



*our firm*  
**FOUNDATION**

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

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# Editorial

Clark Floyd



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Just about every morning, summer or winter, I walk my dogs. I have several different choices as to the paths I might take. However, I usually take the paved road from my house to the highway, which one-way, is .8 of a mile. About mid-way is a paved driveway that goes down hill to my neighbor's house. Since my neighbors are only there once in a while, I sometimes call ahead to my dogs and say, "Go down hill," and surprisingly enough, they understand, and turn and go toward my neighbor's. I go to make sure all is well at their home.

My dogs are all saved from the animal shelter in our county. The most recent addition to our pack is a puppy about the size of a dachshund.

Recently, in the first part of June, I decided to take this path, and my several dogs and I headed toward my neighbor's. My dogs were all ahead of me as usual as we approached a sharp bend in the driveway that turns towards my neighbor's house. My dogs went around the bend, but soon were running back in my direction barking frantically. Immediately behind them coming from behind the curve was a medium size black bear. His fur glistened in the sun light. He was within 50 to 100 feet from me.

As a teenager I worked on a surveying crew that surveyed uranium claims in the Colorado mountains. I was always warned not to run in case of a bear encounter, but I never learned that lesson. I had come around a bend, back at that time, to face a bear head on—I turned and ran, and in looking back over my shoulder, I noticed the bear turned in the opposite direction and ran.

Now with this recent bear, I turned and started up hill. As my dogs got closer to me, they seemed to gain courage, and they turned and barked at the bear causing him to turn and head down hill with them loudly barking behind him.

As I headed home, I could account for all the dogs except the puppy. He was nowhere to be found. I began to think that the bear had harmed him in some way. I decided that as soon as I arrived home, I would get my truck and head back to look for him. As I neared home, I heard a bark coming from the house. On the top step of the porch was the puppy. At the first sign of danger he had high-tailed it for home as quick as he could go. He knew where his safety could be found.

We have a predator that is walking about as a roaring lion seeking whom he might devour. Sometimes he works directly, but at other times he may work through others that we might not suspect. I recently read a magazine whose editor was a former Seventh-day Adventist pastor for many years.

There were articles in this magazine speaking against many of the Biblical understandings of the Seventh-day Adventist Church—our prophet, the Seventh-day Sabbath, in favor of Easter and Sunday keeping, and the investigative judgment. There were statements seeking to pull people from the Seventh-day Adventist Church.



As I read these articles, they were like the bear that ran as soon as the dogs stood up to him. The substance wasn't behind the reasoning used to scare these people from the Church, if they would have been well grounded in our message. One article was by a couple that had grown up in our church and had attended Seventh-day Adventist schools.

Ellen White has warned, "Those who have had great light and precious privileges, but have not improved them, will, under one pretext or another, go out from us." 6T400.

The sealing of God's people is described in 4BC 1161 as "a settling into the truth, both intellectually and spiritually, so they cannot be moved."

And like my puppy that ran immediately home at the first sign of danger, we also have a shelter in our Lord and Saviour, Jesus Christ.

How about each of you, dear readers, do you know the Scriptures well enough to not be moved by the "bear" of false doctrine?

"Even in our day there have been and will continue to be entire families who have once rejoiced in the truth, but who will lose faith because of calumnies and falsehoods brought to them in regard to those whom they have loved and with whom they have had sweet counsel. They opened

their hearts to the sowing of tares; the tares sprang up among the wheat; they strengthened; the crop of wheat became less and less; and the precious truth lost its power to them." TM 411.

**Our Mission:**

It is the mission of Hope International and the editors of *Our Firm Foundation* to clearly present Christ and His truth. The days remaining for this world are few, and we must work quickly. We must boldly proclaim the historic truths of Adventism that place us on so firm a foundation in the midst of this troubled world. —Editor

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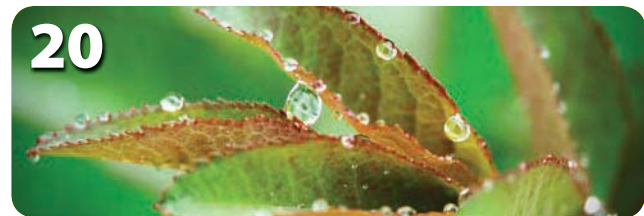
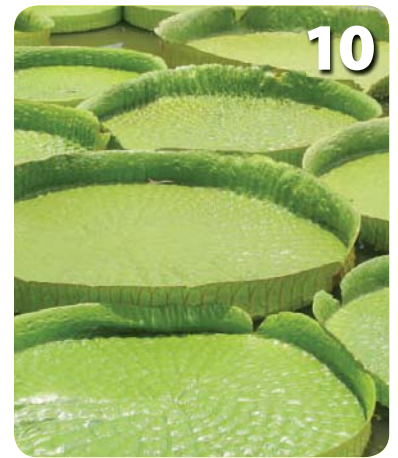
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# The Bible Museum Opened

By A. L. O. E.  
1883

Often those things in Scripture that seem so unimportant when we see them first mentioned may take on unusual meaning when we examine them more closely.

## the jawbone of an ass

A greater contrast could scarcely be found than that presented in an earlier article on Gideon's ephod and the jawbone of an ass as presented here. The golden ephod is gorgeous and fair; here we look at an unsightly bone, a relic of the despised animal that crops the thistle, bears the burden and the blow. The jackals might reject it; the passenger's foot kick it aside. It has in itself no beauty, no dignity, no value; and but for finding it carefully preserved in Scripture, we would not pause to give it a thought. The practical lesson suggested by this bone contrasts well with that drawn from the ephod: if the latter showed us the weakness of human nature even in the noblest of men, the former teaches us what God can make of the most common—most humble instrument. Through Him the jawbone of an ass became a more terrible weapon than the keenest steel had ever been in the hand of the strongest man. Samson, after the victory which he won single-handed, exclaimed: "With the jawbone of an ass, heaps upon heaps, with the jaw of an ass have I slain a thousand men!" And then, as if even he despised the instrument which he had used, when he had made an end of speaking, he cast the jawbone away.

### *The proud boast of Samson was followed by humble prayer*

But that which man threw aside,

God had chosen for peculiar honour. Samson was to feel his own weakness in the midst of his strength. He who had slain a thousand found himself ready to perish for lack of a draught of water. The proud boast of Samson was soon followed by humble prayer: "Thou hast given this great deliverance into the hand of Thy servant: and now shall I die for thirst, and fall into the hand of the uncircumcised?"

### *The dead bone became a spring of water*

God heard the cry, and answered it by a miracle. The dead bone became a spring of living refreshment: "God clave an hollow place that was in the jaw, and there came water thereout." Once more the despised thing was eagerly raised by the hand of the mighty Samson. "When he had drunk, his spirit came again, and he revived: wherefore he called the name thereof, En-hakkore, which is, 'the well of him that cried'."

### *A hopeless, apathetic, listless spirit may be mistaken for humility*

The wonders accomplished by means of this jawbone illustrate the declaration of St. Paul, which proud man is slow to receive: "God hath chosen the foolish things of the world to confound the wise; and God hath chosen the weak things of the world to confound the things which are mighty; and base things of the world, and things which are despised, hath God chosen." There is encouragement to the lowliest in these words, and they may also serve as a rebuke to those who act in the spirit of the man in the parable, who, possessing but one talent, hid it; that hopeless, apathetic, listless spirit, which those who foster it are too apt

to mistake for humility of soul.

### *For whatever work God gives His people to do, He will provide them with an instrument*

We have seen the danger of self-exaltation, but there is a danger to the opposite side; there is a cowardly shrinking from performance of duty from a sense of our own deficiencies. Even Moses fell into this error: "I am slow of speech, and of a slow tongue," cried he, seeking an excuse for not undertaking the mission on which God would send him. And the Lord said unto him, "Who hath made man's mouth? Or who maketh the dumb, or deaf, or the seeing, or the blind? Have not I the Lord?" And when Moses persisted in declining the office of which he felt himself to be unworthy, "the anger of the Lord was kindled". For whatever work God gives His people to do, He will provide them with an instrument. There are those who say in their hearts, "Had I but wealth, how largely would I give! How much good would I do!" or, "Had I but strength, how actively would I engage in the work of the Lord!" Had Samson been like these, he might have exclaimed, "Oh, had I but a sword in my hand, I would put these Philistines to flight!" But Samson uttered no such idle exclamation; he caught up the nearest weapon at hand; he used what he found, though it was but an ass's jaw-bone, and God made it effectual to put to flight the army of the aliens.

### *Neither imprisonment nor blindness is an excuse for neglecting the work before us*

So the imprisoned Bunyan did

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The Bible Museum Opened  
*continued on page 11*



# REVELATION: A Letter to the Bride

By Virgil Starr

*The Revelation of Jesus Christ, which God gave unto him, to shew unto his servants things which must shortly come to pass; and he sent and signified it by his angel unto his servant John, Revelation 1:1.*

## *Why study this book?*

There is no book in the Bible that has captured the imagination more than this book. Its images and symbols seem to be drawn from more pleasant portions of scripture and yet they paint a picture and tell a story that almost defies believability. There are seas turning to blood, mountains burning with fire, and locusts that ravage the green around us. So why study this book?

I often come to the Bible seeking peace and to find what my soul lacks, and I have grown to enjoy a “filling of my cup” as I spend time learning and seeking. For many years I found myself staying away from this book because there was no peace there. There was no nourishment for my soul. I knew

there was a problem but I didn’t know what it was. I speak of the past this way because things have changed. I can come for meditation and retreat to Revelation and find riches spoken of by Christ that do unspeakable good to my heart and my faith. This has all come about as I have come to know the nature of the book and of whom it speaks. You too can know and understand Revelation for yourself. It is a book for lovers; it is a book only the betrothed will understand.

## *We have had prophecy confirmed*

In II Peter 1:16-19 we are given excellent reasons for seeking to know what comes from the prophets. The context is that Peter is encouraging his readers in the truth of the gospel. In his world, as in ours, he must have seen how people make truth relative or subjective to the situation or, in some cases, that there is no truth. In verse 16 he says, “We have not followed cleverly invented stories when we told you about the power and the coming of our Lord Jesus Christ.” He goes on by saying we saw Him, we touched Him, we loved Him, we even heard God’s voice say, “This is my son.” Even with all this He adds, “We have something even more certain than this, we have had prophecy confirmed.” More than what they saw and what they experienced, they had what they called “prophecy confirmed”. They had been given, from God, foreknowledge of what was to come. Only now they realized that they had been dull of thinking and that their lives as well as the life of Christ had been written beforehand and they “with slowness of heart” were unable to understand.

## *God reveals prophecy to His prophets*

God has always promised to tell us before-hand what is about to take place. Some will hear and understand and some will believe when it comes to pass and be strengthened. True to his word, God tells us in Amos 3:7, “The Lord God will do nothing except he reveal it to his servants the prophets.” It has always been so. Whether He was to allow Babylon to take His people, or Christ to be born a child, or even before Jesus was to change ministries in heaven, He has always told us ahead of time. Today is no different. Continuing in II Peter 1:19, He directs us by saying, “You will do well to pay attention to it as a light shining in a dark place, until the day dawns and the morning star arises in your heart.”

## *We are to pay attention to prophecy*

The picture being used here is of the end of the night and the need of a lamp as we wait



for the sunrise; a picture of absolute truth! This whole world waits in darkness for the sunrise. An interesting thing happens near sunrise, as the sky slowly lightens; the stars fade until there is only one left in the sky. That is called the daystar or morning star. We are called to pay attention to prophecy until the daystar arises in our hearts. Revelation 22:16 points to Jesus as the morning star. Scripture comes at it from all directions in order to get across to us that He is exactly what we need in our hearts. Power lies within prophecy. The study of it can make changes in our lives and heal our hearts. Expect a blessing!



### *The unveiling of the bride*

This points to an early Jewish tradition that is still alive in our Christian weddings today, the bridal veil. In the Jewish ceremony, the wedding was a seven day

celebration in which the bride remained veiled until the actual marriage occurred when the bride and groom spent the night together. In the midst of the week the two parties, with the bride and the groom on the shoulders of their respective parties, brought them to the groom's hupah or tent, and it was there, alone, that the *apokalupsis*, the unveiling of the bride took place. This was how Laban was able to marry Leah to Jacob. A little wine, a lot of celebrating, a dark night, and a very dark hupah, and of course Jacob did not suspect anything, and so when the sun came up he found himself married to the wrong girl.

### *A sacred union between God and man*

Even today, we preserve the tradition of unveiling the bride, and the kiss, which symbolize the intimate union of a groom to his bride. This moment, "the unveiling", was a moment of an intersection in life so filled with the emotion of love, hope change, new family, and dreams, that their culture demanded a word to express this. A word that represented the dreams of two people's lives intersecting, filled with the colors of family, the beginnings of life, and the blessing of God and hints of eternity. This word is the unveiling, the *apokalupsis*. This is again a spiritually understood symbol of a sacred union between God and man, a marriage, an intimate relationship so yearned for by our God that He has labored for six



### *Apokalupsis - to uncover the head*

Revelation 1:1 begins with 'The Revelation' or in the Greek, *apokalupsis*. The Theological Dictionary of the New Testament by Bromily says about the word *apokalupsis*,

The noun usually has such ordinary senses as uncovering the head... When the Greeks speak of something analogous to Revelation they mostly use other words. Theological use of either verb or noun is fundamentally alien to the Greeks and perhaps derives from the Greek Bible.



Noting the facts it says;

1. It means to uncover the head
2. If the Greeks wanted to say this they had other words
3. Usage of this word is alien to Greeks
4. It appears to come from the Bible

So then, why does this word exist and what is its origin? The word has its roots in Hebrew culture and was coined in the Greek. That is why it seems to appear first in the Bible and why Greeks use a different word to say the same thing. Remembering that its meaning is "uncovering the head", let's go back to the Jewish wedding to find its beginning. The first Biblical reference is in Genesis 24 when Rebekah was brought to Abraham's tents. Isaac saw them coming and ran out to meet them. Verse 65 says, "...and the servant had said, 'it is my master;' therefore she took a veil, and covered herself."

thousand years and will continue until He has paid the price; a total of seven thousand years for His bride. Like Jacob, it says in Genesis 29:20, "He served seven years for Rachel: but they seemed unto him but a few days, for the love he had for her."

### Revelation is about the wedding

Seven thousand years, but they seem like a few days for the love He has for us. Revelation is really about the wedding, the preparation for it, the bride, the groom, the virgins, and the sweet anticipation. As the wedding approaches He awakens a letter that He wrote 2000 years before, a letter He planned would lie dormant through the passage of time. As time draws near the book now yields its secrets. The bride hears the urgency and counsel that the bridegroom cometh.

Revelation 19:7...for the marriage of the Lamb is come and His wife hath made herself ready

Revelation 19:9...write, blessed are they which are called unto the marriage supper of the Lamb

Revelation 21:9...come hither I will show thee the bride, the Lamb's wife

Revelation 22:17... And the Spirit and the bride say come...

Revelation 18:23...and the voice of the bridegroom and of the bride shall be heard no more in thee at all

### Unlocking the book

The key to unlock the rest of the book is found in verse 1. Let's look first at the portion that states, "...and He sent it and signified it by His angel." For many of us something automatic happens as we read this. It states here, and is confirmed numerous times in the book, that it was sent by the angel. Because the word "signified", meaning to make into signs, is in between the "sent" and the "angel", our western way of thinking includes the signifying as a task the angel does; He sent and signified by his angel.

The Greek of this passage reads *Semaino apostello dia hautou aggelos* or literally, "He signified sending by His angel."

This clearly places the action of changing into signs back to Jesus, rather than forward toward the angel.

So what we find now in the first verse is this:

1. Jesus received it from the Father

2. Jesus put it into signs
3. Jesus sent it by His angel
4. Jesus did it this way to show His servants



### There is no secret code in Revelation

The conclusion is that this manner of teaching is not new, nor is Revelation encoded in a mysterious cryptic language. There is no Revelation code; no decipherable secrets. In fact, it has its parallel with Jesus, the Teacher, and is thoroughly documented in the gospels. It was Jesus' manner to receive from the Father and, in putting it into signs and symbols, He gave it to His servants. In doing this, He taught timeless truths in a timeless

fashion that would transcend centuries and cultures; it would be recognizable by those who hold dear heavenly principles, and yet elude those that have no room for that way of thinking. We have always received truth from Heaven the same way. The Father has given it to Jesus and He has given it to His servants.

### Jesus taught using pictures, symbols, and parables

When Jesus taught, the Bible records that He mostly used indirect methods, such as parables and symbols, which were very specific to the point He was teaching. This allowed Him to teach openly and to all and still make a distinction between those He wanted to reach, and many He knew He would offend.

John 10 begins with a simple parable of sheep, a shepherd, and a corral for the sheep; a parable many Christians would consider very basic and yet their response was one of ignorance.

"This parable spoke Jesus unto them; but they understood not what things they were which He spake unto them." John 10:6.

Jesus both thought and taught in picture, symbol, and parable, a fashion which many did not get right away. To those who were willing followers it was a way of thinking that could be easily learned.

"And the disciples came, and said unto Him, why speakest thou unto them in parables? He answered and said unto them, Because it is given unto you to know the



mysteries of the kingdom of heaven, but unto them it is not given... Therefore speak I to them in parables: because they seeing see not; and hearing hear not, neither do they understand.” Matthew 13:10, 11 & 13.



### *One's thinking must be changed to understand*

As their minds were filled with the precepts of heaven, the more easily the teaching of Jesus found room in their thinking. They understood when we were called sheep, or when Jesus was called the light (that allowed us to see truth), or the bread (food that kept the spiritual life fed).

The conclusion is that this was a way of thinking and not just a method of interpretation, and it was only as one's thinking changed that harmony and understanding came. Understanding was not achieved by method and effort, but by change.

“...we have the mind of Christ.”  
I Corinthians 2:16.

“Let this mind be in you which was also in Christ Jesus.” Philippians 2:5.

The book of Revelation is given to us in a fashion Jesus has always used. We have the gospel according to Matthew, Mark, Luke, and John, and now we have the gospel according to Christ to which we do well to pay heed until the Daystar arises in our hearts. Jesus teaches both historically, and in Revelation using a blend of 5 different methods. They are:

PARABLES: stories such as the widow and the judge, or the sower

SYMBOLS: sheep, bread, light, even death

THEME PARALLELS: sign of Jonah: three days in the belly of the whale, three days in the tomb

WORD PARALLELS: “thy king cometh sitting on a colt the foal of an ass”; “Blessed are the meek for they shall inherit the earth” Psalm 37:11.

HIS ACTS: He would do things often times considered odd and leave the observers to find the lesson themselves. One such case is the cursing of the fig tree.

### *“Declare unto us the parable”*

Together these form a way of thinking that the mind

will recognize. The difficulty with our current approach is that we have stood outside the experience and change required to think this way, and have tried logically to apply symbols to find the interpretation. This way works no better today than it did 2000 years ago. The problem it creates is that if we apply symbols when it was meant to be from a parable or word parallel, we may never understand. We should ask of Jesus “declare unto us the parable”, then understand that the change in thinking will occur in you if you will only allow the potter to do unto the vessel as it seems good to the potter to make it.

### *We need to learn the language of Heaven*

I have had friends and students come to me expressing their excitement about being enrolled in a Greek or Hebrew class all with the intent of being able to understand the mysteries of scripture. And in a way, that's good. They need a little excitement to make it through many long and arduous classes, and the idea is right. We do need to learn a new language; only it's not Greek or Hebrew - it is the language of heaven. The building blocks are those which Christ taught, and the examples are found in parables and life stories of His time. This new language is not found on television or the Internet, nor is it used at your job or your bank, but only in the quietness of your meditation with God and His word.

Oh yes, there is one more thing you must always remember:

This language, like Hebrew, reads backwards:

TO BE FIRST - YOU MUST BE LAST

TO BE THE GREATEST - YOU MUST BE THE SERVANT OF ALL

TO GET THE VICTORY - YOU MUST SURRENDER  
TO LIVE, TO REALLY LIVE - YOU MUST FIRST DIE

And when you think in the fashion He has intended, you will read the book the way it was meant for you to read. Read Revelation as a love letter. It will forever change the way you view the book.



Virgil Starr, is an elder and teacher with a passion for leading people into a personal relationship with Christ. He has worked as an evangelist and speaker internationally and has been convicted through scripture of the imminent coming of Christ. He lives in the foothill of the Sierra Nevada mountains in California



# PERMANENCE

By M. B. Clarke

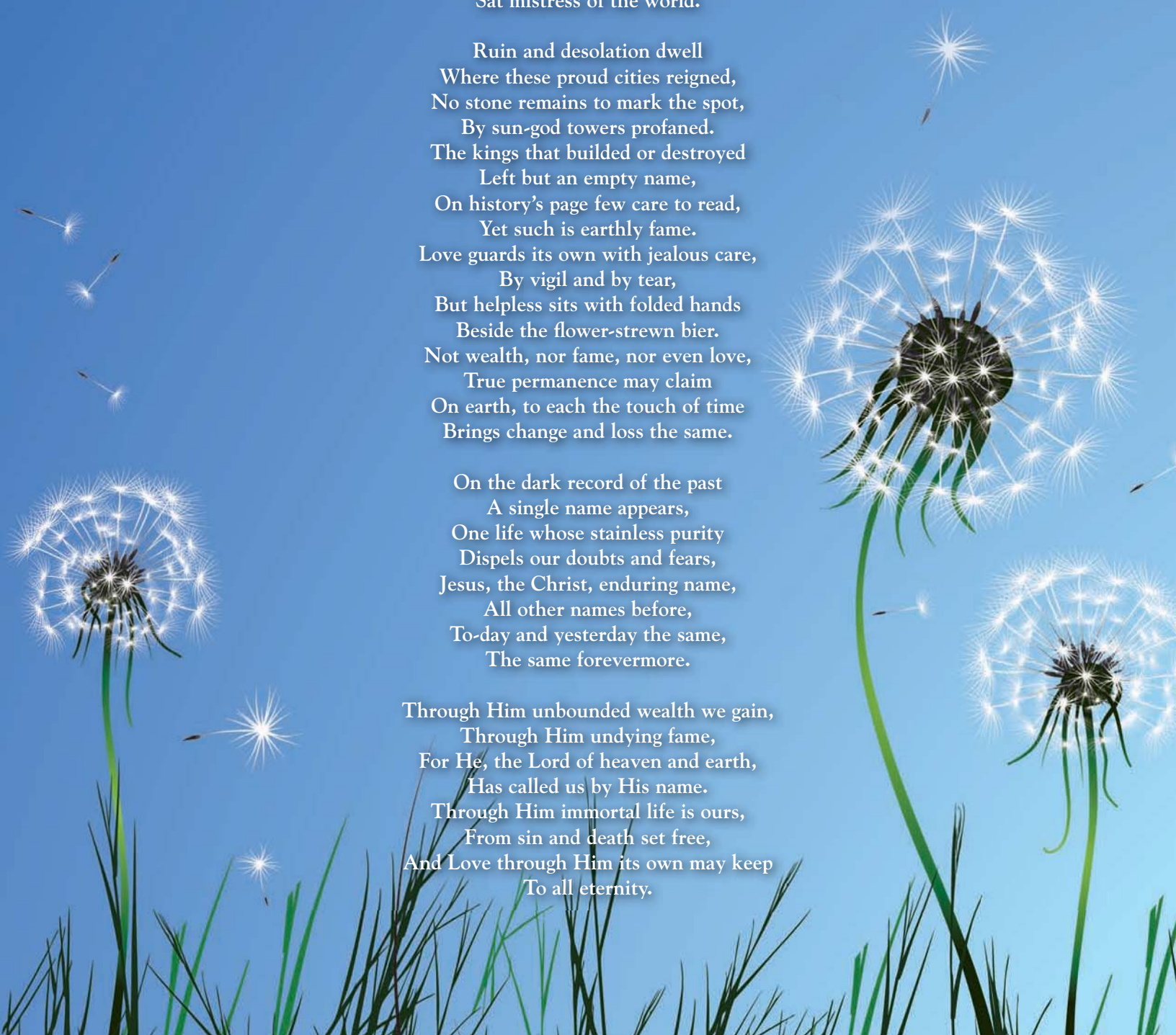
“Jesus Christ the same yesterday, and to-day, and forever.”

Men seek for permanence. Of old  
They builded cities high  
With towers and palaces whose tops  
They thought should reach the sky.  
Thus Babylon and Carthage grew,  
And banners gay unfurled,  
And Rome upon her seven hills  
Sat mistress of the world.

Ruin and desolation dwell  
Where these proud cities reigned,  
No stone remains to mark the spot,  
By sun-god towers profaned.  
The kings that builded or destroyed  
Left but an empty name,  
On history's page few care to read,  
Yet such is earthly fame.  
Love guards its own with jealous care,  
By vigil and by tear,  
But helpless sits with folded hands  
Beside the flower-strewn bier.  
Not wealth, nor fame, nor even love,  
True permanence may claim  
On earth, to each the touch of time  
Brings change and loss the same.

On the dark record of the past  
A single name appears,  
One life whose stainless purity  
Dispels our doubts and fears,  
Jesus, the Christ, enduring name,  
All other names before,  
To-day and yesterday the same,  
The same forevermore.

Through Him unbounded wealth we gain,  
Through Him undying fame,  
For He, the Lord of heaven and earth,  
Has called us by His name.  
Through Him immortal life is ours,  
From sin and death set free,  
And Love through Him its own may keep  
To all eternity.



# A Change Of Government Necessitates A Change Of The Seal

By Charles T. Everson

In order to make a law valid it must be stamped with a government seal; and, consequently, when a law has not been sealed, or has been deprived of its seal, it is null and void. Therefore, when the psalmist said (Psalm 119:126) "They have made void Thy law", he evidently referred to a time when the law of God would be deprived of its seal.

But what is the seal of God's law, and why would or should any one wish to deprive it of its seal? In order to determine what is the seal of God's law, let us notice for a moment what constitutes a seal in any law. When, for example, a law is made here in Italy, it is stamped with the king's seal, which reads thus: "Victor Emanuel III, King of Italy." (This article was written in 1904.) We note here that the seal gives, firstly, the name of the ruler; then the basis of his authority; and lastly, the extent of his dominion. We would therefore expect to find in the seal of any law these three characteristics; namely, the name, the reason for his authority to command, and the extent of the dominion of the person named in the seal.



## The Fourth Commandment is God's seal

If we look over the law of God with the idea of finding its seal measured by these characteristics, we find it in the Fourth Commandment. Not one of the other commandments of the Decalogue would distinguish our God from other gods.

But the Fourth Commandment quickly disposes of all false gods. For Buddha, Confucius, the sun, and all other gods that are worshiped, must be recognized as created, and consequently inferior to the God of the Fourth Commandment, who made all things including those named. And in this Fourth Commandment we find the characteristics that comprise the seal of the law. This commandment gives the name of the Author of this law as Jehovah, the basis of His authority as the Creator of all things, and the extent of His dominion as the heavens and the earth. It is evident, therefore, that in the Sabbath Commandment we have the seal of God, for in it are given the characteristics that comprise a seal.

## God commands us to seal His law again just before His coming

But we noticed from the text referred to in the Psalms that



the law has been made void, and the natural conclusion is that it has been deprived of its seal for the purpose of making it void.

That this

conclusion is correct is seen from Isaiah 8:16, which says, "Seal the law among my disciples." The Lord would not ask us to seal the law, if it were already sealed. True, it was sealed at



one time, but it has been made void by being deprived of its seal. And now God commands us to seal it again just before His coming, as the verse following the one quoted speaks of the coming of the Lord. Of course, in reality, the law has never lost its seal, for it is deposited in heaven; where it can not be trifled with by men. But to the appearance and practices of men, it has lost its seal. Therefore the



command, “Seal the law among my disciples.” It is sealed in heaven, and now let it be so among His disciples.

### Why would the Papacy attack the fourth Commandment?

But who dared to attempt to tear away the seal from God’s law on earth? He, it was, “who opposeth and exalteth himself above all that is called God, or that is worshiped; so that he as God sitteth in the temple of God showing himself that he is God”. We well know that this Scripture refers to the Papacy. But why should the Papacy attack especially the Fourth Commandment of the Decalogue? For it is well known that the Papacy claims, and history substantiates her claim, that the Catholic Church has substituted the observance of the first day, Sunday, for the seventh day of the week, Saturday. The reason why the Papacy attacked the Fourth Commandment is very plain. The power that tried to take the place of God, sitting in the temple as God, would, in the very nature of the case, be under necessity to



attack the Fourth Commandment, and could not do otherwise.

*It was necessary for the Papacy to take away God’s seal when it came into power*

If a power came into Italy and conquered the country, would this new government continue to stamp its laws with the seal that reads, “Victor Emanuel, III, King of Italy?”

Most certainly it would not. The very first change that would be necessary would be to destroy the old seal and make a new one. So also, when the Papacy tried to take the place of God’s government, it was first necessary for it to take away God’s seal, the Sabbath, and put in its stead its own seal,

Sunday. And Sunday the Catholic claims as the sign of its power. We will recall that one of the first things that the Papacy did when it came into power, was to take away the Sabbath, and substitute for it, Sunday.

### *The law should be sealed among God’s disciples*

Now God says that His law has been made void, and we see that this has come about by the law being deprived of its seal. Is it not time, therefore, that we seal the law again, especially among God’s disciples? If you are a disciple of Christ, then you ought to be sealed with God’s seal, which is the Sabbath. Rome, Italy.



### The Bible Museum Opened *continued from page 4*

not sit down in prison despairing, murmuring forth, “Had I but liberty, I would declare God’s truth;” nor, in our own times, Moon exclaim, “Had I but sight, I would be useful in my generation;” No, the imprisoned and the blind both worked with brave, hopeful resolution; and both have been enabled to do more for God’s glory and the welfare of mankind than have tens of thousands of Christians possessing the advantages lacked by these servants of God. (Moon was a blind man that gave portions of Scripture in embossed letters to those afflicted like himself in fifty-six languages!)

### *Our Lord can make a weak instrument strong*

Hope is classed by St. Paul with faith and charity: it is closely connected with both. Christian Hope, born of Faith in the truth, the power, and the mercy of God, gives energy to Charity in all her active labours of love. “Our Lord can make a weak instrument strong, a worthless instrument effectual; He could bless even then!” whispers Hope, as she points to the jaw-bone so mighty in the hand of Faith. And thus still may the weary worker, disheartened by difficulties, faint yet pursuing, drink in refreshment, and gain vigour for new efforts, like Samson, from the bone of an ass.

# WHO HOLDS THE CORD?

By Joe Olson

I would like to tell you about a dream Ellen White had. She entitled it, “An Impressive Dream”. She had this dream at Battle Creek, Michigan in August of 1868. She was forty years old at the time.

This dream can be found in the books, Testimonies for the Church, Volume 2; Life Sketches of Ellen G. White, and Christian Experience and Teachings of Ellen G. White. In the last two books, the title of the dream is, “Traveling the Narrow Way”. The Seventh-day Adventist artist, Elfred Lee, did a floor-to-ceiling, 30-foot long mural on a wall in the world headquarters building of the Seventh-day Adventist Church in Silver Spring, Maryland of this “dream”.

## **The dream needed no comment**

At the end of this “impressive dream”, Sister White said that the dream needed no comment. In other

words, the dream and its contents were so obvious that to anyone paying attention, and if you had a basic Bible understanding, one hardly needed to add commentary. She also stated that she felt the dream would be vivid to her in her mind as long as her memory would continue; it was that “impressive” a dream.

This dream, as the other title

“Traveling the Narrow Way” suggests, represented the travels of the Advent people to the City of God. Ellen felt the dream needed “no comment” in her day because the people were heavy into Bible study and were

preparing for heaven. And since we are over 140 years past this dream she had, it seems that we might have lost some of the significance of the dream. Many people are even unaware of the dream, and that is sad. I know some of you might be very familiar with this dream, but others, newer in the faith, maybe not so much.



## **The body of people prepared for the trip**

Ellen White said, “I dreamed of being with a large body of people. A portion of this assembly started out prepared to journey.” 2T 594. Even in the very beginning of this dream, there are some interesting points, especially related to the lies the devil tells today.



One is that out of a large body of people, only “a portion” prepared to journey. In other words, there are many who will never take the step to become Christians. As hard as we try, some of our parents and children and spouses and friends and co-workers will never decide to follow Christ. As a result, many people will not be going to heaven.

Another aspect of this first statement is that the people who did choose to “journey” prepared for it. These people knew there would be a road trip and they knew it would take some time and they got ready for it. This idea refutes the concept of accepting Christ and that is all you have to do. There is most definitely preparation involved in making it to heaven.

### **The wagons were heavily loaded with baggage**

We go on... “We had heavily loaded wagons.” This was especially important to me. People who choose Jesus have a lot of baggage. All people... especially the ones who don’t think they have baggage. She didn’t say, “a few people had heavily loaded wagons”... she said, “we”, as in all of us.

We do not come to Jesus clean; we come to Jesus to *be* cleaned. And just because we have started our journey with Jesus, does not mean we have automatically become perfect Christians now. The walk

with Jesus is a walk of growth! Growth is time-consuming. Growth is many times imperceptible to the one doing the growing.

### **The Lord leads us gently uphill**

But as we will notice, growth is continual. “As we journeyed, the road seemed to ascend.” I like how the Lord showed this to her. The road “seemed to ascend”. This is how kind and merciful the Lord is. We grow as we go but not usually in steep inclines. The Lord gently leads us uphill so as not to tire us out or wear us out with discouragement. This is how the Lord does it. People sometimes, in their mistaken zeal, want new people starting the path to be where they are on the path, so they prod and push and pull to get the new folks further up where they are. God is gentle. I appreciate so much the care that God has for us in leading us heavenward.



Again we have the indication that it was to be a “journey”... a long journey. And many people, when accepting the Lord, do not want a life-long expedition. They want a quick and easy trip and then enjoy the fruits of eternal life. A long battle and march is not what many people think they are signing up for.

### **There is only one narrow road to heaven**

The dream continued: “On one side of this road was a deep precipice; on the other was a high, smooth, white wall, like the hard finish upon

plastered rooms.” This gives me the idea of there being only one way to heaven. There is one road. There is a high, impenetrable wall on one side, and a deep precipice on the other. There are no other routes to the heavenly City. Following Jesus Christ is the only way, and that is just what Jesus said. “Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.” John 14:6. The Father is in the City, and if you want to get to the City, you have to follow Jesus. There is no other option. The devil tries to convince us that there are many paths to heaven, but not according to the Bible, and not according to this dream.

Back to the vision... “As we journeyed on, the road grew narrower and steeper.” Again, I see the kindness of God in allowing us to acclimate ourselves to the journey. It starts out imperceptibly ascending, but as we gather strength, the Lord begins to increase the level of difficulty. Nothing is done too hard or too arduous. God has a very tender care for each one traveling the path.

### **The road was too narrow for the wagons**

“In some places it seemed so very narrow that we concluded that we could no longer travel with the loaded wagons. We then loosed them from the horses, took a portion of the luggage from the wagons and placed it upon the horses, and journeyed on horseback.” The road was not narrow for the *people*; it was just too narrow for the wagons they were riding in. As noted earlier, the Christian walk is about growth. A lot of pastors and churches do not really address this issue. For them, Christianity is

just about salvation, it is not about sanctification. This vision makes plain that going to the City of God means overcoming our sinful ways and thoughts. Our goal is not just to be with Jesus, but to be like Jesus!

### **We must give up our baggage and leave it behind**

“As we progressed, the path still continued to grow narrow. We were obliged to press close to the wall, to save ourselves from falling off the narrow road down the steep precipice. As we did this, the luggage on the horses pressed against the wall and caused us to sway toward the precipice. We feared that we should fall and be dashed in pieces on the rocks. We then cut the luggage from the horses, and it fell over the precipice.” This is another very important concept here. The luggage and baggage that we carry will cause us to fall if we do not let go of it. We will die if we do not let it go. Yet God does not propose to remove it from us. He empowers us to let it go. The more we value God and His ways and kingdom, the less we will value our baggage, and we let it fall from us. It is not torn from us... we give it up voluntarily. God loves all of us but only wants willing people to follow Him. A “forced” obedience is not



“loving” obedience. This cannot be overlooked... on each step of the Christian walk, we have a choice... continue on by removing some of our “baggage”, or turn back, or fall off the path.

“We continued on horseback, greatly fearing, as we came to the narrower places in the road, that we should lose our balance and fall. At such times a hand seemed to take the bridle and guide us over the perilous way.” Christ said that the road to heaven was a narrow one, but it is one that **He** has promised to help us navigate! And God has never, ever lost one of the travelers on His road!

### **If we are to lead others, we must be going in the right direction**

“As the path grew more narrow, we decided that we could no longer go with safety on horseback, and we left the horses and went on foot, in single file, one following in the footsteps of another.” Do you notice a theme here? “We decided.” “We cut the luggage.” “We loosed the wagons.”

WE make the choice each step of the way. As we continue our walk with the Lord, we begin to see things that we have that cause our walk with Jesus to be imperiled, so we let them go. Again, WE let them go. The closer we get to God, the closer we come into unison with one another... single file. The broad path goes to another location. “Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to



destruction, and many there be which go in thereat:” Matt. 7:13.

No, we want the single file road... not the broad way. In order for others to follow in our footsteps, we have to be doing and going in the right direction, right? This shows the importance of us doing the right thing so others are not lost following us!

### **As we travel, the cord moves along with us**

“At this point small cords were let down from the top of the pure white wall; these we eagerly grasped, to aid us in keeping our balance upon the path. As we traveled, the cord moved along with us.” God never leaves us, as you have heard me say so many times, and He provides all the help you need in your travels to the City. God does not propose to carry you home, but He will provide the support you need so you can make it. Please note that there were no cords when they were not actually needed.

But, as soon as we cannot walk safely without a cord to help, the help is provided.

### **Nothing can be allowed to impede our journey**

“The path finally became so narrow that we concluded that we could travel more safely without our shoes, so we slipped them from our feet and went on some distance without them. Soon it was decided that we could travel more safely without our stockings; these were removed,

and we journeyed on with bare feet.” Everything that impedes our journey to heaven must be removed.

We will take nothing that offends or makes it hard to follow Jesus into the City of God. To be with Jesus; to be in His presence; to be on holy ground, we must be like Moses and remove the shoes from off our feet.

### **We must part with the conveniences of this world**

“We then thought of those who had not accustomed themselves to privations and hardships. Where were such now? They were not in the company. At every change some were left behind, and those only remained who had accustomed themselves to endure hardships. The privations of the way only made these more eager to press on to the end.” Self-sacrifice has always been the Christian way.

Those who are not willing to deny themselves for others will find it a very difficult task to do it when it is a requirement for survival. As outrageous as it might seem, I believe there are people who will give up God for things as silly as pizza delivery or cable TV. Wait and see when the Sabbath becomes an issue in following God. As we just noted, the harder the climb and the narrower the road, the fewer people stayed on the path. To get to the new world, everything in this old world will have to be let go.

Those unwilling to part with the conveniences the world has to offer now, will not part with them then, even for salvation itself! Look at how few will even suffer the inconvenience of country living when we have been told to get out of the cities for years!

### **We have hold from above!**

“Our danger of falling from the pathway increased. We pressed close to the white wall, yet could not place our feet fully upon the path, for it was too narrow. We then suspended nearly our whole weight upon the cords, exclaiming: “We have hold from above! We have hold from above!”



The same words were uttered by all the company in the narrow pathway.” Everyone must experience this as they progress towards heaven. We cannot do it or make it on our own. We must have faith in the God we cannot see, but Who we know has helped us thus far. The attitude of doing things your own way must also be cast aside. There must be a complete surrender of self and a total reliance upon God alone. And the faith of one will inspire the faith of another. This is one of the reasons we need to fellowship together as much as we can. God uses each of us to encourage and exhort the other. Many of us may find that we are left quite alone initially as we journey on the heavenly path, but as we continue in our walk, we will find others doing the same thing, and this will cheer us on the way. Oh, maybe not physically close, but



close by phone or letter or DVD. But even in this, what sustains us is not our friends or family or church or even our pastors, but the cord we hold on to. That cord is our faith, our trust in what is above. We cannot see to what the cord is attached; we know not by sight who holds the cord, but we know by experience that the cord has helped us stay on the path and keep us safe.

### **Without even knowing it, we have been changed**

“As we heard the sounds of mirth and revelry that seemed to come from the abyss below, we shuddered. We heard the profane oath, the vulgar jest, and low, vile songs. We heard the war song and the dance song. We heard instrumental music and loud laughter, mingled with cursing and cries of anguish and bitter wailing, and were more anxious than ever to keep upon the narrow, difficult pathway.” This was huge for me. The people on the path heard all the sounds that the world makes. And we were once part of that world. We used to join in on the songs and revelry and music. But now, we shudder to hear it. Without even knowing it, as we have progressed in our journey, as we have left off our baggage every step of the way, we have been changed. Our characters are not what they were when we started the journey. Our desires; our hopes; our goals; our very thoughts have been unconsciously changed. And now, when we hear the words and ways and wails of the world, we are no longer captivated by the sounds and ideas, but want to get even further away from them. Without even knowing it, as

we travel the upward path, we have been, we are being... sanctified! We weren't trying to be or trying to get sanctified. We just wanted to go to the heavenly City. But to get there, we have to take the path, and as we ascend the path to the City, the luggage and baggage and suitcases and trunks of stuff that we hold so dear to, have been removed... step by step. We have nothing left... but our faith, and our desire to be out of the world and in the heavenly City.

### **Faith is provided in the amount we need**

“Much of the time we were compelled to suspend our whole weight upon the cords, which increased in size as we progressed.” Self is almost completely removed and faith is just about all there is for us now. We have little else to hold on to. Everything has been let go of. And the little cord that we started with, that little bit of faith that we needed to start the journey, has increased as we have continued the walk. Our “faith” has increased as much as we needed. Not too much... not too little... but just what was needed for the trip heavenward.

### **The blood-stained wall was evidence that others had traveled this path first**

“I noticed that the beautiful white wall was stained with blood. It caused a feeling of regret to see the wall thus stained. This feeling, however, lasted but for a moment, as I soon thought that it was all as it should be. Those who are following after will know that others have passed the narrow, difficult way before them, and will conclude that if others were able to pursue their onward course, they can do the same. And as the blood shall be pressed from their aching feet, they will

not faint with discouragement; but, seeing the blood upon the wall, they will know that others have endured the same pain.” Does this not thrill your hearts? No matter how hard the



road; no matter how steep the trail; no matter how narrow the path, the blood along the way means others have been there before you and have made it! Everyone longs to have fellow travelers. No one wants to tread the path alone. Have you ever said to someone, “You go first.”? It makes it easier in our minds if we know someone else has gone first. It encourages us to think that if someone else has made it, we can make it too.

### **The cord represents all our hope and faith**

“At length we came to a large chasm, at which our path ended. There was nothing now to guide



the feet, nothing upon which to rest them. Our whole reliance must be upon the cords, which had increased in size until they were as large as our bodies.” Here is the last step before we enter the kingdom. Any vestige of self-reliance, any mote of, “I can do it”, and any attitude of mistrust of God ends here. Now, all our hope, all our faith, is represented in the cord that hangs from above. No matter how good a mountain climber you might be, no matter how wonderfully you

deal with problems on your own... there is now a yawning chasm before you and there is no way to cross. Everything, absolutely everything now depends upon your cord. And the cords have become as large as we are. In other words, for everything we have given up, we have been given more faith, until all we have is faith. But the chasm awaits.

“Here we were for a time thrown into perplexity and distress. We inquired in fearful whispers: “To what is the cord attached?”” The last bit of lingering doubt is now addressed. You have trusted in what the cord was attached to up to this point. But this is the final test... this will prove us beyond a shadow of a doubt. Has God truly been our leader and our trust this whole way? Can we completely rely upon Him?

### **Have you ever questioned God?**

“My husband was just before me. Large drops of sweat were falling from his brow, the veins in his neck and temples were increased to double their usual size, and suppressed, agonizing groans came from his lips. The sweat was dropping from my face, and I felt such anguish as I had never felt before. A fearful struggle was before us. Should we fail here,





all the difficulties of our journey had been experienced for nought.” Have you ever questioned God? Have you wondered if all of what you believed was real? Have you felt ashamed because you had such doubts? Don’t be. Everyone... absolutely everyone has had the same. We all go through it! Don’t let the devil convince you that you are unworthy because you were assailed with doubts. The devil assails us all! Don’t let him discourage you by telling you that you aren’t worthy. Besides, when were we ever worthy? We are on the path not because of our worthiness, but because God loves us and is helping us, and wants us!

### **The Lord will never leave you**

“Before us, on the other side of the chasm, was a beautiful field of green grass, about six inches high. I could not see the sun; but bright, soft beams of light, resembling fine gold and silver, were resting upon this field. Nothing I had seen upon earth could compare in beauty and glory with this field.”

The Lord will never leave you without a sign. He never leaves you, and He will never allow the devil to press in his temptations beyond what you can bear. As you have no doubt heard before, the darkest time is right before dawn. When it appears that the devil is about to lose you forever, he will use all his satanic power to confuse and dishearten and discourage you. But the Spirit will bring to your remembrance the wonderful truths of

the scripture, and will bring this dream back to you when you need it! And you will be reminded that there is nothing here on earth that you want more than what God offers you in heaven. You will want that heavenly land!

### **This is the devil’s last stand**

“But could we succeed in reaching it? was the anxious inquiry. Should the cord break, we must perish. Again, in whispered anguish, the words were breathed: “What holds the cord?” Again, the devil will not give up without a fight! His only chance is for you to give up. He cannot make you... he can only hope you will choose to give up. This is the moment of truth. What will you do?

“For a moment we hesitated to venture. Then we exclaimed: “Our only hope is to trust wholly to the cord. It has been our dependence all the difficult way. It will not fail us now.” God will remind you of what you have already experienced, and you will be inspired to continue on. Why would God let you fail now after helping you all this way? This is the devil’s last stand... his last temptation... will we quit?

### **God holds the cord. We need not fear.**

“Still we were hesitating and distressed. The words were then spoken: “God holds the cord. We need not fear.” These words were then repeated by those behind us, accompanied with: “He will not fail

us now. He has brought us thus far in safety.” Our only hope has been in God’s leading all along our Christian walk. He will not fail us at the end of our journey. God CAN be trusted. This has been man’s issue right from the beginning and it is here that we must obtain the victory again. We CAN trust God!

“My husband then swung himself over the fearful abyss into the beautiful field beyond. I immediately followed. And, oh, what a sense of relief and gratitude to God we felt! I heard voices raised in triumphant praise to God. I was happy, perfectly happy.” If we hold our confidence



to the end, and as Jesus said to John, to overcome the temptations of the devil, we too will be eternally and perfectly happy.

Editor’s note: “Traveling the Narrow Way” can be found in its entirety on page 30 of this issue.



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

# *Childbirth & Midwifery Curriculum*

## At Hartland College

*It is not in harmony with the instruction given at Sinai that gentleman physicians should do the work of midwives. The Bible speaks of women at childbirth being attended by women, and thus it ought always to be. Women should be educated and trained to act skilfully as midwives and physicians to their sex. This is the Lord's plan. Let us educate ladies to become intelligent in the work of treating the diseases of their sex. We ought to have a school where women can be educated by women physicians to do the best possible work in treating the diseases of women. Among us as a people, the medical work should stand at its highest.*

*The General Conference Bulletin, 06-04-09.*

Hartland Institute has recognized the need for training in these vital subjects and has decided to “go forward” in providing female students the opportunity for education and training in the areas of childbirth and care of women, in harmony with the Lord’s counsel. This education will prove profitable, not only for the prospective Childbirth Educator (CE), Doula, or Midwife, but also for any who eventually plan to marry and bear children. Every young lady should be familiar with the subject of childbearing. The knowledge gained in this line of study could prove to be of inestimable value. Those who successfully complete the first year will receive certification as a CE and/or Doula. This is prerequisite to the Midwifery course in the second year, should the student choose to go to the next level.

A frequently asked question is: “Why should I go to a school requiring extra course work when I can get certified as a CE and/or Doula in a condensed course elsewhere? Why should I go for a full three quarters when I can go to a much shorter course?”

The answers are manifold:

- 1) The education at Hartland is to prepare the student to be a well-trained missionary as well as a CE or Doula. If you are not ministry minded, you might do better elsewhere. Hartland’s goal is to get the student rooted and grounded in the Three Angels’ messages and prepared to share those messages as you go out to minister in the field of childbirth.. What you learn in the first two quarters should prove invaluable to you until Jesus returns.
- 2) Seventh-day Adventist institutions have generally failed to follow the plan of preparing young ladies in the area of childbirth services. Ellen White gave ample counsel concerning this needed field of study, declaring that our training “should stand at its highest.” That is our goal!
- 3) This is an actual “brick & mortar” school, which has greater credibility than many courses offered via internet, seminars, workshops, etc. This may help you as you begin to develop your own practice.
- 4) The CE and Doula course is prerequisite to the Midwifery course. The Midwifery course is designed to prepare the student to take the North America Registry of Midwives (NARM) exam, required in order to become a Certified Professional Midwife (CPM). Shorter courses, seminars, workshops, etc., are not designed to prepare the student for NARM’s rigorous examination.
- 5) Not only will the student who completes the first year be certified as a CE and/or Doula, but will have their first year of college course-work behind them, should they desire to continue on at Hartland for a college degree.

# REJOICE, O EARTH!

Rejoice, O Earth! For the day is come  
When thy bloody wars shall cease,  
When the land shall rest 'neath the banners fair,  
Of the glorious Prince of peace.  
Rejoice, rejoice! For the long, long night  
Shall cease with the coming day,  
And Right shall sit on the throne of Might  
Forever and for aye.

Then the desert drear shall be glad for thee,--  
The wilderness dark with gloom,--  
And the saints shall stand on the crystal sea,  
And the rose and the lily bloom.  
Make strong the hands that are feeble now,  
And the hearts that are faint and weak,  
Raise up the forms that in weakness bow,  
And the glorious tidings speak,

Soon, soon shall the lame man leap as a hart,  
And the tongue of the dumb shall sing,  
From the parched ground shall the waters start,  
And the streams from the desert spring.  
And the ransomed blest shall return and come  
To the hills of Zion fair,  
And the Master's heart shall be satisfied,  
When we meet Him over there.

Mrs. L. D. Avery-Stuttle



# THE LATTER RAIN NO. 5

By Meade MacGuire

*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 reasons.*

It is evident from the instruction given us in the Scriptures and the writings of the Spirit of Prophecy that a special responsibility rests upon the leaders and workers in the cause of God at this time.

## WATCHMEN ON THE WALLS OF ZION

“Blow the trumpet in Zion, and sound an alarm in My holy mountain. Let the priests, the ministers of the Lord, weep between the porch and the altar, and let them say, Spare Thy people, O Lord, and give not Thine heritage to reproach.” Joel 2:1, 17.

“Those who stand in responsible positions in the work of the Lord are represented as watchmen on the walls of Zion. God calls upon them to sound an alarm among the people. Let it be heard in all the plain. The day of woe, of wasting and destruction, is upon all who

do unrighteousness. With special severity will the Lord's hand fall upon the watchmen who have failed to place before the people in clear lines their obligation to Him who by creation and by redemption is their owner.” 8T 195.

## WE NEED ABOVE ALL THINGS A GENUINE REVIVAL AND REFORMATION

For more than half a century (now a century) the Lord has been calling for a revival and reformation among His people. The spirit which burned gradually died down and succumbed to the influence of the world. In like manner the deep spirit of devotion and sacrifice and the burden for souls that characterized this work when it was first begun, in the experience of many, has largely died out. But that passionate longing for the

coming of the Saviour, that intense burden for souls, and that hatred for sin and hunger for righteousness must again take full possession of the people of God. Today we need above all things a genuine revival and a reformation, and God tells us definitely what we must do to bring this about.

## WE ARE UNPREPARED TO RECEIVE GOD'S BLESSING

“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 condition upon which God has promised to grant us His blessing.” RH 3/22/87.

When we think of the repeated statement that Christ desired to come, and might have come



more than half a century ago (now a century), we marvel at His patience and long-suffering toward us. Do we really long to see Him, and to see the end to the misery, suffering and sin of this world? Then surely this appeal will stir our hearts to deep repentance and reformation.



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.” RH 3/22/87.

### WHAT WILL TAKE PLACE WHEN GOD'S PEOPLE TURN TO HIM WITH ALL THEIR HEARTS

Many years ago the messenger of the Lord was shown what will take place when God's remnant people heed His counsel and turn to Him with all their hearts.

“In visions of the night representations passed before me of a great reformatory movement among God's people. Many were praising God. The sick were healed, and other miracles were wrought. A spirit of intercession was seen, even as was manifested before the great day of Pentecost. Hundreds and thousands were visiting families, and opening before them the word of God. Hearts were convicted by the power of the Holy Spirit, and a spirit of genuine conversion was manifest. On every side doors were thrown open to the proclamation of the truth. The world seemed to be lightened with the heavenly influence. Great blessings were received by the true and humble people of God. I heard voices of thanksgiving and praise, and there



seemed to be a reformation such as we witnessed in 1844.” 9T 126.

### A REVIVAL NEED BE EXPECTED ONLY IN ANSWER TO PRAYER

As we read these cheering assurances and the earnest appeals from our loving heavenly Father, surely they should stir our hearts and lead us to inquire, what shall we do? We are told that “a revival need be expected only in answer to prayer.” But how are we to begin? Shall we wait for someone in our church to make a special appeal and call a committee to lay plans for a revival? Again we are given plain instruction:

### WE MUST ENTER UPON THE WORK INDIVIDUALLY

“Are we awake to the work that is going on in the heavenly sanctuary, or are we waiting for some compelling power to come upon the church before we shall arouse? Are we hoping to see the whole church revived? That time will never come. There are persons in the church that are not converted, and will not unite in earnest prevailing prayer. We must enter upon the work individually. We must pray more and talk less.” RH 3/22/87.

### SATAN FEARS REVIVAL AMONG GOD'S PEOPLE

Here and there earnest souls have sought the Lord, and He has sent rich blessings upon them. But we must remember that “there is nothing Satan fears so much” as this revival among God's people, and only by faith and determined perseverance may we hope to triumph in this extremely important matter. May the Lord help us to respond with all our hearts to His call and not disappoint Him longer.

### THE DISAPPOINTMENT OF CHRIST IS BEYOND DESCRIPTION

“Leaving the first love is represented as a spiritual fall. Many have fallen thus. In every church in our land there is needed confession, repentance, and re-conversion. The disappointment of Christ is beyond description. Unless those who have sinned speedily repent, the deceptions of the last days will overtake them.” RH 12/15/04.

Let us remember that the Lord does not reprove and rebuke His people to discourage them, but because He loves them and would make the way plain to a life of deliverance from sin, and of power for service. He says, “As many as I love, I rebuke and chasten: be zealous therefore and repent.” He wants us to awaken and discern the deceptions of Satan, and by faith lay hold of the divine provisions made for our victory.

### THE FEARS OF SATAN

“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,

## Diet and Disease Part 3 - Plant Foods vs. Animal Foods



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.

### RECAP

Over the last two months, I gave you a list of foods that were acid-forming and alkaline-forming, I talked about our body's pH balance and why we need to eat a diet composed primarily of alkaline foods, and I mentioned acidosis – a condition caused by a buildup of acid in the body, typically from when you eat too many acid-forming foods and not enough alkaline-forming ones. I noted that many of the delicious snack foods (meaning typically unhealthy foods), comfort foods, and even most of the standard American diet fall into the "acid" group. But since we do need some acidic food, why does it matter which acid-forming food it is? Does it make any difference if it's meat, dairy, coffee, tea, pop, crackers, sugar, etc., instead of whole grains, breads, and beans? Why can't we use whatever acidic foods we want to help keep our pH in balance?

This month we're going to talk about which of the acid-forming foods are helpful and nutritious and which ones cause more damage in the body. We'll compare foods that cause disease to ones that fight or prevent disease.

It is no secret that the overall health of America is declining. Obesity affects over 1/3 of the population, another 1/3 are overweight with heart disease. Cancer, stroke, and diabetes are among the top killers of the American people. But I'm sure you know that. The question is this: **What can we do?** Let's find out **why** people are getting heart disease, cancer, and diabetes. Let's find out how we can make a difference.

A quote from The Centers for Disease Control and Prevention states: "Chronic diseases – such as heart disease, stroke, cancer, diabetes, and arthritis – are among the most common, costly, and **preventable** of all health problems in the U.S." Experts agree that these diseases are preventable. Typically drugs are not used for "prevention", so what can prevent disease? And if this thing is powerful enough to **prevent** disease, could it be possible that it might be able to **treat** the disease as well?

A Wall Street Journal article states "Unfortunately many of our health-care problems are self-inflicted... Most of the diseases that kill us and

account for about 70% of all health-care spending—heart disease, cancer, stroke, diabetes and obesity—are mostly preventable through proper diet, exercise, not smoking, minimal alcohol consumption and other healthy lifestyle choices." (1) So again, we're hearing that these diseases are preventable, and most doctors will agree. Now, I want you to think about this step by step with me. The medical professionals are telling us that the top killers of Americans are largely preventable. How? It just so happens that each of these diseases have been shown to be **directly related to what we eat**. I want you to think about that for a minute. Doctors and scientists have determined that these diseases are "directly related" to what we eat. So *apparently*, certain foods **promote** these diseases and certain foods can help **prevent** these diseases. Ok, lets go over that once more:

1. We know there are certain foods that **promote** disease – meaning if you eat those foods it can cause certain diseases and/or make those diseases worse.

2. We also know there are foods that can **prevent** disease and/or strengthen your body to the point that it won't succumb to certain diseases.

Now let's take it one step further. If we know and understand these things, we realize that if there are foods that are healthy enough to **prevent**



a disease – what if they were capable of **reversing** that disease? And if there are certain foods that can literally **cause** a disease, it stands to reason, that **abstaining** from those foods should help **un-cause** the disease. (Is that a word?) You get my drift!

So let's take a look at the "proper diet" that the medical professionals talk about and see what **is** used for prevention. We need to find out *which* foods **encourage** health and prevent disease, and *which* foods **promote** these diseases. Last month we ended with a list of acid-forming foods. Today we'll see which of the acid-forming foods make the list of disease-preventing, and which ones are on list of disease-causing. We'll look at the top diseases one by one, starting with heart disease.

## Let's Take A Look At Heart Disease

According to the American Heart Association, heart disease, the number one killer in America, accounts for 34.3% of deaths - 831,232 per year to be exact. Nearly 2,300 Americans die of Cardiovascular Disease each day, an average of **1 death every 38 seconds**. Last month we talked about certain foods being acid-forming in the body, yet we *need* some acid foods. Is there any reason you wouldn't want to choose certain foods to make up the 20%-40% acids in your diet? This month we'll be comparing *plant-based* acid foods to *animal-based* acid foods to see if there is a difference. Let's get started!

## Heart Disease and NON-Plant (animal source) Acid-Forming Foods

1) All types of Meat and Eggs:  
*The following information was published by the American Journal*

*of Preventative Medicine:* "In 1960 a study was done in which 25,153 people were assessed by questionnaire. Meat consumption was **positively** associated with fatal ischemic heart disease in both men and women... For 45 to 64 year-old men, there was approximately a **threefold difference** in risk between men who ate meat daily and those who did not eat meat..." (1) So here we have some acid forming foods (animal products) that *not only* make the body acidic, but contribute to heart disease. But lets go on. Maybe this was a fluke, just one study, one time...

### 2) Red Meat:

According to findings published in *Nutrition, Metabolism and Cardiovascular Diseases*, an average of 9.1 servings of red meat per week (or just 1.3 servings per day) was associated with a **24 per cent increase in heart failure risk, compared with only 1.5 servings per week.** (2) Here again we have acid-forming animal products increasing your risk of heart failure! It's not looking good for meat so far...

3) **Processed Meats:** A study by researchers at the Harvard School of Public Health, published last year in the Journal "Circulation", looked at 20 studies involving more than one million participants from 10 different countries. The medical researchers found that eating **as little as 2 ounces of processed meat per day** (2-3 oz. is only 1 serving – about the size of a deck of cards) -- **increases the risk of heart disease by 42% and the risk of diabetes by 19%.** (3) More and more studies are showing that the

same meat products that make your body acidic also contribute to other diseases. **This time it's heart disease and diabetes!**

4) **Red and Processed Meat:** An article on WebMD states: "Cutting back on red and processed meats may **significantly** reduce heart disease risk in women, a recent study says. Scientists examined data on 84,136 women between the ages of 30 and 55 over a 26-year period ending in 2006... The study found that women



who had only **two servings** per day of red meat had a **30% greater risk of developing heart disease** compared to women who had half a serving daily. Among the study findings also: Women who reported eating one serving of nuts per day were **30% less likely** to develop coronary artery disease." (4) *Is this getting redundant yet?* Here not only do we see that eating red meat and processed meat increases the likelihood of heart disease, but eating nuts, or the **plant-based** acid-forming food **reduces** the risk of heart disease. So by eating nuts for protein (and for the pH balance) versus meat not only do you meet your protein requirements and provide your body with a healthy acid-forming food, but you also **reduce your risk of heart disease!**

5) **Meat:** “Many studies have shown that vegetarians seem to have a **lower risk of obesity, coronary heart disease (which causes heart attack), high blood pressure, diabetes mellitus and some forms of cancer.**” (5) Okay, now we’re adding more health problems caused by meat eating – and this one doesn’t specify just red meat. It is saying that abstaining from meat reduces your risk of these diseases – obesity, high blood pressure, coronary heart disease, diabetes, and some types of cancer! Doesn’t that make you want to go eat some veggies? Also, if vegetarians have a lower risk of these diseases, doesn’t that mean that meat-eaters have an **increased** risk? To take that a step further – like we said earlier, if **abstaining** from meat is **reducing** your risk and **eating** meat is **increasing** your risk – **it sure sounds like meat is causing the diseases!** (Not to mention the increase in vegetarian foods is **fighting/preventing disease – but we’ll get to that in a minute.**) So what about dairy products?

6) **Dairy:** “Dairy products—including cheese, ice cream, milk, butter, and yogurt—contribute **significant** amounts of cholesterol and saturated fat to the diet. Diets high in fat and saturated fat can increase the risk of heart disease, among other serious health problems. A low-fat vegetarian diet that eliminates dairy products, in combination with exercise, smoking cessation, and stress management, can not only **prevent** heart disease, but may also **reverse** it. Non-fat dairy products are available; however, they pose other health risks...” (6)

As a side note – I would like to point out that they say it may “reverse” heart disease. Reversal of a disease – what is that called? **A cure!**

So they are saying that eating a vegetarian diet that eliminates dairy (meaning strict vegetarian or vegan) may **cure** heart disease! – This is major!

7) **Eggs** – In the Journal of the American College of Nutrition they report on a study done in 1960 involving 25,153 people, from 30 to 84 years of age. One of the conclusions found in the study was “In women, daily egg consumption was associated with an **elevated risk of coronary heart disease**” (7) Here we find, more animal acid foods, more heart disease. The list goes on and on...

### Heart Disease And Plant Based Acid-Forming Foods

Okay – So you see the association between meat and dairy and heart disease, (and even cancer and diabetes). What about the acid-forming **plant foods**? Do they cause problems related to the heart? We already mentioned nuts causing a reduced risk of heart disease in the one study, so let’s talk about a few more things. Remember, these are the plant-based foods that result in an acid-forming effect in your body.

We noted last month that most beans, grains, and nuts are acid-forming in the body, along with cranberries and blueberries. Would these be good choices to maintain a healthy pH, or do they cause other problems in the body like the meat and dairy do?

1) **Whole-grains:** From the American Journal of Clinical Nutrition: “The potential protective



effect of whole-grain consumption against coronary heart disease (CHD) has challenged investigators and clinicians for over 20 years. Whole-grain foods are emerging as a dietary constituent that delivers **significant health benefits**. Several observational studies have provided **strong** support for a beneficial role of whole-grain intake in **reducing the risk of CHD** (Coronary Heart Disease). In addition, whole-grain intake is associated with a **reduced risk of developing diabetes, hypertension, and some types of cancer.**” (8) Wait,, so not only does whole wheat NOT contribute to heart disease and diabetes like meat does, but it reduces the risk? That’s amazing!

Here we have **another** quote on whole grains from the same article in the American Journal of Clinical Nutrition:

2) **Whole-grains:** “Whole grains provide complex carbohydrates, resistant starch, dietary fiber, minerals, vitamins, phytochemicals, and other substances. The phytochemical components of whole grains can serve as **both antioxidants and phytoestrogens**. Whereas the serum lipid effects of whole-grain foods and dietary fiber have attracted great interest, whole-grain foods affect **several** risk factors for CHD. Whole grains rich in soluble fiber **decrease**





serum total cholesterol and LDL-cholesterol concentrations, whereas wheat bran appears to have a specific triacylglycerol-lowering effect.” (9)

So what they’re saying here is they’ve known for awhile about how whole grains lower the total blood cholesterol, but now they’re finding that there are **multiple** ways it works and **multiple** portions of the whole grains that are doing it. Now they have found that it **also** reduces bad cholesterol, or LDL, **and** triglycerides – so basically whole grains reduce everything bad about cholesterol without affecting the good cholesterol! – Sounds pretty good, huh? Especially after hearing how the other acid-forming foods **cause** heart disease.

**And yet there’s MORE!**

3) **Whole-grains:** “Whole-grain foods are a rich source of antioxidants, including vitamins, trace minerals, phenolic acids, lignans, and phytoestrogens. Vitamin E and selenium are particularly concentrated in whole grains. Other trace minerals such as copper, zinc, and manganese are also found in the outer layer of grains... Overall, whole grains are a potent source of numerous antioxidant compounds that may help to inhibit oxidative damage. In addition to their antioxidant properties, whole grains may also reduce the risk of Coronary Heart Disease through *antithrombotic* and decreased platelet-aggregating effects. (10)

“Antithrombotics” are drugs which reduce the formation of blood clots, and “platelet aggregation” is the clumping together of platelets, so both of these effects **reduce the**

chances of forming a blood clot – a clot that could cause a heart attack or stroke! -- This is the same effect you get by taking medications like Aspirin, Heparin, Coumadin, etc. Can you believe these same “medicinal” effects have been seen in whole grains? What about oatmeal, another acid-forming plant food?

4) **Oatmeal:** “Oatmeal contains soluble fiber, which **reduces your low-density lipoprotein (LDL), the «bad» cholesterol.** Soluble fiber is also found in such foods as kidney beans, apples, pears, barley and prunes. **Soluble fiber can reduce the absorption of cholesterol into your bloodstream.** Five to 10 grams or more of soluble fiber a day decreases your total and LDL cholesterol. Eating 1 1/2 cups of cooked oatmeal provides 6 grams of fiber.” (11)

Yet again, we have an acid-forming plant food that reduces both bad cholesterol and total cholesterol. And just one serving meets the need for this effect! How about acid-forming nuts?

5) **Nuts:** “Walnuts, almonds and other nuts can **reduce blood cholesterol.** Rich in polyunsaturated

fatty acids, **walnuts also help keep blood vessels healthy.** According to the Food and Drug Administration, eating about a handful (1.5 ounces) a day of most nuts, such as almonds, hazelnuts, peanuts, pecans, some pine nuts, pistachio nuts and walnuts, may **reduce your risk of heart disease.** Just make sure the nuts you eat aren’t salted or coated with sugar.” (12)

Here we have a great source of essential fatty acids, a great source of protein, AND they reduce cholesterol, reduce the risk of heart disease, and keep your blood vessels healthy! If you need a food to balance out your pH level and make sure you’re not too alkaline, nuts are a great choice!

Were you surprised blueberries made the list of acid-forming foods? Remember, we do need **some** acid-forming foods in the diet. Let’s see what else blueberries do in the body!

6) **Blueberries:** An article from the American Chemical Society States “Researchers from the U.S. Department of Agriculture (USDA) announced Monday that they had identified a compound in blueberries known as pterostilbene that may **help fight heart disease and type-2 diabetes.** At a meeting this week of the American Chemical Society in Philadelphia, Dr. Agnes Rimando, lead researcher in the study explained, ““We are excited to learn that blueberries, which **are already known to be rich in healthy compounds, may also be a potent weapon in the battle against obesity and heart disease, which are leading killers in the U.S.**”” ... Furthermore, in their study funded by the National Cancer Institute, Rimando’s researchers maintained that the compound pterostilbene was **more effective** than the





drug ciprofibrate, [or Modalin] prescribed to lower LDL cholesterol... Anthocyanin, another powerful antioxidant known to prevent brain aging, is also found in blueberries... Antioxidants are especially valuable to our health because of their ability to fight free-radical damage to cells, which may lead to cancer, heart disease, and chronic inflammation. A previously published study in the Journal of Agriculture and Food Chemistry found that blueberries had the highest antioxidant level per serving compared to 20 other fruits. Blueberries are also great sources of dietary fiber, vitamin C, folic acid, and bacterial inhibitors.” (13)

Here again, we have an acid forming plant food that serves as an acid to maintain proper pH balance, yet it also has a plethora of other health benefits! If you feel like you're seeing a pattern here, it's okay, you are. Over and over again science is showing that the original diet (fruits, grains, nuts, and vegetables in their purest form) is the best possible diet for our bodies. We don't need animal products to be healthy. In fact, animal products actually **contribute** to disease (not to mention environmental and cruelty issues).

weekly schedule, and try to keep your stress levels down as much as possible. If you smoke: stop!, avoid alcohol, and keep an eye on your sodium levels. If you feel like you need meat for protein, or if you have any questions about protein sources, we did a whole series on animal protein that will really open your eyes to the health effects animal products have on your body. If you don't have the 5 DVD set "The Protein Myth" you will want to get that.

Believe it or not we've already run out of time. But there is so much more exciting information we have about what acid foods heal the body and what acid foods harm the body. Stay tuned next month as we talk about diabetes and how the different acid-forming foods have an effect on this disease as well. For questions or help, please call our health line at 309-343-5853. God Bless!

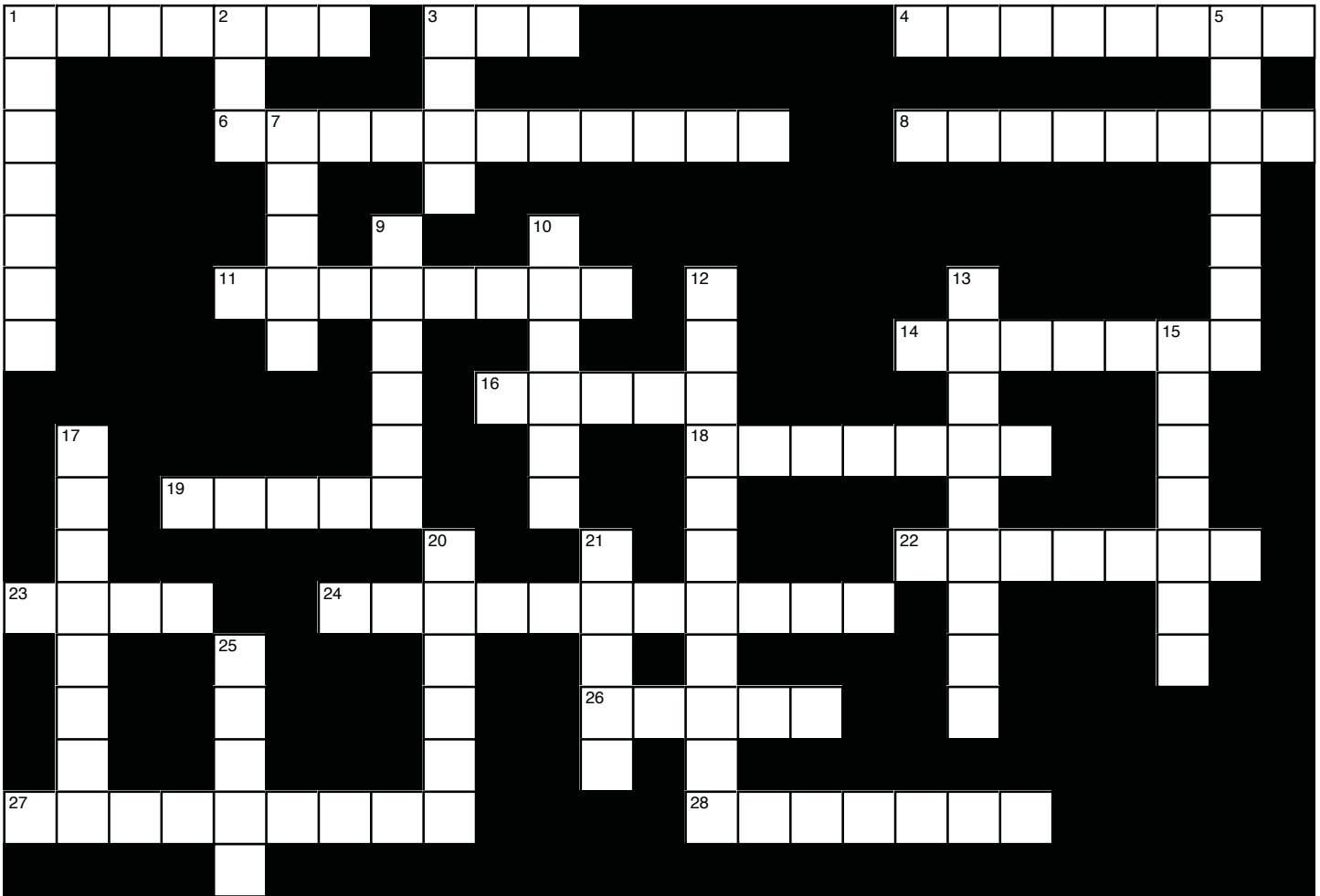
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And please keep in mind, as we're talking about these foods and heart disease, certainly we don't want you to forget the other things you need to do to keep your heart healthy. Add exercise to your

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# Christian Crossword



## ACROSS

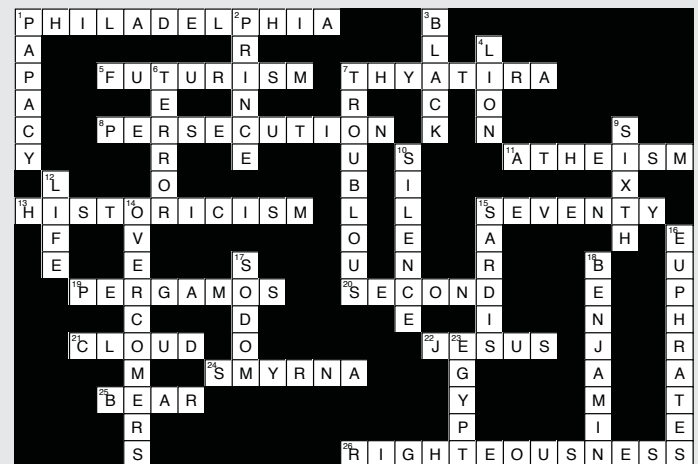
1. One of the sons of David who attempted to usurp his throne
3. Who commanded the prophet's marriage to Gomer?
4. Which king of Judah had his eyes put out by Nebuchadnezzar?
6. How many years did King David reign in Jerusalem?
8. Place where Jeremiah bought property
11. Which prophet gave a 70-year prophecy?
14. What king of Israel was the son of Ahab and Jezebel?
16. On which mountain were the 10 commandments given?
18. What deadly disease did King Uzziah suffer?
19. By what weapon did King Saul die?
22. The city that Rahab lived in that was destroyed
23. Aged prophetess who gave witness to the Lord soon after His birth
24. What was the relation of Ruth to David's father?
26. Who was David's first born son?
27. The high priest in Saul's reign who helped David
28. How many years did Jothan reign in Jerusalem?

## DOWN

1. The disciple at Jerusalem slain for lying to God
2. Who fathered the Ammonites?
3. From which place did Goliath come?
5. First Gentile church established in Syria was at \_\_\_\_\_
7. Gomer was the wife of which Old Testament prophet?
9. What commandment does the Catholic Church leave out of the ten?
10. Which other prophet gave a 70-week prophecy?

12. Who killed three of King Saul's sons?
13. Who was the father of Darius the Mede?
15. The Shunammite woman employed as David's nurse
17. David's fourth son
20. Who was Jeremiah's secretary?
21. The father of Miriam
25. Saul's cousin who was commander of Saul's army

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





# Hope for Health



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- **Whole Grapefruit** - High in vitamin C and bioflavonoids that boost the immune system and help fight or prevent cancer.
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- **Whole Orange Fruit** - Rich in vitamin C, orange fruit helps to boost the immune system. It is also chock full of other vitamins & minerals that help keep the body healthy & strong.
- **Alfalfa Grass Juice** - Improves vitality and stimulates the immune system. It contains ALL the known vitamins, and a plethora of other key minerals and nutrients.
- **Wheat Grass Juice** - Provides a unique source of nutrition that helps to regulate the immune system. It will strengthen deficiencies and reduce overactive systems (as in autoimmune disorders).
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- **Blackberry Juice** - A rich source of Vitamin C, blackberry juice helps to stimulate the immune system and prevent infections.

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

# News Watch

SHARES WORTHLES  
Crash!  
assets  
Interest rates  
worldwide  
ra  
liquidity  
FORECAST



## 1. **Natural News. Com, June 1, 2011 by Ethan A. Huff— Psych drug doctors now pushing to add lithium to drinking water.**

“Chlorine, fluoride, and the various other chemical poisons already added to the nation’s drinking water supplies are apparently not enough for the self-appointed experts whose insatiable lust to force-medicate the world is never satisfied. A recent report in *The Daily* offers credence to the insane notion that adding lithium, a drug currently used to treat mental disorders, to drinking water will be beneficial in helping to reduce suicide and violent crime rates. Much like fluoride, lithium alters the brain’s normal production of serotonin and norepinephrine, which in turn artificially alters the way an individual thinks and how he or she feels about a given situation. Lithium is literally a mind-altering, antidepressant chemical substance that those promoting it openly admit modifies brain function. And yet they purport that forcibly inducing these chemical changes on the unwitting populations of the world is a good and acceptable idea.

**END TIME PERSPECTIVE:** “Satan comes to man with his temptations

as an angel of light, as he came to Christ. He has been working to bring man into a condition of physical and moral weakness, that he may overcome him with his temptations, and then triumph over his ruin. And he has been successful in tempting man to indulge appetite, regardless of the result. He well knows that it is impossible for man to discharge his obligations

to God and to his fellow-men, while he impairs the faculties God has given him. The brain is the capital of the body. If the perceptive faculties become benumbed through intemperance of any kind, eternal things are not discerned. MYP 236.

## 2. **Los Angeles Times, June 8, 2011 by Ashley Powers— Arizona Wildfires force thousands from homes.**

“The second-largest wildfire in Arizona history roared across a craggy eastern swath of the state on Tuesday, chasing thousands of residents from their homes and threatening to march into New Mexico. Powerful gusts

flung embers onto parched vegetation and continued to stoke the Wallow fire, which has burned more than 300,000 acres and destroyed 10 structures in the Apache-Sitgreaves National Forest area since it began last month. The uncontained blaze threatened nearly 350 structures Tuesday afternoon, authorities said.”

**END TIME PERSPECTIVE:** “The time is at hand when there will be sorrow in the world that no human balm can heal. The Spirit of God is being withdrawn. Disasters by sea and by land follow one another in quick succession. How frequently we hear of earthquakes and tornadoes, of destruction by fire and flood, with great loss of life and property! Apparently these calamities are capricious outbreaks of disorganized, unregulated forces of nature, wholly beyond the control of man; but in them all, God’s purpose may be read. They are among the agencies by which He seeks to arouse men and women to a sense of their danger.” PK 277.

Editor’s note: Again and again—we see the “quick succession” of the disasters that are coming upon this earth.



# Ellen White's *Dream*

## *Traveling the Narrow Way*

While at Battle Creek in August, 1868, I dreamed of being with a large body of people. A portion of this assembly started out prepared to journey. We had heavily loaded wagons. As we journeyed, the road seemed to ascend. On one side of this road was a deep precipice; on the other was a high, smooth, white wall, like the hard finish upon plastered rooms.

### *The road grew narrower and steeper*

As we journeyed on, the road grew narrower and steeper. In some places it seemed so very narrow that we concluded that we could no longer travel with the loaded wagons. We then loosed them from the horses, took a portion of the luggage from the wagons and placed it upon the horses, and journeyed on horseback.

As we progressed, the path still continued to grow narrow. We were obliged to press close to the wall, to save ourselves from falling off the narrow road down the steep precipice. As we did this, the luggage on the horses pressed against the wall, and caused us to sway toward the precipice. We feared that we should fall, and be dashed in pieces on the rocks. We then cut the luggage from the horses, and it fell over the precipice. We continued on horseback, greatly fearing, as we came to the narrower places in the road, that we should lose our balance, and fall. At such times, a hand seemed to take the bridle, and guide us over the perilous way.

### *As we traveled, the cord moved along with us*

As the path grew more narrow, we decided that we could no longer go with safety on horseback, and we left the horses and went on foot, in single file, one following in the footsteps of another. At this point small cords were let down from the top of the pure white wall; these we eagerly grasped, to aid us in keeping our balance upon the path. As we traveled, the cord moved along with us. The path finally became so narrow that we concluded that we could travel more safely without our shoes; so we slipped them from our feet, and went on some distance without them. Soon it was decided that we could travel more safely without our stockings; these were removed, and we journeyed on with bare feet.

We then thought of those who had not accustomed themselves to privations and hardships. Where were such now? They were not in the company. At every change, some were left behind, and those only remained who had accustomed themselves to endure hardships. The privations of the way only made these more eager to press on to the end.

### *We have hold from above!*

Our danger of falling from the pathway increased. We pressed close to the white wall, yet could not place our feet fully upon the path, for it was too narrow. We then suspended nearly our whole weight upon the cords, exclaiming: "We have hold from above! We have hold from above!" The same words were uttered by all the company in the narrow pathway. As we heard the sounds of mirth and revelry that seemed to come from the abyss below, we shuddered. We heard the profane oath, the vulgar jest, and low, vile songs. We heard the war song and the dance song. We heard instrumental music, and loud laughter, mingled with cursing and cries of anguish and bitter wailing, and were more anxious than ever to keep upon the narrow, difficult pathway. Much of the time we were compelled to suspend our whole weight upon the cords, which increased in size as we progressed.



I noticed that the beautiful white wall was stained with blood. It caused a feeling of regret to see the wall thus stained. This feeling, however, lasted but for a moment, as I soon thought that it was all as it should be. Those who are following after will know that others have passed the narrow, difficult way before them, and will conclude that if others were able to pursue their onward course, they can do the same. And as the blood shall be pressed from their aching feet, they will not faint with discouragement; but, seeing the blood upon the wall, they will know that others have endured the same pain.

### *To what is the cord attached?*

At length we came to a large chasm, at which our path ended. There was nothing now to guide the feet, nothing upon which to rest them. Our whole reliance must be upon the cords, which had increased in size, until they were as large as our bodies. Here we were for a time thrown into perplexity and distress. We inquired in fearful whispers, "To what is the cord attached?" My husband was just before me. Large drops of sweat were falling from his brow, the veins in his neck and temples were increased to double their usual size, and suppressed, agonizing groans came from his lips. The sweat was dropping from my face, and I felt such anguish as I had never felt before. A fearful struggle was before us. Should we fail here, all the difficulties of our journey had been experienced for naught.

Before us, on the other side of the chasm, was a beautiful field of green grass, about six inches high. I could not see the sun, but bright, soft beams of light, resembling fine gold and silver, were resting upon this field. Nothing I had seen upon earth could compare in beauty and glory with this field. But could we succeed in reaching it? was the anxious inquiry. Should the cord break, we must perish.

### *What holds the cord?*

Again, in whispered anguish, the words were breathed, "What holds the cord?" For a moment we hesitated to venture. Then we exclaimed: "Our only hope is to trust wholly to the cord. It has been our dependence all the difficult way. It will not fail us now." Still we were hesitating and distressed. The words were then spoken: "God holds the cord. We need not fear." These words were repeated by those behind us, accompanied with: "He will not fail us now. He has brought us thus far in safety."

My husband then swung himself over the fearful abyss into the beautiful field beyond. I immediately followed. And oh, what a sense of relief and gratitude to God we felt! I heard voices raised in triumphant praise to God. I was happy, perfectly happy.

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