

our firm
FOUNDATION

Volume 26, Number 3 • March 2011

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

COVER STORY:

**THE
LATTER RAIN
NO. 1**

ALSO IN THIS ISSUE:

The Bible Museum Opened - Dagon's Stump

The Church's Greatest Need

Solemn Thought

Why Choose Jesus?

The Two Prayers

O Worship the Lord

An Example of Faithfulness

With Whom Will You Be?

Health Gem: Quercetin: A Rising Star for Nerves, Immunity, and Metabolism – Part 1



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.

Recently I received a phone call from a friend who mentioned to me that the new, young pastor of his church had chosen for their prayer meeting material a book written by Rick Warren called the Purpose Driven Church.

I had received a similar call from my daughter a year or two ago. In her case, she and my son and the head elder of the church had approached the pastor about studying a book by Ellen White rather than one by Rick Warren. The pastor finally agreed.

My question is: Why do we want to go to the world to get materials to study when many of us are not well acquainted with the materials God has given us through His prophet?

Rick Warren may have some good materials, but these are often mixed with materials that come from another source than God. Rick Warren is a Sunday keeper and does not preach the Three Angels' Messages. God has given us a prophet with more materials than any woman has ever written before. I am sure we could find valuable counsel directly from God that would better prepare our church for Evangelism, and prepare us individually for the second coming of the Lord. "Where there is no vision, the people perish." Proverbs 29:18.

In the church I attend, and have attended for over 16 years, we are currently studying The Acts of the Apostles in a depth that few people study it. There is material in this book that is appropriate for our time when we are seeking for the outpouring of the Holy Spirit in the latter rain.

Before the Acts of the Apostles, we studied the Desire of Ages, and before

that, The Great Controversy. We have studied all of these books before, but have been blessed even through studying them a second or third time. No one in our Sabbath School classes was bored or disinterested. Our teachers reached a depth of study that we had not reached in our earlier studies. Somewhere I have read that you need to go over something many times before it becomes yours.

Could it be better to study a book of the Bible rather than an uninspired author of an outside church? Are we like the Jews who went to the surrounding nations and their idols to enhance their worship practices?

If we were studying the works of our prophet, we might also enhance our church worship services. My article this month is a study of inspired writings

Are we carrying on conversations, shaking each other's hands, greeting one another, and in other ways showing disrespect in God's sanctuary without even realizing it?

concerning our attitudes of worship within the sanctuary of God. Have we lost the reverence that we should have for the Sovereign of the Universe when we are appearing before Him in his sanctuary?

Are we carrying on conversations, shaking each other's hands, greeting one another, and in other ways showing disrespect in God's sanctuary without even realizing it? Can we not save these items which can be loving and good under the right conditions for the area outside the sanctuary? Have we lost the reverence that Daniel, John and others before us had when in the presence of the Most High God?

Many of us have no real idea of what it means to have reverence before God, because we have not been encouraged to read and study the materials so bountifully supplied through our prophet by inspiration of our God. Have our pastors read these materials?

Remember: "Surely the Lord God will do nothing, but he revealeth his secret unto his servants the prophets. Amos 3:7.

"We need more to be shut in the audience with God. There is need of guarding our own thoughts. We are surely living amid the perils of the last days. We must walk before God meekly, with deep humility, for it is only such that will be exalted." OHC 340.

Dear Brothers and Sisters, I share these thoughts in this editorial, not with the idea of criticizing our pastors in any way,

but I know, through having been an ordained Seventh-day Adventist pastor for many years, that we sometimes want to have something that we think is new and exciting to share

with our parishioners, when, if we would study more deeply the Spirit of Prophecy and the Bible, we would find everything we need right there.

And again, shouldn't we be studying these materials on a daily basis ourselves, whether instructed to do so by our pastors or not. May the Lord be your guide!

"Those who realize the greatness and majesty of God, will take His name on their lips with holy awe. He dwelleth in light unapproachable; no man can see Him and live. I saw that these things will have to be understood and corrected before the church can prosper." EW 122.

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

About Hope International:

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

Invitation to Writers

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

Subscription Information: See page 29 • Shipping & Sales Tax: See page 29

Content credited in this publication is the property of its respective owner(s) and is licensed or used with permission. Other items are the property of Hope International.

cover story

06 The Latter Rain No. 1
Meade MacGuire

features

04 The Bible Museum Opened
A.L.O.E

08 The Church's Greatest Need
Mrs. E. G. White

11 Solemn Thought
Margaret Locke

12 Why Choose Jesus?
Joe Olson

16 The Two Prayers
Mrs. L. R. Reynolds

17 O Worship the Lord
Clark Floyd

20 An Example of Faithfulness
Mrs. E. G. White

31 Ellen White's Vision: With Whom Will You Be?

departments

02 Editorial

23 Christian Crossword

24 Health Gem
Quercetin: A Rising Star for Nerves, Immunity, and Metabolism – Part 1

28 News Watch

ad features

27 Heart Maximizer

30 Pain Eraser



The Bible Museum Opened

By A. L. O. E.
1883

There are many objects of deep interest for the student of Scripture, the accounts that have been “written for our learning,” objects which we are to contemplate with earnest interest and from which we can draw rich spiritual lessons.

da^gon’s stump

Conquerors are wont to hang up trophies of victories, the arms the standards won from the enemy; it is as such a trophy that this mutilated, unsightly idol, or rather fragment of an idol, is preserved in the Scripture collection, a witness to the power of the God of salvation, by whom at length all idols shall be utterly abolished, when the knowledge of the Lord shall cover the earth, as the waters cover the sea.

Who shall deliver us out of the hands of these mighty Gods?

The Philistines had won a great victory at Ebenezer; their foes had fled before them: there had been a very great slaughter; thirty thousand of the warriors of Israel had fallen on that fatal day, and a terrible wail of woe had risen from the dwellings of Shiloh. The rejoicings of

the victors were the more exultant from the fears which had beset them before the fight began. The worshippers of Dagon had a dread of the power of the God of the Hebrews. The Ark of the Covenant had, before the battle, been brought into the camp of Israel, and had been welcomed there as a pledge of certain victory. All Israel had shouted with a great shout, so that the earth rang again; and the sound of that exulting cheer had reached the camp of the Philistines; and spread there a feeling of foreboding and alarm. The Philistines had been afraid, and they had said, “God is come into the camp! Woe unto us! For there hath not been such a thing heretofore. Woe unto us! Who shall deliver us out of the hand of these mighty Gods? Be strong and quit yourselves like men, O ye Philistines, that ye be not servants unto the Hebrews, as they have been to you: quit yourselves like men and fight!”

The Ark of the Covenant was brought into the temple of Dagon

Thus with something like the courage of despair had the Philistines entered on the conflict. Victory seems to have taken them by surprise, and the more unexpected, the more welcome must it have been. Glorious tidings were borne to Askelon, loud were the rejoicings in

Gath; Israel had been signally defeated, the Ark of the Lord had been taken, the Hebrew priests had fallen while vainly defending it. There was wild exultation in England after a Cressy, or an Agincourt, but there was an element in the triumph of the Philistines which was wanting to swell the joy of our ancestors; the victory of Eben-ezer was not merely success in a hard-fought battle between rival hosts of races—it was deemed the triumph of Dagon, the fish-god, over the God of Israel. It was into the temple of Dagon that the Ark of the Covenant was exultingly brought, the noblest trophy of victory, a token of the conquering might of him whom the Philistines worshipped.

Only the stump of Dagon remained

But God then, as ever, over-ruled the brief triumph of His enemies to His own glory. When the priests of Ashdod arose early in the morning, to their horror they beheld their idol prostrate on the earth before the Ark of the Lord. Surely this might have proved to them the folly of bowing down to that which had fallen before the symbol of God’s presence. But the evident helplessness of Dagon seems to have made no change in the infatuation of his priests. They set him in his place again; he was still the god of the





Philistines!

Yet more signally was the worthlessness of the idol to be proved in the sight of his priests. When they arose early on the morrow, behold Dagon was fallen on his face to the ground before the Ark of the Lord; and the head of Dagon and both the palms of his hands were cut off upon the threshold; only the stump (or fishy part) of Dagon was left.

The miserable relic of superstition was still their god

Here was evidence calculated to convince even the most superstitious of the folly of idolatry. The head—the supposed seat of knowledge and wisdom—was wanting; the hands—the emblems of power—were broken off. Dagon had evidently no means of helping either himself or his worshippers. Might we not have expected that conviction of the absurdity of adoring such an image would have flashed across the minds of the priests and people of Ashdod; that the temple would have rung with the shout, “The Lord, He is God! The Lord, He is God!” Nay; the idol was broken indeed, but the stump remained to be venerated still! The very threshold on which it had lain prostrate was for its sake treated with respect. The miserable relic of superstition was still spoken of as “Dagon our god!”

The human heart still sets up its idol

Such infatuation might well surprise us, did we not so frequently see its counterpart now. The human heart still sets up its idol; the young, full of hope and joy like the Philistines after their victory, pay homage to the world, and expect from it those pleasures and delights which it is ever promising to bestow. Dagon has a lofty shrine, and many bow down before it. Then comes some providential dispensation of sorrow, that opens the eyes to the fact that the world and the things of the world have no power to secure our peace. Have we not known such a moment, when Dagon is seen prostrate on earth, and we feel that he is indeed an idol? Happy for us if the knowledge makes us turn to One who is over all, God exalted for ever!

Even those who know the hollowness of the world and its sinful pleasures, worship the stump

But it is not always that sorrow and disappointment wean the soul from the world. We too often find Dagon set up again on his shrine, and as ardently worshipped as ever. Yes, even the gray-headed, the weary-hearted, who from repeated trials know the hollowness of the

world and its sinful pleasures—who have, as it were, but the stump of the idol left—too often, even to the last, fondly worship that stump! The dreary lament may be heard,—

“My days are in the yellow leaf—
The flower, the fruit of love are gone;
The worm, the canker, and the grief
Remain alone!”

without one sigh of true penitence, one upward look towards Him who can give rest to the heavy laden.

Our last subject of thought was sanctified sorrow, that sorrow which must be succeeded by joy as—

“Morning is ever the daughter of Night;” but it is well to remember that there is also a sorrow of the world, that worketh death. If God throw down our idols, it is not that we should raise them again and adore them all broken and mutilated as they may be. Rather be ours the prayer of the Christian poet—

“The dearest idol I have known,
Whate’er that idol be,
Help me to tear it from Thy throne,
And worship only Thee!”



THE LATTER RAIN NO. 1

Editor's Note: Several articles on the Latter Rain were written for the Review and Herald from June 3 to August 12, 1943, with the hope of encouraging God's people to get ready for the outpouring of the Latter Rain—We repeat these articles for the same reason.

By Meade MacGuire

Before departing from this world, Jesus promised definitely that He would return to take His people to the heavenly mansions He had prepared for them. (John 14:1-3). On one occasion the disciples came to Him with the pointed question, "What shall be the sign of Thy coming, and of the end of the world?" In reply He foretold many events which would precede His coming, and He declared that the generation witnessing these events would not pass till all these things were fulfilled. (Matt. 24:3, 34).

NOW THE WORLD ENTERS ITS FINAL CRISIS

Later, through the apostle John, the Lord revealed that a mighty message would be carried to every nation, kindred, tongue, and people, announcing that the hour of God's judgment had come. (Rev. 14:6, 7). This was to be God's final appeal to a doomed world. Those who accept it will be prepared to meet the coming King of kings.

All through the ages God has done all that infinite love and mercy could do to lead men

to accept the plan of salvation. Now the world enters its final crisis. God purposes to manifest His divine love and power once more through His people, in order to attract and win all who will accept the Saviour.

WHY HAS THE SAVIOUR NOT YET COME?

Ninety-eight years ago (from the time when Brother MacGuire wrote this) this judgment hour message was proclaimed with mighty power all around the world. Thousands were awakened and convinced of the truth, and they immediately prepared for the coming of the Lord. For years the message was preached and men were urged to prepare quickly, for there was no time to lose. Decade after decade passed. Our



organization has reached out all over the earth. Our institutions are numerous and our plans many.

Today we are faced with the solemn and imperative question, which should grip the heart of every advent believer, Why has the Saviour not come? Was it the purpose of God when this message was first given that the coming of Christ should be so long delayed? Can we know the answer to these questions?

GOD DOES NOT WORK ARBITRARILY THROUGH HIS CHILDREN

We believe that a careful study of God's word and the testimony of His messenger make it very plain that while God foreknew the delay, it was not His purpose or desire. We can find a clear explanation of what has caused the delay and what God urges His people to



do immediately, that there may be delay no longer, but that the way may be prepared for His coming.

We need to understand that God does not work arbitrarily through His children, but that as they accept His word and co-operate with the divine agencies at work in the world, He uses them to carry out His plans. This great second advent movement which has been carried forward by the people of God is represented as a mighty angel flying “in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth.” Rev. 14:6.

GREATER POWER IS PROMISED BEFORE THE WORK IS FINISHED

Divine power has attended the giving of this message from the beginning, but greater power is promised before the work is finished.

“After these things I saw another angel come down from heaven, having great power; and the earth was lightened with his glory. And he cried mightily with a strong voice.” Rev. 18:1, 2.

We understand this to mean that God’s people will be clothed with great power by the Holy Spirit, as at Pentecost, which will result in the “loud cry” and will lighten the earth with the glory of God.

THE BESTOWAL OF SPIRITUAL GRACE IN EXTRAORDINARY MEASURE WILL BE UPON GOD’S CHURCH

“It is true that in the time of the end, when God’s work in the earth is closing, the earnest efforts put forth by consecrated believers under the guidance of the Holy Spirit are to be accompanied by special tokens of divine favor. Under the figure of the early and the latter rain, that falls in Eastern lands at seedtime and harvest, the Hebrew prophets foretold the bestowal of spiritual grace in extraordinary measure upon God’s church. The outpouring of the Spirit in the days of the apostles was the



beginning of the early, or former, rain, and glorious was the result. To the end of time, the presence of the Spirit is to abide with the true church.

THIS OUTPOURING OF THE SPIRIT IS LIKENED TO THE FALLING OF THE LATTER RAIN

“But near the close of earth’s harvest, a special bestowal of spiritual grace is promised to prepare the church for the coming of the Son of man. This outpouring of the Spirit is likened to the falling of the latter rain; and it is for this added power that Christians are to send their petitions to the Lord of the harvest ‘in the time of the latter rain’. In response, ‘the Lord shall make bright clouds, and give them showers of rain.’ ‘He will cause to come down...the rain,



the former rain, and the latter rain.” AA 54, 55.

For years we have preached to the world that the hour of God’s judgment is come, and that the Saviour is coming in this generation. We expected Him to come many years ago, and we urged people to prepare at once to meet Him. Some may think that we were mistaken in this positive announcement, but those whose faith is firmly founded on God’s word have no such misgivings.

WE BELIEVE THAT GOD FOREKNOWS THE END FROM THE BEGINNING

Others seem to think that the Lord has a certain date determined for the coming of Christ, and when that time arrives, He will appear. They do not believe that anything which occurs in this world affects God’s plans. We believe that God foreknows the end from the beginning. But we have many positive statements telling us that it is not God’s will that the coming of the Lord should be so long delayed.

GOD’S PEOPLE ARE PRIMARILY RESPONSIBLE FOR THE DELAY

“If those who claimed to have a living experience in the things of God had done their appointed work as the Lord ordained, the whole world would have been warned ere this, and the Lord Jesus would have come in power and great glory.” RH, Oct. 6, 1896.

“Had the purpose of God been carried out by His people in giving to the world the message of mercy, Christ would, ere this, have come to the earth, and the saints would have received their welcome into the city of God.” 6T 450.

These unequivocal statements show not only that the Saviour desired to come and could have many years ago, but that those who professed to be His people and were giving His message are primarily responsible for the delay. Surely it is time for us to face this matter earnestly and learn what God would have us do.



The Church's Greatest Need

By Mrs. E. G. White

come upon the church before we shall arouse? Are we hoping to see the whole church revived? That time will never come.

WE MUST ENTER UPON THE WORK INDIVIDUALLY

There are persons in the church who are not converted, and who will not unite in earnest, prevailing prayer. We must enter upon the work individually. We must pray more, and talk less. Iniquity abounds, and the people must be taught not to be satisfied with a form of godliness without the spirit and power. If we are intent upon searching our own hearts, putting away our sins, and correcting our evil tendencies, our souls will not be lifted up unto vanity; we shall be distrustful of ourselves, having an abiding sense that our sufficiency is of God.

UNBELIEF AND DOUBTS ENCOURAGE THE PRESENCE OF EVIL ANGELS

We have far more to fear from within than from without. The hindrances to strength and success are far greater from the church itself than from the world. Unbelievers have a right to expect that those who profess to be keeping the commandments of God and the faith of Jesus, will do more than any other class to promote and honor, by their consistent lives, by their godly example and their active influence, the cause which

they represent. But how often have the professed advocates of the truth proved the greatest obstacle to its advancement! The unbelief indulged, the doubts expressed, the darkness cherished, encourage the presence of evil angels, and open the way for the accomplishment of Satan's devices.

SATAN AND HIS ANGELS ARE ACTIVELY AT WORK TO SECURE A HARVEST

The adversary of souls is not permitted to read the thoughts of men;

A revival of true godliness among us is the greatest and most urgent of all our needs. To seek this should be our first work. There must be earnest effort to obtain the blessing of the Lord, not because God is not willing to bestow his blessing upon us, but because we are unprepared to receive it. Our Heavenly Father is more willing to give his Holy Spirit to them that ask him, than are earthly parents to give good gifts to their children. But it is our work, by confession, humiliation, repentance, and earnest prayer, to fulfill the conditions upon which God has promised to grant us his blessing. A revival need be expected only in answer to prayer. While the people are so destitute of God's Holy Spirit, they cannot appreciate the preaching of the word; but when the Spirit's power touches their hearts, then the discourses given will not be without effect. Guided by the teachings of God's word, with the manifestation of his Spirit, in the exercise of sound discretion, those who attend our meetings will gain a precious experience, and returning home, will be prepared to exert a healthful influence.

WE WILL NEVER SEE THE WHOLE CHURCH REVIVED

The old standard-bearers knew what it was to wrestle with God in prayer, and to enjoy the out-pouring of his Spirit. But these are passing off from the stage of action; and who are coming up to fill their places? How is it with the rising generation? Are they converted to God? Are we awake to the work that is going on in the heavenly Sanctuary, or are we waiting for some compelling power to



but he is a keen observer, and he marks the words; he takes account of actions, and skillfully adapts his temptations to meet the cases of those who place themselves in his power. If we would labor to repress sinful thoughts and feelings, giving them no expression in words or actions, Satan would be defeated; for he could not prepare his specious temptations to meet the case.

But how often do professed Christians, by their lack of self-control, open the door to the adversary of souls! Divisions, and even bitter dissensions which would disgrace any worldly community, are common in the churches, because there is so little effort to control wrong feelings, and to repress every word that Satan can take advantage of. As soon as an alienation of feeling arises, the matter is spread before Satan for his inspection, and the opportunity given for him to use his serpent-like wisdom and skill in dividing and destroying the church. There is great loss in every dissension. Personal friends of both parties take sides with their respective favorites, and thus the breach is widened. A house divided against itself cannot stand. Criminations and recriminations are engendered and multiplied. Satan and his angels are actively at work to secure a harvest from seed thus sown.

WE CANNOT PREPARE THE WAY BY GAINING THE FRIENDSHIP OF THE WORLD

Worldlings look on, and jeeringly exclaim, "Behold how these Christians hate one another! If this is religion, we do not want it." And they look upon themselves and their irreligious characters with great satisfaction. Thus they are confirmed in their impenitence, and Satan exults at his success.

The great deceiver has prepared his wiles for every soul that is not braced for trial and guarded by constant prayer and living faith. As ministers, as Christians, we must work to take the stumbling-blocks out of the way. We must remove every obstacle. Let us confess and forsake every sin, that the way of the Lord may be prepared, that he may come into our assemblies and impart his rich grace. The world, the flesh, and the Devil must be overcome. We cannot prepare the way by gaining the friendship of the world, which is enmity with God; but by his help we can break its seductive influence upon ourselves and upon others. We cannot individually or as a body secure ourselves from the constant temptations of a relentless and determined foe; but in the strength of Jesus we can resist them.

THERE MUST BE A WITHDRAWAL FROM CONFORMITY TO THE WORLD

From every member of the church a steady light may shine forth before the world, so that they shall not be led to inquire, What do these people more than others? There can be and must



be
a
withdrawal
from conformity to
the world, a shunning of
all appearance of evil, so that
no occasion shall be given for
gainsayers. We cannot escape
reproach; it will come; but we should be very careful that we are
not reproached for our own sins or follies, but for Christ's sake.

IF SATAN HAD HIS WAY, THERE WOULD NEVER BE ANOTHER AWAKENING TO THE END OF TIME

There is nothing that Satan fears so much as that the people of God shall clear the way by removing every hindrance, so that the Lord can pour out his Spirit upon a languishing church and an impenitent congregation. If Satan had his way, there would never be another awakening, great or small, to the end of time. But we are not ignorant of his devices. It is possible to resist his power. When the way is prepared for the Spirit of God, the blessing will come. Satan can no more hinder a shower of blessing from descending upon God's people than he can close the windows of heaven that rain cannot come upon the earth.

Wicked men and devils cannot hinder the work of God, or shut out his presence from the assemblies of his people, if they will, with subdued, contrite hearts, confess and put away their sins, and in faith claim his promises. Every temptation, every opposing influence, whether open or secret, may be successfully resisted, "not by might, nor by power, but by my Spirit, saith the Lord of hosts."

GOD DOES NOT NOW ACCEPT A TAME, SPIRITLESS TESTIMONY FROM HIS MINISTERS

We are in the great day of atonement, when our sins are, by confession and repentance, to go beforehand to Judgment. God does not now accept a tame, spiritless testimony from his ministers. Such a testimony would not be present truth. The message for this time must be meat in due season to feed the church of God. But Satan has been seeking gradually to rob this message of its power, that the people may not be prepared to stand in the day of the Lord.

EACH OF US HAS A CASE PENDING IN THE COURT OF HEAVEN

In 1844 our great High Priest entered the most holy place

of the heavenly Sanctuary, to begin the work of the investigative Judgment. The cases of the righteous dead have been passing in review before God. When that work shall be completed, judgment is to be pronounced upon the living. How precious, how important are these solemn moments! Each of us has a case pending in the court of heaven. We are individually to be judged according to the deeds done in the body. In the typical service, when the work of atonement was performed by the high priest in the most holy place of the earthly sanctuary, the people were required to afflict their souls before God, and confess their sins, that they might be atoned for and blotted out. Will any less be required of us in this antitypical day of atonement, when Christ in the Sanctuary above is pleading in behalf of his people, and the final, irrevocable decision is to be pronounced upon every case?

WE MUST CONFESS OUR SINS THAT THEY MAY BE BLOTTED OUT

What is our condition in this fearful and solemn time? Alas, what pride is prevailing in the church, what hypocrisy, what deception, what love of dress, frivolity, and amusement, what desire for the supremacy! All these sins have clouded the mind, so that eternal things have not been discerned.

Shall we not search the Scripture, that we may know where we are in this world's history? Shall we not become intelligent in regard to

the work that is being accomplished for us at this time, and the position that we as sinners should occupy while this work of atonement is going forward? If we have any regard for our souls' salvation, we must make a decided change. We must seek the Lord with true penitence; we must with deep contrition of soul confess our sins, that they may be blotted out.

WE ARE FAST APPROACHING THE CLOSE OF PROBATION

We must no longer remain upon the enchanted ground. We are fast approaching the close of our probation. Let every soul inquire, How do I stand before God? We know not how soon our names may be taken into the lips of Christ, and our cases be finally decided. What, oh, what will these decisions be! Shall we be counted with the righteous, or shall we be numbered with the wicked?

ALL EFFORT IS USELESS UNLESS THE ATTENTION OF THE PEOPLE CAN BE GAINED

Let the church arise, and repent of her back-slidings before

God.

Let the watchmen awake, and give the trumpet a certain sound. It is a definite warning that we have to proclaim. God commands his servants, "Cry aloud, spare not, lift up thy voice like a trumpet, and show my people their transgression, and the house of Jacob their sins." The attention of the people must be gained; unless this can be done, all effort is useless; though an angel from heaven should come down and speak to them, his words would do no more good than if he were speaking into the cold ear of death.

The church must arouse to action. The Spirit of God can never come in until she prepares the way. There should be earnest searching of heart. There should be united, persevering prayer, and through faith a claiming of the promises of God. There should be, not a clothing of the body with sackcloth, as in ancient times, but a deep humiliation of soul. We have not the first reason for self-congratulation and self exaltation. We should humble ourselves under the mighty hand of God. He will appear to comfort and bless the true seekers.

WE HAVE NO TIME TO LOSE, NO TIME TO BE ENGAGED IN SELFISH PURPOSES

The work is before us; will we engage in it? We must work fast, we must go steadily forward. We must be preparing for the great day of the Lord. We have no time to lose, no time to be engaged in selfish purposes. The world is to be warned. What are we doing as individuals to bring the light before others? God has left to every man his work; every one has a part to act, and we cannot neglect this work except at the peril of our souls.

LET US AWAKE OUT OF SLEEP

O my brethren, will you grieve the Holy Spirit, and cause it to depart? Will you shut out the blessed Saviour, because you are unprepared for his presence? Will you leave souls to perish without the knowledge of the truth, because you love your ease too well to bear the burden that Jesus bore for you? Let us awake out of sleep. "Be sober, be vigilant; because your adversary the Devil, as a roaring lion, walketh about, seeking whom he may devour."

RH, March 22, 1887



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.

SOLEMN THOUGHT

What a solemn thought that many we now love
Will never reach the goal.
They will not bear the fiery tests that prove
The wondrous worth of soul:
They fail to agonize for help divine
In overcoming, they fail to see
That we have reached the time
We must be pure within.

The latter rain is not to purify;
Those who receive its power
Have overcome; have given self to die
Before is sent the shower.
And those who value not this gift of heaven
Enough to pray and plead
Will find too late to them it is not given,
They had not felt their need.

Then haste, O haste, for golden moments fly,
Pray, plead, put off lust of the flesh,
Love of the world, the lie,
Deceit, and hate, and pride.
Shall you endure the test, shall I?
Thank God we may, then let us place
Our trust in Him whom this dark vale hath trod,
And we shall see His face.

--Margaret Locke



WHY CHOOSE JESUS?

By Joe Olson

As I was studying one day, the idea occurred to me that some people might question why they should choose Jesus. Just because I had seen the “light” as they say, I should not assume everyone else has come to my same conclusion. I mean, with all of the different options that people are assailed with, why choose Jesus as their God?

THERE ARE MANY GODS TO CHOOSE FROM

People choose all sorts of different faiths and different gods. Buddha, Mohammed and Vishnu, are a few of the current ones. You could always pick past Greek gods like Zeus, Thor, or Neptune, or even other gods that the Bible names like Baal or Ashtoreth. Maybe some would rather have more ethereal gods like Mother Nature, or tree gods, or animal gods. Or the sun god or moon god or star god.

EVEN DESIGNER GODS!

Or... make your own god! Like the Eskimos when they cut down a tree and carve it into a god and worship that. I call those, “designer gods”. Design your own! Use your imagination and create one like you want. You can start your own religion, naming or creating your own god and dictating how you are to worship him and follow his, or her, commands. You want a tall god? A fat one? One that drinks? Maybe one that is very sexually open? How about one that is all love and no justice? Just a forgiving machine. You come to the church, or wherever your god that you made is, and plop down a \$5.00 bill, and presto! you are forgiven for your sin.

Maybe even better... a god that says there is no sin! Nothing is wrong;

everything is okay. A “Do whatever you want” god. You could have several gods if you wanted. Or... no god at all.

SELECTIONS OR DECEPTIONS?

Why, with all these options out there, choose Jesus? Or... are there really all these other alternatives? Are these really additional selections, or are these deceptions instead? Are there actually many paths to heaven, or eternal life, or whatever we have come to think about the afterlife? Is there even an afterlife, or is it some crutch we



have created for ourselves to make us feel better about dying? Some say that’s what it is. Some people believe that we came from a blob of something 50 zillion years ago, and when we die, we just turn back into the blob stuff again. No afterlife; no heaven; no eternity.

If I was going to choose a belief, that would not be mine. And make no mistake about it, believing there is no god is a belief system too. That’s actually quite depressing to me. Live 30; 50; 70; 90 years and then pffft, back to the blob. But the people who argue for this reasoning say it is because they have determined that it is true.

THE BELIEF YOU CHOOSE SHOULD BE TRUE

Well, it does make sense to me that if you choose to follow a god or a system of belief, or follow no belief at all (which is also a belief), it should be because it’s true. Doesn’t that make sense to you? Who wants to follow a lie, and then

find out at the end, that nothing was as you thought it was going to be?

No, much better to follow what’s true. But... how do we know what is true? For the sake of argument, let’s assume that we are capable of making that determination. After all if we cannot really “know” for ourselves, then this is all an exercise in futility, right? So, we have to assume we are capable of using the brain that God, or whoever or whatever, gave us, so we can determine what is right.

IF YOU MADE THE GOD, IT CAN’T BE A GOD

Well, first off, it makes sense to me that if you made the god, it probably isn’t really a god. Actually, wouldn’t that make you god? So, if you have to be the one to feed your god or make your god or even make an image of your god, then you are more the god than he is, it would seem to me.

No, a real and powerful God would be one who says not to make an image of Him because we are not capable of making an image of Him. A real God would say, “You are my creation and the created cannot make an image of the Creator.”

And a real God could not be killed by his creation...Man can kill or destroy nature, or a totem pole, or a wolf, or even the moon or the sun if we wanted to. No, again, if our god could be killed by us, then he’s not much of a god, if you ask me.

SHOULDN’T YOUR GOD BE RESPONSIBLE FOR EVERYTHING IN EXISTENCE?

Then what about what He teaches and directs His creation to do? Wouldn’t a truly powerful God be much smarter than we are? Wouldn’t He be so intelligent that we could barely understand His



lofty wisdom?

And what kind of god would he or she be if he or she was not the one responsible for everything in existence? For him to be the really big kahuna, he would have to be the creator of everything.

Some people worship a crocodile or a volcano. I want to worship the One who made the crocodile and the volcano. Now, if you find a god who claims to have made everything, then don't we need an answer from him as to why things seem to be going so terribly wrong with his creation? After all, most of us do not think it is normal or right to rape small children or to kill people for pleasure or any of the other disgusting things we deplore.

THERE MUST BE AN EXPLANATION AND AN ANTIDOTE PROVIDED FOR EVIL

Our god should have an answer for these things shouldn't he? I mean... if he is really a god and all... And if he does have an answer for why there are bad things going on in this world, then if he is god, he should have a solution... right? What kind of god could or would make something that goes wrong, and he can't fix it? No, there must be an explanation for bad, or evil, or whatever we call it, and then provide an antidote to it.

And while we are talking about a powerful god, wouldn't it make sense that he is all-knowing as well? I mean, there are so many gods in this world that don't seem to know what is going on. They appear to "react" to situations instead of fixing them, and I do mean, "appear", because they don't seem to be on top of anything. Surely, a god who can create anything and everything would know everything as well. And I'm not talking about a god who simply "says" he knows everything, but proves it!

CAN YOU IMAGINE A GOD THAT SOMEONE WAS ABLE TO SNEAK UP ON?

And wouldn't he always be right, too? What kind of god could be wrong,

or make a mistake, or miss something? Not a very good one in my estimation. And he could be everywhere and anywhere at once... right? For him to be all-powerful and all-knowing, he would have to be omnipresent or able to be everywhere at the same time, so he could keep track of everything at once. Can you imagine a god that someone was able to sneak up on? No, if we could do that, or beat him at his own game, then we are the gods and not him. The real god could not be surprised or be unaware of what is happening.

IF THERE WERE A GOD, WOULDN'T HE BE IN CONTROL OF HIMSELF?



than god. They get upset; they throw tantrums; they lie; they hurt others; etc., etc. If there were a god, wouldn't he be in control of himself? Wouldn't he be higher and holier and purer than we are? Surely an all-powerful, all-knowing, all-seeing god would be all-good. He would recognize, even as we pitiful humans have realized, that to be good, and right, and moral, and kind, and loving, is better than being selfish, and hateful, and evil. And a god like that would be promoting these good traits and discouraging the evil ones... right?

Now, you may think I am pointing



straight to Jesus, and I have to admit, it does appear that way, but I am just using logic and common sense to arrive at a conclusion. If there is a god, then it only seems logical to me that he would be all of the things we have talked about.

ONLY THE GOD OF THE BIBLE CAN BE ALL THESE THINGS

And frankly, there is only one God who has stated to us that He is all of these things... and more! Only the God of the Bible says that He knows all and sees all and is everywhere at once. Only the God of the Bible says that He is in control of everything. The God of the Bible says that He sets up kings and takes them down.

He's even in charge of times and seasons! "And he changeth the times and the seasons: he removeth kings, and setteth up kings: he giveth wisdom unto the wise, and knowledge to them that know understanding:" Dan. 2:21. In other words, He runs and rules this world and the whole universe. There is no other god that has made such claims. And if there has been one, there has only been the God of the Bible that has proved His claims.

SOME CLAIMS OF THE BIBLE ARE STILL FUTURE

The Bible, or the writings of God's prophets that Jesus claims are His and His Father's, has been proven correct over and over again, sometimes dictating who will be king hundreds of years in advance! But to be completely forthright, some of the Bible claims have not been proven... yet. Not that they have been proven wrong; it's just that some are still future. There are names and kings and cities that the Bible refers to that we are unaware of now. But that does not mean they did not exist. It simply means we do not know about them today.

"PROFESSING THEMSELVES TO BE WISE THEY BECAME FOOLS"

Interestingly, I am reading a National Geographic that has been addressing these very issues. Things that have been determined to be false claims of the Bible

in the past have recently been found to have been true after all. I wonder how many times someone has to be proven wrong about something before they will admit to it and change their ideas? It is almost funny to me to see what lengths people will go to deny what is right before their eyes! For years, archaeologists argued that the Bible made up the story about King David and his palaces and his exploits. They said it was not true; NOT because they knew it to be untrue, but because they had no evidence of it being true.

Did you catch that? They state the Bible is not correct because they have not been able to prove it. Can you imagine such faulty reasoning? And this is from supposedly well-educated people! "Something is not true because I have seen no evidence of it.." And we have been taught to believe these dictums from this supposedly educated class. The Bible actually talks about these "educated" people... "Professing themselves to be wise, they became fools," Rom. 1:22.

HOW MUCH OF WHAT SOMEONE SAYS TO YOU HAS TO BE PROVEN TRUE BY YOU BEFORE YOU WILL BELIEVE HIM?

They have a book, called the Bible that tells them exactly how things went down for this world, from creation to recreation, and they say it is not true. And why is it not true? Because they cannot prove... all of it. So what? Why does the veracity, or the truthfulness of the Bible, depend upon whether or not they can prove it all?

Let me ask you a question. How much of what someone says to you has to be proven true by you before you will

believe him? For example, if someone you meet says he is a doctor, do you go about proving that he is before you believe him? What about someone who said he was a soldier in the war, or is a college graduate,



or was married three times? What if he said he has seven children? Do you have to meet each one before you will believe him? What if one of his children was dead and buried already? His child, or the one he claims to have had, is already in the past... what then?

DOES EVERY DETAIL HAVE TO BE PROVEN?

Will we only accept him as telling the truth if we dig the coffin up and look inside? Of course not. Yet that is what some people who deny the truthfulness of the Bible demand. "We must see every detail proven and have actual evidence in our hands before we will believe." That's what some folks say.

The true God even gives us evidence when we seem to need more evidence. But addressing this "I will not believe unless I see" attitude, let me go a little further with this example. Let's say your friend had ten children, and they are all dead and buried. And you question

whether or not he is telling you the truth. He tells you details about what they looked like, what they did for a living, even what they were buried in, and where. So, to make

sure this is the truth, you go check it out. I have always believed in checking out someone's story. Sadly, there are liars in this world... even supposed gods. So, you exhume the body of the first child and



find it to be absolutely as the man had told you. Do you believe him now? What if you check out another and another and another of his children's graves? In other words, what I am asking is how many of the man's statements have to be proven true before you will believe him? This is extremely important.

THE GOD OF THE BIBLE DEALT WITH THE ISSUE OF DOUBT

Interestingly, the Bible and its God dealt with that problem, too..."The other disciples therefore said unto him, We have seen the Lord. But he said unto them, Except I shall see in his hands the print of the nails, and put my finger into the print

of the nails, and thrust my hand into his side, I will not believe. And after eight days again his disciples were within, and Thomas with them: then came Jesus, the doors being shut, and stood in the midst, and said, Peace be unto you. Then saith he to Thomas, Reach hither thy finger, and behold my hands; and reach hither thy hand, and thrust it into my side: and be not faithless, but believing." John 20: 25-27.

THE DEVIL SAYS NOT TO BELIEVE UNTIL YOU CAN PROVE THAT EVERYTHING GOD HAS SAID IS TRUE

No one has ever been forced to prove every point of their existence or lives in order to be believed. No one has time! You either believe on the evidence that you or others have determined by a somewhat thorough discovery process, or you do not. You can believe that I am the Executive Director of Hope International, or you can choose not to. But I am the Executive Director, whether you have found it to be true or not. And there are ways of determining if I am who I say I am or not. But you will never be able, or even have the time, to determine if absolutely everything I have ever said was true or not.

And this is where so many people are

led astray by the devil. He says not to believe until you can prove that everything God has said is true. *Really?* Is that really what we have to do? We don't do that with anyone or anything else!

MANY ASSUMPTIONS IN LIFE ARE ACTUALLY SIMPLE FAITH

Everything we do in life is based on faith or trusting that what we have been told or led to believe is correct. We get in a plane assuming it will take off and land safely. We get in a car assuming it was put together correctly and will start and stop as we want it to. We go to work for a week or a month assuming we will get a check at the end of the pay period. We turn the light switch on and off assuming it will act as we want it to. How many of us know how radio and TV transmissions work, yet we accept them as fact. How many of us have actually "seen" these airwaves? Yet the Bible does give us so many ways to tell that what it says is true. And more of the facts of the Bible are being proven true all the time.

ARCHAEOLOGY PROVES THE ACCURACY OF BIBLE STORIES

Remember when I said that archaeologists declared that the Bible was not true because there was no evidence of a King David? Well, in 1993, they found a stone tablet that referred to the "House of David". Now few archaeologists argue that the Bible was inaccurate on that point. But then they point to another claim the Bible makes that they have no evidence of. The Bible said that David built many cities, and even said where, but there was no evidence that this was true. "So," they say, this proves the Bible inaccurate... you can't trust it." But now, they have found archaeological evidence that he did build these cities... right where the Bible said they were.

Okay, but then instead of finally admitting to the truth, they go to the next point they have no evidence of. These supposedly educated people say that there was no real "kingdom" of David or Solomon, that these were just made up stories... because they had found no evidence of large mining or smelting operations of metal production. Lo and behold, now they have found a vast copper smelting operation dating back to



the time of David and Solomon, and right near these cities!

WE PROVE ENOUGH TO BELIEVE THE REST

This is all in this article that I have been reading in the December, 2010, National Geographic. And, incredibly, instead of now finally admitting that the Bible might actually be a factual account of what has taken place in this world, they simply go on to the next supposedly unproven fact. That was my question earlier... how *many* facts have to be proven about a particular subject, a person, or God, before we accept it or them as true or real? There are things that we clearly do not or cannot know for sure, but we prove enough to believe the rest.

We determine the truth about someone or something by doing "some" checking but certainly not all that can be known or checked. No one has that kind of time, and some things have to be believed because we cannot go back 100 years and ask someone. Some things, like radio waves, or television waves, or phone waves, are accepted even though we cannot see them, because the radio, or the TV, or the phone, works.

THE "SEEN" PROVES THE "UNSEEN"

This is what Paul was talking about with God... "For the invisible things of him from the creation of the world are clearly seen, being understood by the things that are made, even his eternal power and Godhead; so that they are without excuse:" Rom. 1:20.

We know there are TV transmissions because we can watch TV. We know there are phone transmissions because our phones work. We know that a God made

the trees and flowers and us because there ARE trees and flowers and us! The "seen" proves the "unseen"! The Bible says that we are without excuse if we will not believe. God has provided all the facts we need to believe on Him. Not every fact; not all facts; not complete details; but enough to know for sure. In other words, the ones who still don't believe... have *chosen* not to believe.

So why choose Jesus?

Why choose Jesus? Because there have been more verifiable facts about what He has said, or promised, or foretold, than anyone else on earth. Is every detail explained? No. Can there be any room for doubt? Sure. But, of the options out there, from the "blob theory" to any of the other "god or gods" theories, or to no theory at all... this is the only one that makes any sense to me.

Do you want unassailable and absolute certainty before you make a decision? According to the Bible, that will not and cannot be on this earth. There are some things that have to be taken on faith. And by the way, with whatever choice that you make -- God or no god, fat god or skinny god, or feel-good god -- whatever choice you make, you are exercising faith.

GOD HAS PROVIDED THE ULTIMATE EVIDENCE

There are no certainties or absolutes that we can prove. We can only take God's word for some things. But Jesus has gone out of His way to explain all we need to know to be sure. As a matter of fact, He came down from heaven to explain it to us personally, to make sure we understood it. And to fix everything... He gave His own life to make things right again.

Now THAT is a God I can believe in.



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

The Two Prayers

Mrs. L. R. Reynolds

In olden times, on a certain day,
Two men went up to the temple to pray;
Or one went to pray, but the other to boast;
Now which do you think received the most?

The boastful one was a Pharisee;
A very self-righteous man was he,
Who stood and prayed with himself and then
Thanked God he was not like other men.

He felt so sure he was righteous and good,
As he looked across where the other stood,
That he said, "Thank God, I am not like such."
Then he told of his alms, and boasted much.

He extolled his deeds, and with eyes aloft,
He told the Lord that he fasted oft.
But he never confessed a sin in his prayer,
Nor asked for mercy while standing there.

And the publican prayed, but he did not dare
To lift his eyes while he uttered his prayer.
That he was a sinner he there confessed,
And he begged for mercy, and smote his breast.

His sins pressed heavy, he felt his need;
That God be merciful did he plead;
But he went from the temple justified,
Rather than he who prayed in his pride.



O WORSHIP THE LORD

By Clark Floyd

Since the beginning of the great controversy, Satan has continually sought to receive the worship that is due only to God.

In ancient Babylon, Satan attempted to work through King Nebuchadnezzar to procure the worship of the various national leaders of Babylon:

“That at what time ye hear the sound of the cornet, flute, harp, sackbut, psaltery, dulcimer, and all kinds of musick, ye fall down and worship the golden image that Nebuchadnezzar the king hath set up: and whoso falleth not down and worshippeth shall the same hour be case into the midst of a burning fiery furnace.” Dan. 3:5-6.

REFUSING TO KNEEL. DANIEL AND HIS FRIENDS WERE THROWN INTO THE FIERY FURNACE

Note that the form or attitude of worship required here was to “fall down” – to kneel or prostrate oneself – before the heathen image. This would be a public display of obeisance and worship to the heathen god represented by the image as well as to the king himself. Satan was seeking for himself, through the king, that which is due only to God. The three Hebrew friends of Daniel refused to comply with the order and were consequently thrown into the fiery

furnace – only to be subsequently rescued by our great God and Saviour, Jesus Christ. What a witness they were to King Nebuchadnezzar and to the other officials gathered for this occasion!

SATAN WANTED JESUS TO FALL DOWN AND WORSHIP HIM

Soon after His baptism “was Jesus led up of the Spirit into the wilderness to be tempted of the devil.” Matt. 4:1. As part of the temptation He faced, the devil offered Jesus “all the kingdoms of the world, and the glory of them.” He said to Jesus, “All these things will I give thee, if thou wilt fall down and worship me.” Verses 8-9. Here again the devil specifies that the worshiper is to kneel, or prostrate himself.

In Revelation 13, Satan seeks, through worldly powers, to obtain the worship



of the whole world: “And all the world wondered after the beast. And they worshipped the dragon which gave power unto the beast.” Rev. 13:3-4.

GOD HAS A REMNANT WHO WORSHIP ONLY HIM

Truly, worship is an issue in the great controversy between Christ and Satan. In the third angel’s message, we are told the consequences of worshipping the wrong power in this controversy. “If any man worship the beast and his image...the same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation.” Rev. 14:9-10.

But God has a people that worship Him only. “God hath not cast away his people which he foreknew. Wot ye not what the

scripture saith of Elias? How he maketh intercession to God against Israel, saying, Lord, they have killed thy prophets, and digged down thine altars; and I am left alone, and they seek my life. But what saith the answer of God unto him? I have reserved to myself seven thousand men, who have not bowed the knee to the image of Baal. Even so then at this present time also there is a remnant according to the election grace.” Rom. 11:2-5.

The worship by God’s remnant people is due God alone. “Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters.” Rev. 14:7.

WE ARE TO KNEEL BEFORE THE LORD

But what form or attitude should that worship take? “Look unto me, and be ye saved, all the ends of the earth; for I am God, and there is none else. I have sworn by myself, the word is gone out of my mouth in righteousness, and shall not return, *that unto me every knee shall bow.* Is. 45:22-23; see also Rom. 14:11-12. (Emphases supplied)

In speaking of Jesus, Paul said, “Wherefore God also hath highly exalted him, and given him a name which is above every name: that at the name of Jesus every knee should bow...and that every tongue should confess that Jesus Christ is Lord.” Phil. 2:9-11.

In Psalm 95:6, we are instructed, “O come, let us worship and bow down: let us kneel before the Lord our maker.”

JESUS KNEELED IN PRAYER TO THE FATHER

Jesus is not only our Substitute, but also our Example. In praying to the Father, Jesus “was withdrawn from them [the disciples] about a stone’s cast, and kneeled down, and prayed.” Luke 22:41.

And the disciples “that were in the ship came and worshipped him [Jesus], saying, Of a truth thou art the Son of God.” Matt. 14:33.

And another time, after the resurrection, “Mary Magdalene and the other



Mary” were met by Jesus, “and they came and held him by the feet, and worshipped him.” Matt. 28:1, 9, 16, 17.

In the Old Testament, the Hebrew term used most often for worship is *shachale*, which means to prostrate in homage or to bow down. The Greek term in the New Testament used most often for “worship” is *proskuneo*, which means to prostrate oneself, or to pay homage. [See Strong’s Concordance, O.T. #7812; N.T. #4352]

EVEN AS HE WAS BEING STONED, STEPHEN KNEELED DOWN AND PRAYED

As we seek further in the Bible for examples of worship, we find that Daniel “kneeled upon his knees three times a day, and prayed, and gave thanks before his God.” Dan. 6:10.

Ezra’s testimony is, “I fell upon my knees, and spread out my hands unto the Lord my God.” Ezra 9:5.



Solomon “kneeled down upon his knees before all the congregation of Israel, and spread forth his hands toward heaven” and prayed. 2 Chron. 6:13.

As he was being stoned Stephen “kneeled down” and prayed. Acts 7:60.

Paul, after he had spoken to the believers, “kneeled down, and prayed with them all.” Acts 20:36. And when escorted out of the city by the faithful, Paul and the others “kneeled down on the shore, and prayed.” Acts 21:5. In Ephesians 3:14 Paul states, “I bow my knees unto the Father

of our Lord Jesus Christ.”

Peter, when before the body of Tabitha, “kneeled down, and prayed.” Acts 9:40.

MANY SCRIPTURAL EXAMPLES OF KNEELING IN PRAYER

Through John, in the book of Revelation, we are given visions of some of the activities in heaven. In Revelation 4:10 we see that “the four and twenty elders fall down before him that sat on the throne, and worship him that liveth for ever and ever.” This worship by the elders is repeated Revelation 7:11: “The angels stood round about the throne, and about the elders and the four beasts, and fell before the throne on their faces, and worshipped God.” [See also Rev. 5:14; 11:16; 19:4]

As can be seen from all the preceding quotations, the Scriptures have abundant examples of worship, and many seem to connect worship with kneeling before God.

THE PROPER ATTITUDE OF A PERSON OFFERING PRAYER TO THE SOVEREIGN OF THE UNIVERSE

Ellen G. White also has counsel to give us in regard to our attitude – or posture – in time of prayer. One interesting statement relates an incident that occurred in Battle Creek:

“I have received letters questioning me in regard to the proper attitude to be taken by a person offering prayer to the

Sovereign of the Universe. Where have our brethren obtained the idea that they should stand upon their feet when praying to God? One who has been educated for about five years in Battle Creek was asked to lead in prayer before Sister White should speak to the people. But as I beheld him standing upright upon his feet while his lips were about to open in prayer to God, my soul was stirred within me to give him an open rebuke. Calling him by name, I said ‘Get down upon your knees.’ This is the proper position always.” 2SM 11.

In studying the Spirit of Prophecy with regard to the topic of the attitude of posture we should assume in prayer in our worship services, it appears that we should kneel for the opening prayer (“this is the proper position always”), but that we might stand for the prayer of consecration or benediction at the end of the service. 3SM 266-270, including footnotes. Our kneeling in prayer shows our dependence upon God. It is an outward act to show our inward condition and submission.



necessary to bow upon your knees in order to pray. Cultivate the habit of talking with the Saviour when you are alone, when you are walking, and when you are busy with your daily labor.” 2SM 316.

According to Sister White’s family, she bowed her head – not her knees – for the prayer for the meals. 3 SM 270, footnote. She encouraged prayer wherever and whenever the opportunity presented itself.

THERE IS A GREAT POWER IN JESUS

Sister White relates her experiences as a youth in visitation “I remember when the converting power of God came upon me in my childhood I wanted everyone else to get the blessing that I had, and I could not rest till I had told them of it. I began to visit with my young companions and went to their houses to talk with them and tell them my experience, how precious the Saviour was to me, and how I wanted to serve Him, and how I wanted them to serve Him also. So I would talk of the preciousness of Christ, and I would say, ‘Won’t you kneel down and pray with me?’ Some

would kneel and some would sit in their chairs, but before we gave up, everyone would be on her knees and we would pray together for hours, till the last one would say, ‘I believe that Jesus has forgiven me my sins.’ Sometimes the sun would begin to make its appearance in the heavens before I would give up the struggle. There is a great power in Jesus. WM 99.

A CALL TO REVERENCE

We are involved with the Sovereign God of the Universe. Isaiah gives us a behind-the-scenes view of what our attitude should be toward our God:

“I saw also the Lord sitting upon a throne, high and lifted up, and his train filled the temple. Above it stood the seraphims: each one had six wings; with twain he covered his face, and with twain he covered his feet, and with twain he did fly. And one cried unto another, and said Holy, holy, holy, is the Lord of hosts: the whole earth is full of his glory...then said I, Woe is me!

For I am undone; because I am a man of unclean lips, and I dwell in the midst of a people of unclean lips.” Is. 6:1-5.

Jesus did not merely *tell* us how much He loves us; He *showed* us by going to the cross. My brother, my sister, let us not only tell Jesus how much we love Him; let us also show Him in our attitude of reverence and submission to Him.



ELLEN WHITE ENCOURAGED PRAYER WHEREVER AND WHENEVER THE OPPORTUNITY PRESENTED ITSELF

We are assured in other passages that it is appropriate to offer up petitions to God while “in the crowds of the street”, “in the midst of a business engagement”, when engaged in our daily labor”, and “as we walk by the way”. “It is not always



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.



AN EXAMPLE OF FAITHFULNESS

Mrs. E. G. White

There are two great principles, one of loyalty, the other of disloyalty. We all need greater Christian courage, that we may uplift the standard on which is inscribed the commandments of God and the faith of Jesus. We are to make no compromise with the leaders of rebellion. The line of demarcation between the obedient and the disobedient must be plain and distinct. We must have a firm determination to do the Lord's will at all times and in all places.

BEFORE HIS FALL, SATAN WAS HIGHLY EXALTED

Speaking of Satan, Christ said, "He . . . abode not in the truth." There are in every age souls of whom these words might be spoken. Before his fall, Satan was highly exalted. His position was next to that of Christ, and he was radiant with holiness. But he swerved from his allegiance to the blessed and only Potentate, and lost his high position. From this time he became an avowed antagonist of God, and influenced others to unite with him against God. Planting the standard of rebellion, he rallied the supporters of his disaffection, that evil might become a power against good.

Today men are following Satan's lead. All who break the law of God, and teach others to do so are Satan's agents. Satan is the root, and those who teach others to break the least of God's commandments are the branches. They are warring against the law of Jehovah, and in the books of heaven their names are recorded as associate rebels with the first great apostate.

APPLY THE HEAVENLY EYE-SALVE TO THE EYES OF YOUR UNDERSTANDING

Christian strength is obtained by serving the Lord faithfully.



Young men and young women should realize that to be one with Christ is the highest honor to which they can attain. By the strictest

fidelity they should strive for moral independence, and this independence they should maintain against every influence that may try to turn them from righteous principles. Stronger minds

may, yes, they will, make assertions that have no foundation in truth. Let the heavenly eye-salve be applied to the eyes of your understanding, that you may distinguish between truth and error. Search the Word; and when you find a "Thus saith the Lord," take your stand.



THE YOUNG MUST BE LABORED FOR

God is looking with interest upon the youth. He would have every Christian manifest the same interest in children and youth; for the time of temptation has come to our world, and the young must be labored for, hunted for, and brought into the fold. Awaken the consciences of young men and women by holding forth in clear, simple language the word of the living God. Present it to them as the young man's counselor, urging them to follow its teachings. When they see professed Christians neglecting their words and deportment, and doing things that are contrary to a "Thus saith the Lord," they are to turn from them, that they may say, as did Nehemiah, "So did not I, because of the fear of God."

EVERY YOUTH NEEDS TO CULTIVATE DECISION

In "Pilgrim's Progress" there is a character called Pliable. Youth, shun this character. Those represented by it are very accommodating, but they are as a reed shaken by the wind. They possess no will-power. Every youth needs to cultivate decision. A divided state of the will is a snare, and will be the ruin of many youth. Be firm, else you will be left with your house, or character, built upon a sandy foundation. There are many who are on the wrong side, when the Lord desires them to be faithful men, who can distinguish good from evil.

TURN AWAY FROM MEN WHO SHOW THAT THEY ACT WITHOUT SPIRITUAL GUIDANCE

Manifest decision at any cost. Do not yield to the influence

brought to bear upon you by men who show that they act without spiritual guidance. The power by which they are guided is a power from beneath. Yet they are so talkative that their misstatements have great force with men who ought to know better than to be swayed by superficial religious characters, whose conscience may be represented by an India-rubber ball.

Turn away from such men. Be as little as possible in their society. They have talents; and if they were converted, they could lead others in safe paths; but they are unconverted, and therefore they are not to be trusted. Those who would walk in the path cast up for the chosen of the Lord, must not be swayed in matters of conscience by men who have often been zealous for the wrong. They must show moral independence, and must not be afraid to be singular.

The wrong customs, practices, and theories of the world are to find no recognition in the life of the one who has chosen to be on the Lord's side. Consecrate all that there is of you--soul, body, and spirit--to the Lord. Yield every power you have to the control of the Holy Spirit.

BY THEIR FRUITS YE SHALL KNOW THEM

False shepherds are many, and the Lord has warned us in regard to them. "Enter ye in at the strait gate," he says; "for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat: because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it. Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves. Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles? Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit.

A good tree can not bring forth evil fruit; neither can a corrupt tree bring forth good fruit. Every tree that bringeth not forth good fruit is hewn down, and cast into the fire. Wherefore by their fruits ye shall know them."



LEAN WHOLLY UPON GOD AND GROW STRONG IN HIS STRENGTH

Many are changed by every current. They wait to hear what some one else thinks and his opinion is accepted as altogether true. If they would lean wholly upon God, they would grow



strong in his strength; but they do not say to the Lord, I can not make any decision until I know thy will. Their natural inclination is to allow another to be conscience for them; and they speak after he has spoken, saying what he says, and acting as he acts. When these persons are placed in circumstances where they must think and act for themselves, they dare not express any decided opinion. Yet often, like Aaron, they have much ability. God pity such weaklings.

DO NOT ECHO THE WORDS OF UNCONVERTED MEN

When men connected with the work of God allow themselves to be bought and sold, when they violate truth in order to gain the favor and approval of men, God records them as betrayers of sacred trust. Let every man stand in moral independence, resolved that his mind shall be molded only by the Holy Spirit. God calls for minute-men, who are not ready to echo the words of unconverted men. In an emergency such men are sure to lead into false paths. The Lord desires us to follow on step by step to know him.

WE MUST FREE OURSELVES FROM THE CUSTOMS AND BONDAGE OF SOCIETY

"Ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should show forth the praises of him who hath called you out of darkness into his marvelous light." We must free ourselves from the customs and bondage of society, that when the principles of our faith are at stake, we shall not hesitate to show our colors, even though we are called singular for so doing. Keep the conscience tender, that you may hear the faintest whisper of the voice that spoke as never man spoke. Let all who would wear the yoke of Christ show an inflexible purpose to do right because it is right. Keep the eye fixed on Jesus, inquiring at every step, Is this the way of the Lord? The Lord will not leave any one who does this, to become the sport of Satan's temptation.

LET NO MAN'S INFLUENCE OR OPPOSITION DIVERT YOU FROM THE PLAIN PATH OF DUTY

When perplexities arise, as they are sure to do, draw near to God, and he will draw near to you; and then when the enemy comes in like a flood, the Spirit of the Lord will lift up a standard for you. Decide that there is a great work to be done, and that no man's influence or opposition shall divert you from the plain

path of duty. Then you can say, with Nehemiah, "Remember me, O my God, for good."

"Finally, my brethren, be strong in the Lord, and in the power of his might. Put on the whole armor of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armor of God, that ye may be able to withstand in the evil day, and having done all, to stand."

DO NOT BIND YOURSELVES TO STAND BY ONE ANOTHER IN ANY QUESTIONABLE MATTER

Do not imitate men. Study your Bibles, and imitate Christ. Do not lend yourselves to any selfish confederacy. Do not bind yourselves to stand by one another in any questionable matter. Scheming, underhand working, and untruthful practices, which much talk has made apparently justifiable, have been and are still carried on. Church-members have engaged in lines of work that have corrupted their sense of honor. They can never be saved unless the Lord, by his Spirit, shall touch their hearts, leading them to see that their entire system of working is condemned by the Bible.

KEEP YOUR PERCEPTIVE FACULTIES AWAKE

We are not to fashion ourselves after the world's type. God's people will hear conversations regarding the carrying out of wrong methods and plans. Words of irreverence will be spoken.

Religion will be jested about. Hear the voice of God: "My son, if sinners entice thee, consent thou not." Those who are controlled by the Spirit of God are to keep their perceptive faculties awake; for the time has come when their integrity and loyalty to God and to one another will be tested. Do not commit the least injustice in order to gain an advantage for yourselves. Do unto others, in small matters

as well as in great, as you would that others should do unto you. God says, "Ye are my witnesses." You are to act in my place. Could the curtain be rolled back, you would see the heavenly universe looking with intense interest upon the one who is tempted. If you do not yield to the enemy, there is joy in heaven. When the first suggestion of wrong is heard, dart a prayer to heaven, and then firmly resist the temptation to tamper with the principles condemned in God's word. The first time the temptation comes, meet it in such a decided manner that it will never be repeated. Turn from the one who has ventured to present wrong practices to you. Resolutely turn from the tempter, saying, I must separate from your influence; for I know you are not walking in the footsteps of our Saviour.



LEAVE THE COMPANY OF THOSE WHO ARE WORKING ON WRONG PRINCIPLES

Even though you may not feel able to speak a word to those who are working on wrong principles, leave them. Your withdrawal and silence may do more than words. Nehemiah refused to associate with those who were untrue to principle, and he would not permit his workmen to associate with them. The love and fear of God were his safeguard. He lived and worked as in view of the unseen world. And David said, "I have set the Lord always before me."

Dare to be a Daniel. Dare to stand alone. Thus, as did Moses, you will endure the seeing of Him who is invisible. But a cowardly and silent reserve before evil associates, while you listen to their devices, makes you one with them. "Come out from among them, and be ye separate, saith the Lord, and touch

not the unclean thing; and I will receive you, and will be a father unto you, and ye shall be my sons and daughters, saith the Lord Almighty."

DARE TO BE A DANIEL AND HAVE THE COURAGE TO DO RIGHT

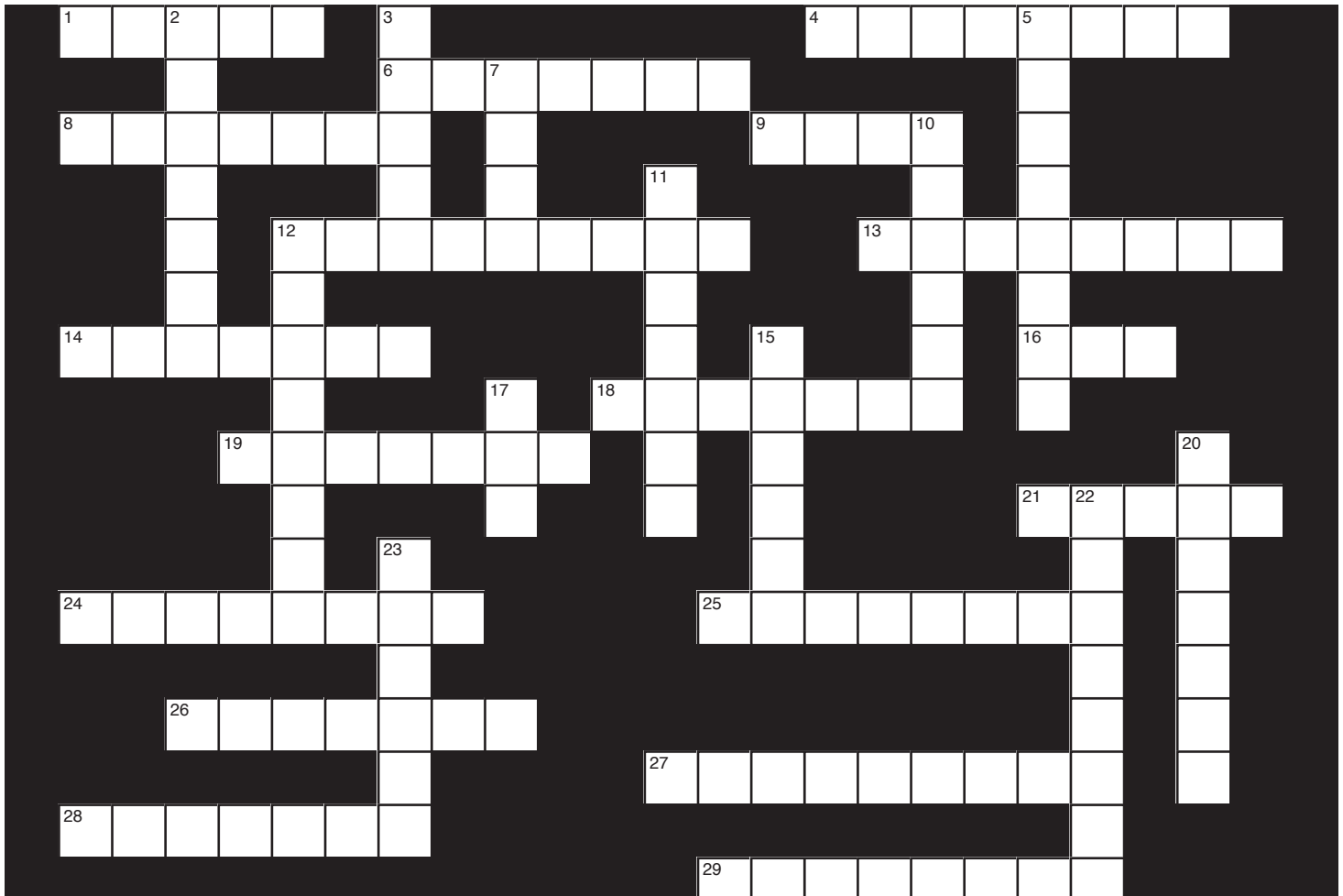
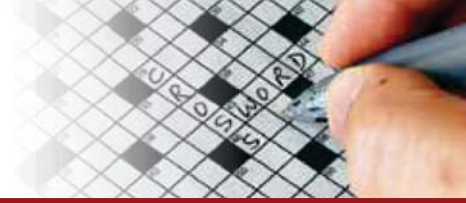
Have courage to do right. The Lord's promise is more valuable than gold and silver to all who are doers of his word. Let all regard it as a great honor to be acknowledged by God as his children. If children, then we are heirs, heirs of God, and joint heirs with Christ, to the heavenly inheritance. Then should not all

believers be witnesses? Should not the language of their hearts be, "O how love I thy law! it is my meditation all the day." To the soul who loves God the law is not a burden. He delights in the law of God after the inner man, and his prayer is, "Open thou mine eyes, that I may behold wondrous things out of thy law." The word of God is the voice of the Father to the heart of the child, and the child expresses his love by saying, "I delight to do thy will, O my God." RH, May 9, 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.

Christian Crossword



ACROSS

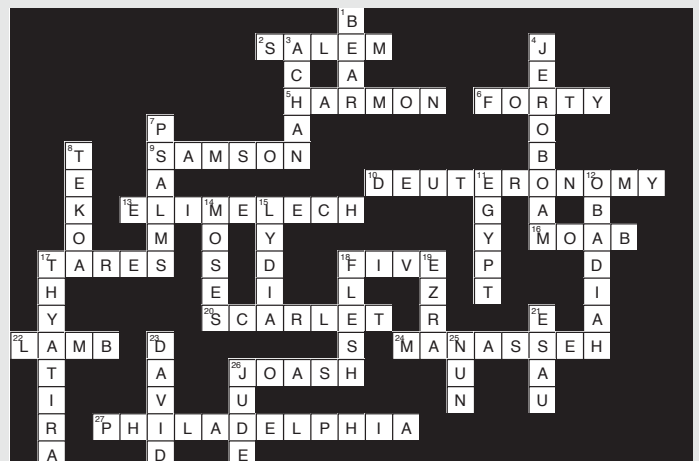
1. Hosea was the son of _____
4. What was the relationship of Moses' father to Levi?
6. The shortest book in the Old Testament
8. What tribe was Joshua a member of?
9. How many books of the New Testament were written by John the apostle?
12. The capital city of Judah
13. What was the name of Moses' mother?
14. The capital city of Israel
16. Samuel, as a child, was an aid to what priest?
18. The 400 years of affliction of Israel is first mentioned in what book?
19. To whom was the 400 years of affliction first mentioned?
21. What was the name of Moses' father?
24. The prophet in Judah during the first invasion by Babylon
25. How many books of the New Testament are attributed to Paul by Ellen White?
26. A prophet of the Bible originally taken to Babylon in the second invasion of Judah
27. In what book of the Bible does Paul mention the 430 years?
28. The book in the Bible in which the valley of dry bones is mentioned
29. The wife of Moses

DOWN

2. The Northern Kingdom of Israel was also called _____
3. Hosea married _____
5. What was the relationship of Moses' mother to Levi?
7. In what book of the New Testament is the 400 years of "evil treatment" mentioned?
10. The 430 years of sojourning of Israel is first mentioned in what book?
11. Hosea's first son
12. A king in Israel during Hosea's ministry
15. The father-in-law of Moses

17. A tribe of Israel that was left out of the 144,000
20. What is the last book of the Old Testament?
22. A son of Joseph born in Egypt
23. A prophet of the Bible taken to Babylon in 605 BC
21. He sold his birthright for a bowl of soup
23. Who had 19 sons and 1 daughter by his legitimate wives?
25. Joshua was the son of _____
26. The book that speaks of Enoch prophesying?

Answers from Christian Crossword published in the February 2011 issue of Our Firm Foundation



Health Gem

Dr. Olson

Quercetin: A Rising Star for Nerves, Immunity, and Metabolism – 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.

FROM THE DESK OF DR. OLSON:

Dear Reader,

If you have never heard of the amazing benefits of quercetin, you're in for a surprise. Numerous studies have been done on the health benefits of quercetin, which are the pigments found in plants. Many scientists agree that quercetin is beneficial to your health in a variety of ways. This tiny nutrient packs a powerful punch! From improving blood sugar to boosting immunity, aiding weight management to improving sinus health, strengthening cardiovascular function to enhancing brain health, this is one incredible flavonoid you don't want to be without! How can I experience these benefits, you ask? What incredibly outrageous price do I have to pay? That's the greatest part! You can find quercetin in an abundance of fruits and vegetables found at your friendly neighborhood grocery! It's that easy! This month we're printing an excerpt from an outstanding article by Byron Richards on the benefits of quercetin. He is a world-renowned Board Certified Clinical Nutritionist. I hope you enjoy it as much as I did.

Sincerely,
Dr. Heather Olson

By: Byron Richards, Board Certified Clinical Nutritionist Friday, June 19, 2009

Quercetin is a common flavonoid found in many fresh fruits and vegetables. It has been in widespread use in the dietary supplement industry for the past two decades due to its **natural anti-histamine properties**. New research is dramatically expanding our understanding of this nutrient, including its nervous system support, immune support, and weight management properties.

Quercetin is **highly concentrated** in apples, onions (especially red onions), and green tea. It is also in red grapes, citrus fruit, tomato, broccoli, leafy greens, cherries, raspberries, cranberries, and many other fruits and vegetables. **One vine-ripened apple contains 50 mg of quercetin!!**

Quercetin possesses unique antioxidant activity. An October 2009 study demonstrates how quercetin activates the key step leading to the production of cellular glutathione (a cell's primary

antioxidant). The researchers showed how this mechanism **protected** the insulin-producing beta cells of the pancreas, **contributing to healthier blood sugar function**.

Another October 2009 study demonstrates that **quercetin protects against liver injury** by antioxidant function. A January 2009 study showed that quercetin offered **significant antioxidant protection for cells lining the sinuses**. And a March 2009 study shows that quercetin offers **significant** antioxidant protection to the **mitochondria (cellular engines)**.

Quercetin's antioxidant effects **also** extend to the **cardiovascular system**. A study with diabetic rats found that quercetin **reduced** free radical damage and offered **significant cardiovascular protection** in terms of the amount of damage done by experimentally induced heart attacks.

A study with healthy men found that 200 mg of quercetin enhanced friendly nitric oxide production and endothelial cell function (cells lining arteries), indicating **improved circulation and natural support for blood pressure health**. A mouse study also showed that quercetin increased the friendly form of nitric oxide in the circulation, in this case supporting male erection. A rat study showed that quercetin **improved cognitive function** in rats with occluded carotid arteries, **partly by helping circulation and partly by helping nerves in the brain**.

It has also been demonstrated that quercetin modulates the key anti-inflammatory gene signal... An Aug 2009 study involving experimentally induced rheumatoid arthritis, which showed that **animals taking quercetin had no more inflammation than control animals – demonstrating quercetin's ability to suppress inflammation**. A combination of quercetin, glucosamine,



and chondroitin given to patients with osteoarthritis found a **significant reduction in joint pain, improved range of motion, as well as documented changes to the synovial fluid of their joints reflecting improvement in lubrication.**

Mast Cells, Allergy, and Nerves

The original interest in quercetin as a dietary supplement ingredient was based on its ability to stabilize mast cells, which ***release histamine and other inflammatory signals.*** It became a popular and widely used remedy for ***sinus congestion, sneezing, the pollen season, and other issues wherein the immune system seemed to behave in the direction of excessive.***

Quercetin's anti-histamine properties are now well established, it has been found to stabilize mast cells in a way that helps **lower stress-induced anxiety and allergic reactions.** A chain of recent discoveries helps to place the significance of these discoveries into context, with far ranging implications for human health and improved nerve tolerance for managing stress.

One study shows that ***stress itself*** is adequate to begin the migration of immune cells towards your skin, ***as if preparing to deal with a wound or infection...*** Another study shows that ***stress*** turns up the volume knob on mast cells, priming them to ***release inflammatory chemicals that are typically involved with allergies, asthma, skin***

conditions, and digestive problems...

Quercetin has shown that it can ***reduce*** the effects of stress in nerves while ***preventing*** depletion of nerve antioxidants due to stress. The researchers concluded that the ***“results suggest that neuroprotective properties of quercetin can be used in the treatment and management of stress and related disorders.”***

One study with mice showed that pre-treating them with quercetin ***prevented*** the anxiety response to experimental stress via mast cell stabilization. The researchers found that quercetin was ***highly protective*** to the nervous system. The dose used translates to 1500 mg – 3000 mg per day for a 150 pound adult. Quercetin not only ***prevents*** mast cells from inappropriately releasing irritant chemicals like histamine, it also ***reduces*** the inflammatory immune system signals...

An April 2009 cell study showed that quercetin could prevent the formation of beta-amyloid plaque by a variety of mechanisms including its antioxidant function. The researchers concluded, ***“These findings provide motivation to test the hypothesis that quercetin may provide a promising approach for the treatment of Alzheimer's Disease and other oxidative-stress-related neurodegenerative diseases.”***

Spinal Cord Injury – Miraculous!

A September 2009 study of animals with experimentally induced spinal cord injury showed that ***50% of animals receiving quercetin*** twice daily for 3 or 10 days ***recovered the ability to walk, whereas no control animals recovered.*** Quercetin was found to support the health of tissue bridges at the site of nerve injury, facilitating healing.

Collectively, this data shows a wide-range of nervous system support by quercetin. Since

many problems in today's world involve overheated nerves from stress that lead to other health problems, ***quercetin is an ideal tool to help calm down over-excited nerves as well as protecting nerves from free radical decline due to wear and tear.***

Quercetin and Immunity

Quercetin's ability to modulate mast cells and allergy is significant, as covered in the preceding section. It has also been shown to ***decrease*** the proliferation [*growth or spread*] of ***prostate cancer cells, as well as knocking out such cells.*** An animal study also showed that quercetin ***prevented early lesions in the digestive tract that lead to colon cancer, while also reducing the proliferation of colon cancer cells and once again knocking them out...***

Of significant interest in current times are quercetin's potential ***anti-flu properties.*** Last year an animal study showed that ***quercetin significantly reduces susceptibility to the flu.*** Mice were exposed to the influenza virus A/Puerto Rico/8/34 (H1N1) flu virus under various conditions, including increased stress from exercise. ***The mice given quercetin were able to offset the adverse effects of stress and showed much less susceptibility to the flu.***

There have been a number of studies showing that quercetin directly interacts with different types of viral infections, ***reducing their ability to infect.*** An August 2009 cell study





showed that quercetin interfered with the gene signals that enable hepatitis C virus production. The researchers concluded that “Quercetin may allow for dissection of the viral life cycle and has potential therapeutic use to **reduce virus production with low associated toxicity.**”

A June 2009 study showed that

quercetin could reduce viral replication of influenza A by directly interacting with viral particles. A 2005 study showed **quercetin significantly boosted the respiratory antioxidant defense system** in mice exposed to influenza A, offering **significant protection** for the lungs during a time of high stress....

** Byron J. Richards is a Board-Certified Clinical Nutritionist and author of “Fight for Your Health” and “The Leptin Diet”. He is the Founder and Director of Wellness Resources Inc: www.wellnessresources.com.*

Wow! Did you get all that? You may have to read this article again, and again, and again! God put this amazing nutrient in so many of the foods we eat so that our bodies can have all this protection and disease-fighting ability. Killing cancer cells, stopping virus growth or replication, fighting the flu, improving spinal cord injury recovery (dramatically), healing the nervous system, reducing inflammation, preventing/fighting Alzheimer’s disease, aiding weight loss, reducing pain, regulating blood pressure, the list goes on and on! See the following list for some foods that contain quercetin – and start adding them to your diet today! Or check with our health consultants about products that contain quercetin, such as the Pain Eraser or Heart Maximizer.

As always, if you have any health questions about quercetin, or any other health topic, please give our health department a call at 309-343-5853. We would be happy to help you on your journey to better health and a more fulfilling life.

Quercetin Food	mg/100g	Quercetin Food	mg/100g
Lovage Leaves	170.00	Spinach, raw	4.86
Dillweed, fresh	55.15	Chives	4.77
Yellow Wax Hot Peppers	50.63	Apples	4.42
Hartwort Leaves	29.30	Watercress	4.00
Ancho Peppers	27.60	Grapes	3.54
Buckwheat	23.09	Celery	3.50
Bee Pollen	20.95	Broccoli, raw	3.21
Onions, red, raw	19.93	Blueberries	3.11
Green Hot Chili Peppers	16.80	Bilberries	3.04
Cranberry Juice, fresh	16.41	Yellow Snap Beans	3.03
Serrano Hot Peppers	15.98	Cherry Tomatoes	2.77
Scallions, raw	14.24	Green Snap Peas	2.73
Cranberries, raw	14.02	Apricots	2.55
Ligonberries	12.16	Grapes, black	2.54
Tarragon, fresh	10.00	Iceberg Lettuce	2.47
Chokeberries, frozen	8.90	Gooseberries	2.00
Kale, raw	7.71	Currants, white	1.95
Rowanberries	7.40	Tomato Juice	1.46
Black Currants, raw	5.69	Plums, raw	1.20
Onions, white raw	5.19	Butterhead Lettuce	1.19
Jalapeno Hot Peppers	5.07	Broccoli, cooked	1.06
Coriander, raw	5.00	Blackberries	1.03



Hope for Health



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

HEART MAXIMIZER

FACTS:

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

Heart Attack Risk Factors:

- Diabetes
- Hypertension
- Stress
- Depression
- Abdominal obesity
- Lack of exercise
- Smoking
- Diet high in animal products
- Diet low in raw fruits and vegetables

90 Caplets..... \$19.99 HXHH-HMAX

Suggested Adult Dosage:

- 2 capsules 2 times per day

**To Order Call Today:
1.800.468.7884**

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

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

Discover the benefits of the extraordinary ingredients in Heart Maximizer:

Vitamin E - Helps lower the risk of heart disease and prevents blood clot formation.

Calcium EDTA - Helps reduce chances of a heart attack.

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

Horse Chestnut - Increases strength and tone of veins.

Butcher's Broom - Improves heart and blood circulation.

Diosmin - Helps strengthen the walls of blood vessels.

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

Quercetin - Helps improve capillary strength.

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

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

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

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

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

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

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

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

News Watch

SHARES WORTHLES
 stocks tumble assets Crash! rat
 by deepens Interest rates liquidity
 in doubt FORECAST



1. The Zeta Talk Newsletter, Issue 225, Sunday, January 23, 2011—20 Feet Elevation Drop in Java Confirmed by Google Satellite.

“During the normally scheduled and computer programmed refresh cycle, the island of Java in Indonesia was re-imaged by Google satellite very recently, since the sinking in Java started. A 20 foot elevation loss is evident absolutely.” This is evidence of “Tectonic Plates collapsing under Pakistan and Indonesia.”

“The Indus Valley Culture dating back to 3000 BCE is one of the oldest cultural regions in the world, competing with Egypt and the Mesopotamian River Valley as being the first. As had always in the past, the waters would flood and then recede out to the oceans, but this time (when floods came in 2010) something

strange was happening; the waters were not receding.

“According to the Pakistani government, over 20 million people were affected by the floods that swept away their homes, livelihood and towns in which they lived. Even though only 2,000 people were reported to have died, the number of people affected by the floods, over 20 million people, was greater than the combined number of people affected by the 2004 Indian Ocean Tsunami, the 2005 Kashmir Earthquake, and the 2010 Haitian Earthquake.”

END TIME PERSPECTIVE:
 “The Lord is teaching

men that there are limits to His forbearance. In fires, in floods, in earthquakes, in the fury of the great deep, in calamities by sea and by land, the warning is given that God’s Spirit will not always strive with men.” 3MR 315.

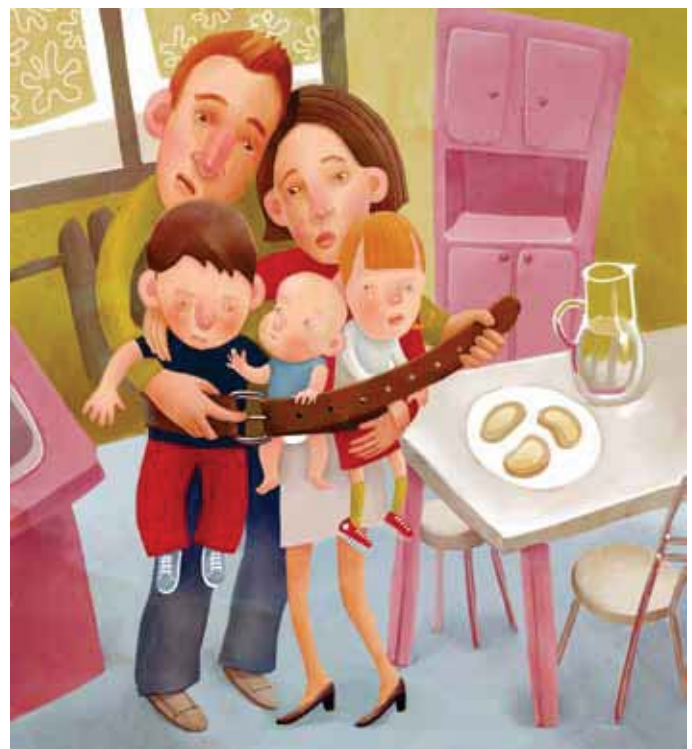
2. Time Magazine, February 7, 2011, The World, page 11--London

Study Warns of Global Food Crisis—“The ‘global

system is living outside its means,’ said an extensive U.K. government –sponsored report compiled over two years with the assistance of 400 experts in 35 countries. The report which attempts to calculate the future sustainability of the world’s food supply, calls for urgent government action to trim waste, liberalize global trade laws and aid the nearly 2 billion undernourished people in the world.”

END TIME PERSPECTIVE #1: “Just before we entered it [the time of trouble], we all received the seal of the living God. Then I saw the four angels cease to hold the four winds. And I saw famine, pestilence and sword, nation rose against nation, and the whole world was in confusion.” Day-Star, March 14, 1846.

END TIME PERSPECTIVE #2: “That God who cared for Elijah in the time of famine, will not pass by one of his self-sacrificing children. He that has numbered the hairs of their heads, will care for them, and in the days of famine they will be satisfied. While the wicked are perishing all around them for want of bread, their bread and water will be sure.” 2SG 244.



3. Time Magazine, February 7, 2011, The World, page 11--Moscow

Terror in the Airport—"A suicide bomber set off an explosion in the international arrivals section of Moscow's busiest airport Jan. 24, killing 35 people and wounding up to 180 others. Though no one took immediate responsibility for the Domodedovo airport bombing, authorities suspect it was carried out by Islamist separatists from Russia's restive North Caucasus region, which includes the once insurgency-ravaged republic of Chechnya. Chechen fighters attacked the same airport in 2004, and two women from Dagestan, adjacent to Chechnya, bombed a Moscow subway station last year. In the wake of the latest attack, President Dmitri Medvedev blamed airport and security authorities for no responding to warnings of an imminent strike, which Russian media outlets say may have been raised as much as a week in advance."

END TIME PERSPECTIVE: "The terrible reports we hear of murders and robberies, of railway (airport) accidents and deeds of violence, tell the story that the end of all things is at hand. Now, just now, we need to be preparing for the Lord's second coming."--Letter 308, 1907.



Hope International does not solicit tithes; however, we are a tithe-worthy organization and accept tithes. We use the tithe only for the gospel ministry. Donations designated "Gospel Ministry" will be considered tithe.

Subscription Order Line: 1-800-468-7884

Subscription Information

United States US \$23.99 per year
 Canada & Mexico US \$34.99 per year
 Foreign (Air Mail) US \$59.99 per year
 Large Print Edition Black & White US \$29.99 per year
 Large Print Edition Color US \$39.99 per year
 Audio CD or Cassette Edition US \$36.00 per year
 Foreign Audio & Large Print Edition..... Please Inquire

Shipping, Sales Tax & Currency

For all products advertised in this publication (unless otherwise noted): • **USA destinations:** \$0.00-\$25.00=\$6.25, \$25.01-\$50.00=\$9.25, \$50.01-\$100.00=\$13.50, \$100.01-\$200.00=\$16.75, \$200.01 or more \$2.99
 • **To destinations outside the USA:** Actual shipping rate will be charged.
Sales tax: Illinois residents, please add 6.5%.
All money sent must be in US funds, drawn on US banks.

Subscription Assistance

We strive to keep our subscription prices as low as possible. We want this material to be available to all. If your finances cannot meet the requested amount, please send whatever you can. Those desiring to assist in providing subscriptions for individuals with limited funds should send a gift marked "Subscription Assistance" to Hope International. Your donations are tax deductible



Hope for Health



Pain can cause you to be anxious, irritable, and depressed. It can interfere with your ability to sleep, your productivity, and your ability to work.

If you are tired of missing out on all the fun life has to offer because of your constant, chronic pain, then try **Pain Eraser** and find relief!

PAIN ERASER

FACTS:

- More than 50 million Americans live with chronic pain caused by various diseases or disorders.
- Pain attacks the body at every vulnerable target, especially bones, muscles, and joints.
- Back pain and related symptoms are the most common cause of disability for individuals under the age of 45.
- 20% of all American military medical discharges are due to low back pain.

90 Capsules\$11.99 HXHH-PERA

Suggested Adult Dosage:

- 2-3 capsules daily.

To Order Call Today:
1.800.468.7884

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

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

Some of the Benefits of Pain Eraser Include:

- Relief from acute or chronic aches and pains
- Powerful anti-inflammatory effects that help to relieve pain from arthritis or other inflammatory conditions
- A decrease in the occurrence and severity of muscular and menstrual cramps
- Natural sedatives that help you to relax - causing a reduction in pain

Discover some of the benefits of the 21 extraordinary ingredients in Pain Eraser:

- White Willow Bark Extract
- Feverfew
- Cherry Flex
- Nettle Extract
- Codonopsis Roo
- Boneset
- Jamaican Dogwood
- Malic Acid
- Sambucus Nigra (Black Lace Elderberry)
- Quercetin
- Thymus Vulgaris (Thyme)
- Chamomile Flower Powder
- Pau d' Arco
- Magnesium Oxide
- Alfalfa
- Cramp Bark
- Fo-Ti
- Capsicum
- Pancreatin (Vegetable derived)
- Bromelain
- Papain

*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.



WITH WHOM WILL YOU BE?

A train of cars was shown me, going with the speed of lightning. The angel bade me look carefully. I fixed my eyes upon the train. It seemed that the whole world was on board, that there could not be one left. Said the angel, "They are binding in bundles ready to burn." Then he showed me the conductor, who appeared like a stately, fair person, whom all the passengers looked up to and revered. I was perplexed and asked my attending angel who it was. He said, "It is Satan. He is the conductor in the form of an angel of light. He has taken the world captive. They are given over to strong delusions, to believe a lie, that they may be damned. This agent, the next highest in order to him, is the engineer, and other of his agents are employed in different offices as he may need them, and they are all going with lightning speed to perdition."

I asked the angel if there were none left. He bade me look in an opposite direction, and I saw a little company traveling a narrow pathway. All seemed to be firmly united, bound together by the truth, in bundles, or companies. Said the angel, "The third angel is binding, or sealing, them in bundles for the heavenly garner." This little company looked careworn, as if they had passed through severe trials and conflicts. And it appeared as if the sun had just risen from behind a cloud and shone upon their countenances, causing them to look triumphant, as if their victories were nearly won. EW 88.

Editor's Note: Will you be on the train with the world, or with the little company going in the opposite direction?



Here are two amazing books by Ellen G. White available at The Hope International Bookstore for an amazing low price!!

CHRISTIAN EDUCATION

paperback for \$2.99

“As an educating power, the Bible is without a rival. In the word of God the mind finds subject for the deepest thought, the loftiest aspiration. The Bible is the most instructive history that men possess.” - Page 65

MEEK & MIGHTY THE MAN MOSES

paperback for \$1.99

“The life of Moses was marked with supreme love to God. His piety, humility, and forbearance, had given him a strong influence over the host of Israel. His zeal and his faith in God were greater than those of any other man upon the earth. He had often addressed his people in words of stirring eloquence. No one knew better than he how to move the affections of his hearers. He conducted all matters connected with the religious interests of the people with great wisdom.” - Page 146

**Hope International
P.O. Box 220
Knoxville, Illinois 61448**

