a rod out of the stem of _____."
10. "To what purpose is the multitude of your _____ unto me?"
12. God said through Isaiah, "Incense is an _____ to Me."
13. The king that allowed Jeremiah to be put in the miry pit
14. Jeremiah said, "the heart is _____ above all things."

19. The tribe from which Jeremiah came
21. The occupation of Jeremiah's father
23. The country that Jeremiah prophesied to
24. The king that died the year of Isaiah's vision of the Lord upon His throne
25. "The harvest is past, the summer is ended, and we are not _____."
26. Moses' father-in-law.

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



Health Gem

Dr. Olson

Protein and the Vegetarian Diet - Part 3



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.

Last month we discussed where the outrageously high protein requirements came from and why they're still considered to be healthy. We talked about the tests done on strong men and dogs to try and determine a healthy protein level for humans.

How To Find A Truly Healthy Protein Level

Now to find a healthy protein level, instead of testing a group of strong men (or men who are strong at that point in their life – I think of body builders who are very “strong” but who are not necessarily “healthy”) maybe they should have studied the protein intake of “healthy” groups of people (not dogs) who have 1. Followed a traditional diet over several generations (a long time). And 2. Have **maintained** a reasonable level of good health. Lifelong level of health gives a much clearer picture.

Now, of course even this method tells us little about what *specific amount* of protein a person must have, but it is an interesting case study that probably has more validity than laboratory experiments on dogs, etc.

Japan

For instance, in Japan there are farming districts where dietary habits have been established for hundreds of years (unlike most Western diets which have fluctuated and changed rapidly over the past eighty years or so). In these districts, a primarily vegetarian diet was followed, consisting of many greens, plums, wild fruits, roots and occasionally fish in small amounts. These farmers were in excellent health and performed heavy manual labor all through the day. They consumed an average of 37 grams of protein per day, about **half** the official recommendation. (1)

Pacific Islands

On various islands in the Pacific are tribes of people who have followed the same diet for dozens of generations—fruits, roots and tubers. They enjoy excellent health yet consume only about 15 grams of protein a day. (2)

Fruitarians

Finally, a study was done by Dr. Jaffe of the University of California at Berkeley on the effects of a non-meat diet over several generations. He studied several generations of fruitarians, ranging from young children to adults whose diet consisted principally of all raw fruits, supplemented by occasional nuts and some honey. Their diets supplied them with about 24 to 33



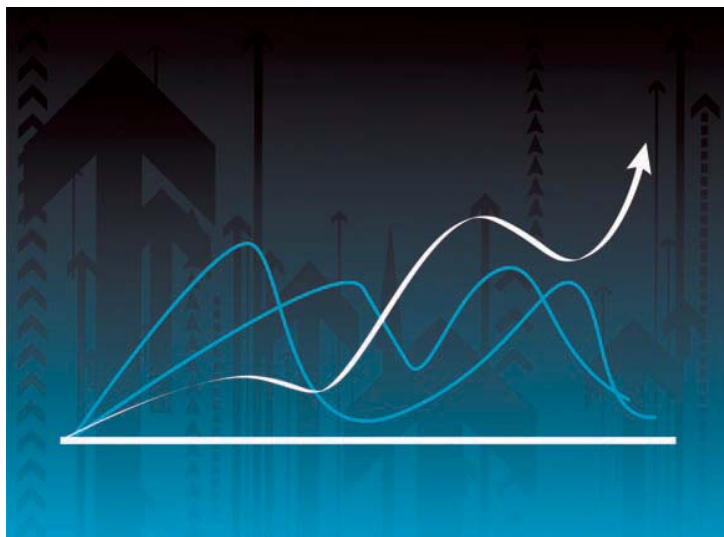
grams of protein a day. **None exhibited any signs of protein deficiency, nor of any other nutrient deficiency. In fact, he discovered all of them to be in exceptional health.** (3)

Obviously, if large groups of people around the world are existing in good health on 15 to 35 grams of protein a day, and have done so over several generations and hundreds of years, with no ill effects or symptoms of deficiency, then they are getting sufficient protein. What is “sufficient” protein, anyway? What is all this fuss about the recommended amount? The recommended amount of protein is just the amount you need to consume in order to promote health and to not become deficient. How can you tell if you're deficient? Symptoms of deficiency:

- Changes in skin pigment
- Loss of muscle mass
- Large belly that sticks out
- Failure to gain weight and grow
- Increased/severe infections
- Swelling (edema)
- Lethargy, apathy, irritability
- Coma or shock (late stage)

Note: These symptoms were **not** seen in the populations eating the 15-35 grams a day!

These symptoms are otherwise known as the disease **kwashiorkor**. Just like a vitamin D deficiency causes rickets,





a protein deficiency causes kwashiorkor. With all of the push toward eating more protein, this disease remains virtually unheard of. Why? Because it's incredibly uncommon, that's why! Most health professionals agree that when kwashiorkor **does** occur in the United States, it is usually a sign of child abuse and **severe** neglect.



Protein Deficiency, or Kwashiorkor

There **are** some ways you can become protein deficient, but it's pretty difficult.

1. Not getting enough **food**. We sometimes see people in famine areas with bloated bellies who *are* suffering from protein deficiency. But they are **also** suffering from deficiencies of *total calories*, iron, calcium, and vitamins A through Z. In short, they are **starving to death**, and their problem is not so much lack of *protein* as it is **lack of everything**.
2. Getting almost all of your calories from alcohol and/or sugar. Sugar contains no protein! Hard liquor contains virtually no protein (beer contains very small amounts.) So if you are an alcoholic sugar junkie who lives off this and virtually nothing else, you may be in danger of protein deficiency.
3. Another possible source of deficiency would be if infants were fed foods that they could not digest; that would lead to a protein deficiency.

Knowing that groups of people are living healthfully on just 15-30 grams a day with NO symptoms of deficiency, seems to show that protein recommendations of 70 grams or more can only be deemed **excessive**. (We'll deal

with the dangers of **too much** protein in an upcoming article).

More Studies

During the last sixty years, several researchers (Rose, Boyd, Berg, et al) each independently proved that between 3.7% and 4.65% of the total food intake was all the protein necessary to maintain good health. These percentages are equivalent to about 24 to 30 grams of protein per day.

Careful investigations by Dr. Max Rubner, director of the Hygienic Institute of the University of Berlin, showed that only 4% of the entire caloric intake had to be in the form of protein. On a 2,500 calorie diet, this is about 100 calories of protein or about 28 grams.

Breast milk, incidentally, which is the "perfect food" for rapidly growing babies – meaning they need lots of "building blocks" for building new cells, provides only 6% of calories as protein!

High Quality vs. Low Quality Protein

Now you know you can easily get enough protein in your diet. The next question people have is, what about quality? Is meat protein of a higher quality than vegetable protein? The answer is a most definite **NO!**

Many people have been taught that animal proteins are of a superior quality than plant proteins because of two main reasons: 1. Animal proteins have **more** essential amino acids *per gram* of protein and 2. Some animal proteins are **better digested** than plant proteins.

First of all, this "*protein quality*" has nothing to do with **amino acid quality**. **Remember, it's the amino acids that your body actually needs.** Lysine from beans has the same chemical structure as lysine from eggs. Protein "*quality*" is **actually** referring to the **quantity** of the amino acids in the protein. Now, all protein-containing foods (basically all

foods) contain all 8 amino acids. It's just in varying amounts.

People say that eggs, cow's milk, meat, and fish are "*high quality*" protein because they have **large amounts** of **all of the 8** essential amino acids. (Soybeans, quinoa (a grain), and spinach are **also** considered high quality proteins because they also contain large amounts of each of the 8 amino acids.)

Many plant-based proteins still have **all** of the essential amino acids, but the amounts of one or two of these amino acids may be lower than the rest, therefore, they are considered "low quality". For example, grains are lower in lysine, and legumes are lower in methionine. Remember, they still have all 8 – just not in the same quantities. Because of this, they are designated as "lower quality proteins". It is a result of this difference that the theory of food-combining (forming "complete proteins") came to be – more on that later.

Plant Protein vs. Animal Protein: Amino Acid Quantity

Now, it **is** true that animal proteins tend to have more essential amino acids per gram of protein, in general, than plant protein. But so what? If all you need is the amino acids from 20 grams of protein, and you eat double that (as most Americans do), even if the amino acids are slightly lower in quantity, by the end of the day, you will have more than met





your requirement! Remember what we talked about last month? Most people are getting way too much protein in their diets anyway!

Plant Protein vs. Animal Protein: Digestibility

The other theory was that animal protein was better because we digest and absorb more of it than the plant protein. Now, our bodies are **extremely** good at digesting protein. We can digest and absorb 70% - 90% of plant protein and 85% - 100% of animal (or human) protein. Remember, we digest human protein all the time -- our own tissues. We're very efficient at reclaiming and recycling our own protein.

So then, what does it really matter what the source of the protein is? Does it really matter if the digestibility of wheat is "only" 91% and that of eggs is 97%? If the amount of protein we generally eat is **far** in excess of our minimum requirements anyway, we will be digesting and absorbing **plenty!**

Food "Combining" or "Protein Complementing"?

Continuing on with the "quality" debate is the issue of food combining. In 1971, a revolutionary new book came out showing the benefits of a meatless diet. It became a multi-million-copy bestseller and convinced many people to try vegetarianism or become vegetarians. That book was "Diet For A Small Planet" by Frances Moore Lappe. This is where the idea of food combining came to be. In her book, she advocated the combining of

a food low in one amino acid with another food containing large amounts of that amino acid at the same meal, in order to get the same quality of protein, which was found in meat.

For instance, eating brown rice with black beans to form a "complete" protein. This got to be a very complicated process, with each meal having definite amounts of specific foods in order to be certain of getting a favorable amino acid mix. Many people got discouraged with the complexity of this approach and eventually gave up the effort and went back to a meat-based diet out of fear of missing one or another of the amino acids.

But since then, she has rejected the idea of strict protein combining, saying, "In combating the myth that meat is the only way to get high quality protein, I reinforced another myth. I gave the impression that in order to get enough protein without meat, considerable care was needed in choosing foods. Actually it is much easier than I thought". -- But this was far less publicized, of course.

So the central thesis of this best-selling book, one which **even today** many vegetarians believe in, **is false**. There's no question that you need all of the amino acids. But virtually all plant foods have ALL of the essential amino acids; and not only are the amino acids there, they are present in **more than enough quantity** to meet the needs of normal adults, as long as you are getting enough calories.

All plant proteins contain all essential amino acids in varying amounts

Anyone who says that we have to eat an amino acid in particular ratios at each meal doesn't really understand how the body deals with protein. What we need to do is to replenish our amino acid pool (explained in Part 1), and the amino acids **do not** have to come from the same protein or even from the same meal! Soy protein can supply the lysine at lunch,

wheat protein can supply the methionine at dinner, and so on and so forth. Which brings us back to the amino acid pool (the circulating amino acids in the blood).

The life of the amino acids is at least 4 to 6 hours after digestion. Protein synthesis goes on all the time and **the source of amino acids** is the amino acid pool, **and not necessarily the proteins you absorb immediately following a meal**. Eating replenishes the amino acid pool, and there is enough of a supply that you don't have worry about eating enough of a particular amino acid at each meal. **It all works out over the course of the day.**

At Hope For Health we recommend eating a balanced diet consisting of a variety of unrefined grains, legumes, seeds, nuts, fruits, and vegetables throughout the day, so that if one food is low in a particular essential amino acid, another food will make up the deficit. It seems that a reasonable estimate of the protein needs of an adult is probably in the 25 to 30 grams daily range -- or about 1 gram per five pounds of body weight. If a person eats this healthful and nutritionally varied diet he can be assured that he will meet this protein requirement, along with all the other nutrient needs. Isn't it great that God made it so simple? No wild charts or rules to follow. Just eat a well-balanced varied diet and you'll get all the protein you need! For 'off-the-charts' energy and nutrition, add Fruitilicious and Living Green Energy to your daily routine!

Next Month:

What about athletes? How much protein do they need?

We'll look at studies of athletes on a vegetarian diet vs. a diet including meat.

We'll list some famous vegetarian/vegan athletes.

If we get protein from animals, where do animals get their protein?

References:

1. <http://www.rawfoodexplained.com/proteins/how-much-protein-do-we-need.html>
2. Ibid.
3. Ibid.



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are at work among men with increasing activity to distract and corrupt the mind, and defile and destroy the body?" {MH 142, 143}

3. MSNbc.com—Associated Press, 11/11/2009

“WASHINGTON — Catholic bishops have emerged as a formidable force in the health care overhaul fight, using their clout with millions of Catholics and working behind the scenes in Congress to get strong abortion restrictions into the House bill. They don’t spend a dime on what is legally defined as lobbying, but lawmakers and insiders recognize that the bishops’ voices matter—and they move votes. Representatives for the bishops were in House Speaker Nancy Pelosi’s Capitol suite negotiating with top officials last Friday evening as they reached the term of the agreement. Earlier in the day, Pelosi, a Catholic and an abortion rights supporter, had been on the phone to Rome with Cardinal Theodore E. McCarrick, Washington’s former archbishop, on the subject.”

End Time Perspective: “Marvelous in her shrewdness and cunning is the Roman Catholic Church. She presents a fair front to the world, covering with apologies her record of horrible cruelties, and declaring that her spirit of persecution no longer exists. But she is the same as in the days of the Reformation, when men of God stood

1. Time Magazine, June 21, 2010—The Moment, page 17, by David Von Drehle--

“In the hellish math of war, more troops battling more enemies leads with grim inevitability to more flag-draped caskets. As President Obama’s surge takes hold against the Afghan insurgency, the number of U.S. and allied casualties is rising sharply. Twenty-nine NATO troops were killed in the first nine days of June, according to an Associated Press tally. Of those, 17 were Americans, including four killed on June 9, when a helicopter was shot down over southern Afghanistan, a Taliban stronghold. The same day, Defense Secretary Robert Gates was in Britain, which lost a warrior of its own that deadly Wednesday, and he counseled patience.”

End Time Perspective: “The peace that Christ gave to His disciples, and for which we pray, is the peace that is born of truth, a peace that is not to be quenched because of division. Without may be wars and fightings, jealousies, envies, hatred, strife; but the peace of Christ is not that which the world giveth or taketh away. {MLT 77}

2. Time Magazine, June 21, 2010—Verbatim, page 21--

“I did not want to do it. The girl intruded into my private life.”—Joran Van Der Sloot, admitting to Peruvian police that he murdered 21 year-old Stephany Flores in a Lima hotel room; Van der Sloot, 22, was a suspect in the 2005 disappearance of American teenager Natalee Holloway in Aruba.”

End Time Perspective: “Every day brings its heart-sickening record of violence and lawlessness, of indifference to human suffering, of brutal, fiendish destruction of human life. Every day testifies to the increase of insanity, murder, and suicide. Who can doubt that satanic agencies



Ellen White Quotes

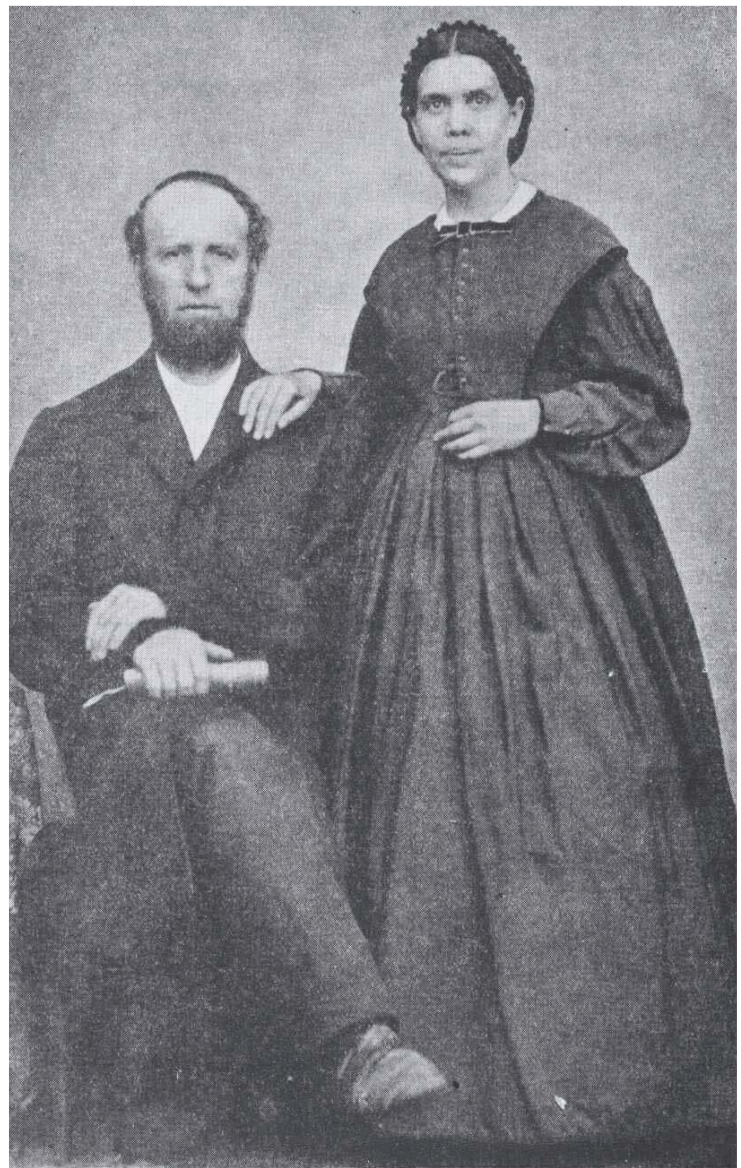
- *“Let Christ be seen in all that you do. Let all see that you are living epistles of Jesus Christ. . . . Be lovable. Let your life win the hearts of all who are brought in contact with you. There is too little done at the present time to render the truth attractive to others”* .-- 2MCP 433
- *“Every word you speak, every action you perform, has an influence for good or evil upon those who associate with you; and, oh! how necessary it is that you have Christ dwelling in your heart by faith, that your words may be words of life, and your works, the works of love.”*--RH, June 12, 1888
- *“It is of the greatest importance to us that we surround the soul with the atmosphere of faith. Every day we are deciding our own eternal destiny in harmony with the atmosphere that surrounds the soul. We are individually accountable for the influence that we exert, and consequences that we do not see will result from our words and actions.”*--2MCP 433
- *“It is a very delicate thing to deal with human minds. You may stand up stiffly, and never, never soften their hearts; or you may come close to the afflicted soul and with a heart full of love lead him away from the enemy's battleground, not drive him there and leave him there to become the sport of Satan's temptations.”*--2MCP 435
- *“We cannot afford to be in any way a hindrance to others. Each has his own peculiar temptations and trials, and we are to stand in a position where we can help and strengthen the tempted. We are to encourage, and, if possible, lift up those that are weak in the faith. By speaking of the promises of God, we may sometimes remove depression from the minds of those who are in trial and difficulty.”*--2MCP 435
- *“He who seeks to transform humanity must himself understand humanity. Only through sympathy, faith, and love can men be reached and uplifted. Here Christ stands revealed as the Master Teacher; of all that ever dwelt on the earth, He alone has perfect understanding of the human soul.”*--2MCP 438
- *“Let us not try to work ourselves or others, but let us depend upon the Holy Spirit. Deal gently with human beings. With hearts full of spiritual tenderness, melt your way into convicted hearts. Let your words be dipped in the heavenly oil from the two olive branches. We need the golden oil emptied into prepared vessels, that it may be communicated to those who are seeking for the truth. Ever remember that it is ‘not by might, nor by power, but by my Spirit, saith the Lord of hosts.’”*--2MCP 440
- *“It is within the power of everyone to choose the topics that shall occupy the thoughts and shape the character.”*--2MCP 655
- *“The actual discipline of life is made up of the little things. The training of the thoughts is essential.”*--2MCP 656
- *“The training of the heart, the control of the thoughts, in cooperation with the Holy Spirit, will give control of the words. This is true wisdom, and will ensure quietness of mind, contentment and peace. There will be joy in the contemplation of the riches of the grace of God.”*--2MCP 656
- *“There is earnest work before each one of us. Right thoughts, pure and holy purposes, do not come to us naturally. We shall have to strive for them.”*--RH, Nov 28, 1899

■ *“We need a constant sense of the ennobling power of pure thoughts and the damaging influence of evil thoughts. Let us place our thoughts upon holy things. Let them be pure and true, for the only security for any soul is right thinking. We are to use every means that God has placed within our reach for the government and cultivation of our thoughts. We are to bring our minds into harmony with His mind. His truth will sanctify us, body and soul and spirit.”--2MCP 659*

■ *“I have been shown that we must be guarded on every side and perseveringly resist the insinuations and devices of Satan. He has transformed himself into an angel of light and is deceiving thousands and leading them captive. The advantage he takes of the science of the human mind is tremendous. Here, serpentlike, he imperceptibly creeps in to corrupt the work of God. The miracles and works of Christ he would make appear as the result of human skill and power.”--2MCP 698*

■ *“The light of truth which God designs shall come to the people of the world at this time is not that which the world’s men of learning are seeking to impart, for these men in their research often arrive at erroneous conclusions, and in their study of many authors become enthused with theories that are of satanic origin. Satan, clothed in the garb of an angel of light, presents for the study of the human mind subjects which seem very interesting and which are full of scientific mystery. In the investigation of these subjects, men are led to accept erroneous conclusions and to unite with seducing spirits in the work of propounding new theories which lead away from the truth.”--9T 67, 68*

■ *“He who has a knowledge of God and His word has a settled faith in the divinity of the Holy Scriptures. He does not test the Bible by man’s ideas of science. He brings these ideas to the test of the unerring standard. He knows that God’s word is truth, and truth can never contradict itself; whatever in the teaching of so-called science contradicts the truth of God’s revelation is mere human guesswork.”-8T 325*



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