

our firm
FOUNDATION

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

The Box That Had No Power

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Editorial

E. G. White

"The cultivation of the intellect need not be prevented by poverty, humble origin, or unfavorable surroundings."



Ellen G. White, 1827–1915, received the spiritual gift of prophecy, and the fruits of her life and work accord with the biblical tests of a true messenger of God. To this day, her counsels are an incalculable blessing to God's people around the world.

Our time belongs to God. Every moment is His, and we are under the most solemn obligation to improve it to His glory. Of no talent He has given will He require a more strict account than of our time.

The value of time is beyond computation. Christ regarded every moment as precious, and it is thus that we should regard it. Life is too short to be trifled away. We have but a few days of probation in which to prepare for eternity. We have no time to waste, no time to devote to selfish pleasure, no time for the indulgence of sin. It is now that we are to form characters for the future, immortal life. It is now that we are to prepare for the searching judgment.

The human family have scarcely begun to live when they begin to die, and the world's incessant labor ends in nothingness unless a true knowledge in regard to eternal life is gained. The man who appreciates time as his working day will fit himself for a mansion and for a life that is immortal. It is well that he was born.

We are admonished to redeem the time. But time squandered can never be recovered. We cannot call back even one moment. The only way in which we can redeem our time is by making the most of that which remains, by being co-workers with God in His great plan of redemption.

In him who does this, a transformation of character takes place. He becomes a son of God, a member of the royal family, a child of the heavenly King. He is fitted to be the companion of the angels.

Now is our time to labor for the salvation of our fellow men. There are some who think that if they give money to the cause of Christ, this is all they are required to do; the precious time in which they might do personal service for Him passes unimproved. But it is the privilege and duty of all who have health and strength to render to God active service. All are to labor in winning souls to Christ. Donations of money cannot take the place of this.

Every moment is freighted with eternal consequences. We are to stand as minute men, ready for service at a moment's notice. The opportunity that is now ours to speak to some needy soul the word of life may never offer again. God may say to that one, "This night thy soul shall be required of thee," and through our neglect he may not be ready. (Luke 12:20.) In the great judgment day, how shall we render our account to God?

Life is too solemn to be absorbed in temporal and earthly matters, in a treadmill of care and anxiety for the things that are but an atom in comparison with the things of eternal interest. Yet God has called us to serve Him in the temporal affairs of life. Diligence in this work is as much a part of true religion as is devotion. The Bible gives no indorsement to idleness. It is the greatest curse that afflicts our world. Every man and woman who is truly converted will be a diligent worker.

Upon the right improvement of our time depends our success in acquiring knowledge and mental culture. The

cultivation of the intellect need not be prevented by poverty, humble origin, or unfavorable surroundings. Only let the moments be treasured. A few moments here and a few there, that might be frittered away in aimless talk; the morning hours so often wasted in bed; the time spent in traveling on trams or railway cars, or waiting at the station; the moments of waiting for meals, waiting for those who are tardy in keeping an appointment--if a book were kept at hand, and these fragments of time were improved in study, reading, or careful thought, what might not be accomplished. A resolute purpose, persistent industry, and careful economy of time, will enable men to acquire knowledge and mental discipline which will qualify them for almost any position of influence and usefulness.

It is the duty of every Christian to acquire habits of order, thoroughness, and dispatch. There is no excuse for slow bungling at work of any character. When one is always at work and the work is never done, it is because mind and heart are not put into the labor. The one who is slow and who works at a disadvantage should realize that these are faults to be corrected. He needs to exercise his mind in planning how to use the time so as to secure the best results. COL 342-344

Editor's Note: This article on time seemed to go well with my article on procrastination. We, at Hope, desire to help people be ready for the second coming of our Lord.

Our Mission:

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

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Invitation to Writers

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

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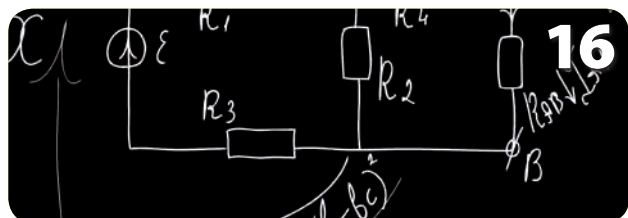
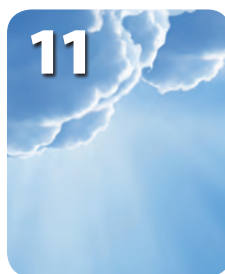
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The Bible Museum Opened

By A. L. O. E.
1883

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

seed-corn from barzillai's gift

Twice is the aged Barzillai brought before us in Scripture. On the first occasion, when David, fleeing from his unnatural son, had with his faithful followers crossed over Jordan, the Gileadite, himself too old to join in the approaching conflict, brought valuable help to those who were to bear the burden and heat of the day. Let us notice the minuteness with which every article of the old man's gift is noted down in the Word of God, not even the homeliest omitted. “Barzillai the Gileadite of Rogelim brought beds, and basons, and earthen vessels, and wheat, and barley, and flour, and parched corn, and beans, and lentils, and parched pulse, and honey and butter, and sheep, and

cheese of kine, for David, and for the people that were with him, to eat: for they said, the people are hungry, and weary, and thirsty, in the wilderness.” Considerate kindness was shown; the mind of the old man had revolved what would be most needed, and therefore most welcome; his was a freewill offering, a timely offering, gladly accepted, and afterwards royally required.

Barzillai welcoming a king at the head of victorious forces

Again old Barzillai comes before us in Scripture, but not this time as bringing aid to a fugitive, but as welcoming a king at the head of victorious forces. David was returning to reign when the venerable Gileadite went over Jordan with the king. Then were the old man's loyal services acknowledged and richly rewarded; his was the kiss, and the blessing, and the promise, “Whatsoever thou shalt require of me, that will I do for thee.” That was a day of honour and of rejoicing to the faithful Barzillai when his royal master returned in peace to his own.

We need our Barzillais

A few thoughts are suggested to the mind by the parallel between the position of David's followers in their time of need, and that of Christian soldiers now struggling in warfare against the powers of evil, especially as regards missionaries in heathen lands. This is a time when many of the followers of the heavenly King are called, as it were, into the wilderness.

The missionary quits home and country, and goes forth to do battle with idolatry in the dark places of the

earth. We read of the brave devotion of Ittai, who, when David would have dismissed him from sharing his perils, exclaimed, “As the Lord liveth, and as my lord the king liveth, in what place my lord the king shall be, whether in death or life, there will thy servant be!” and we feel that such is the spirit which should animate the Christian missionary. But we need our Barzillais also, to strengthen the hands of those whose perils and hardships they are unable to share.

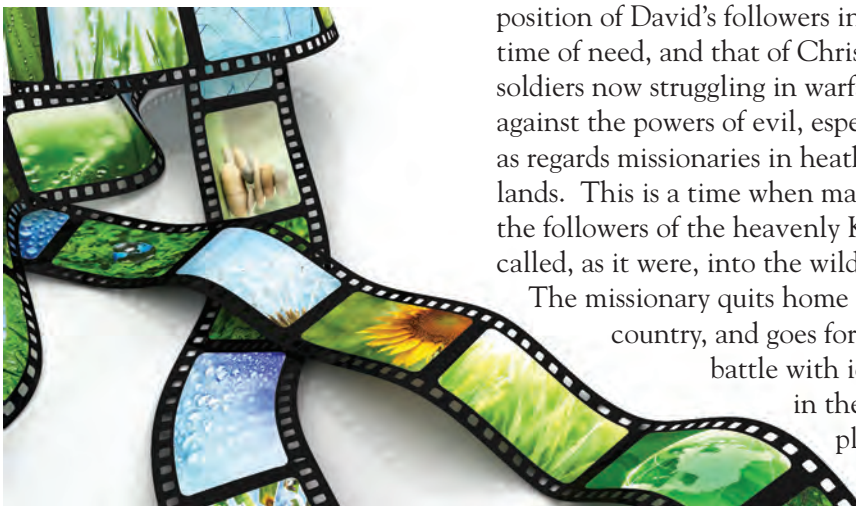
Do we give to missionary work as much as we lavish on ourselves?

“What have I done to aid the missionary cause?” is a question which each should solemnly ask his conscience. We rest in our comfortable homes, on our tables are the honey and the butter, in our barns the barley and the wheat; have our offerings to our King, in the person of His servants, been proportioned to the means bestowed upon us by the rich bounty of God?

How much lies in that word “proportioned!” The widow with her two mites gave, we know, more than all the rich who cast into the treasury. What proportion does what we bestow on the cause or missions bear to what we spend on our pleasures? Are there nor many who would be startled by the idea of its being their duty to subscribe to missions a sum equal to what they would, without a scruple, lavish on a single entertainment, a picture, or an article of plate?

Do we, like Paul, delight to spend and be spent for the Lord?

The question of “systematic beneficence” rises before us. Some





urge on us the duty of devoting a tenth of all that we possess to the Lord; others would have us not mete out our charity thus, but would bid us give as we have the power, whenever our help is required. It seems that the adoption of either mode of giving should greatly depend on the character of the individual, and that we should study our own dispositions, to know which we should make our own. There are some Christians whose zeal is so warm, whose hearts so liberal, that the idea of fixing upon any proportion as a rule would only chill and cramp their charity. When St. Paul was delighting to spend and be spent, who would have suggested to him that he should lay aside a tenth of his earnings for God! We do not measure out the waters of the overflowing river that pours its rich treasures through the land; we should but mar its beauty by attempting to curb its windings and bring it to a uniform width. Let it contract here, or expand there; it is ever flowing onward, a type of the cheerful giver, whom God loveth.

Freely return the Lord's tenth, and our nine-tenths will yield a rich harvest

But the bounty of many—perhaps of most men—is not so full or so free. If we have not the river, let us dig the canal, that is, adopt the rule of systematic beneficence, mete out boundaries and fix embankments, not to prevent the waters of charity from overflowing, but to prevent their being encroached upon by the sand of selfishness, the mud of worldliness. Thus God walled in His Sabbaths, not to confine devotion to one in seven, but (amongst other reasons) to insure a given space for its exercise from which earthly concerns should

be carefully excluded. The Christian makes his business arrangements as if the week had but six days, and inconveniences are thus avoided which would otherwise often arise. If he were in like manner to count but nine-tenths of his income as his own, and systematically consider the remaining portion as not his, but God's, he would, in most cases, no more miss the tenth of his earnings than he now does the seventh of his days, and the consecrated gold, like the consecrated Sabbath, would, with God's blessing upon it yield a rich harvest through ages eternal.

Wants expand in more than equal ratio to the means of satisfying them

The ease, with which systematic beneficence enables us to give, is not the only advantage accruing from it. It necessitates an increase in charity proportioned to increase in our wealth. This is a point too much neglected. It might appear that a man whose income is doubled would naturally also double the amount of his alms; that he who had a thousand a year would give much more largely upon its being increased to two. But it is to be feared that this is seldom practically the case. Wants expand in more than equal ratio to the means of satisfying them. The larger residence, the increased establishment, the better style of entertaining, place the richer man still in the position of living quite up to his income; the "stereotyped guinea" in the missionary report has not at the end of the year become two, though systematic beneficence might have raised it to a hundred without any sensible difficulty. The channel of the canal was not deepened and widened at once, and new supplies are sunk and

lost in daily household expenditure, or evaporate in ostentation.

A Christian cannot be required to do less than a Jew

The Jews were commanded to devote a tenth of their property to God; and it seems clear that a Christian cannot be required to do less than a Jew, who knew not, as we do, the "grace of our Lord Jesus Christ, who, though He was rich, yet for our sakes He became poor, that we through His poverty might be rich." There are many persons, indeed, who cannot maintain even their independence without a painful struggle; to speak of systematic beneficence to such, would appear but mockery; faith must be their wealth, their offerings their prayers; but we have our Barzillais amongst us, who, having enough to spare, are bound by every consideration of gratitude and duty to give freely—liberally—joyfully.

All good deeds have been registered and will be rewarded

The time is coming when our King will return in triumph to His own. Then will the Shimeis who rejected Him and despised His cause fall down in terror before Him; and the wondering Barzillais find that their gifts of love, even to the lentils and parched pulse and honey, nay, even to the cup of cold water given for the sake of their King, have all been registered, and will be a thousand-fold requited by Him. Then will the deep adoring gratitude of the redeemed far exceed that expressed in the words of the Gileadite: "Why should the king recompense me with such a reward!"

The Box That Had No Power

By Joe Olson

Please allow me to give you a little background to this story. The Philistines and Israel were warring with one another and the Jews lost a battle and four thousand men had died. “And the Philistines put themselves in array against Israel: and when they joined battle, Israel was smitten before the Philistines: and they slew of the army in the field about four thousand men.” 1 Sam. 4:2. The Jews were very discouraged by this turn of events and decided to bring the Ark of the Covenant, or the golden box that was in the most holy place, up out of the sanctuary to help them in battle. “And when the people were come into the camp, the elders of Israel said, Wherefore hath the LORD smitten us to day before the Philistines? Let us fetch the ark of the covenant of the LORD out of Shiloh unto us, that, when it cometh among us, it may save us out of the hand of our enemies.” 1 Sam. 4:3

We cannot put our trust in symbols

“It” may save us out of the hand of our enemies? You can already see that this is going to end very badly. This is very important to note. They did not pray to God for HIM to help them... they simply brought the piece of furniture that symbolized God’s presence. They trusted more in the gold-covered box, or the ark, than the God who rested above it. This is a terrible use of the symbols God has given us. We must be so careful that we do not put our trust in the symbol instead of what the symbol represents. Like having a statue on the dash of your car to help keep you safe as you drive. Is your trust in the statue or the God that the statue represents? Some people wear crosses or gold medals or some other representation of God.

Is your trust in the cross or the God the cross represents? That’s why God said not to make graven images - because we all have the tendency to do what the Israelites did. When we make a “thing” to represent the God we cannot see, it is very easy for us to put our faith in the “thing” instead of the God the thing represents. This was what the Israelites had done.

All Israel put more faith in the Ark of the Covenant than in God

By the way, this was during the time of Eli’s sons, Hophni and Phinehas. They were not teaching the people the truths about God. They were more concerned about their own welfare than the welfare of the people. It was all about what they could get and what they could benefit from and how they could secure more for themselves. They did not have the love for the people that their father had. As a result, the people became more and more corrupt in their lives and in their thinking; so much so, that now they presumed that the box, the Ark, might possess some magical power to help them defeat the Philistines in war.

And lest you think it might have just been a few corrupt leaders that felt this way about the ark, let’s read verse 5 of 1 Samuel 4: “And when the ark of the covenant of the LORD came into the camp, all Israel shouted with a great shout, so that the earth rang again.” No, they were all in it. They all had come to believe that it was more about the box than the God.

The Philistines are terrified of the golden box

They are so happy the box is there that the Bible says, “the earth rang” from the shout of the people. Now the Philistines hear this shout, and wonder



what's going on. "And when the Philistines heard the noise of the shout, they said, What meaneth the noise of this great shout in the camp of the Hebrews? And they understood that the ark of the LORD was come into the camp." 1 Sam. 4:6

They get the message that the ark of the Lord is now in the camp of the Israelites, and they are scared to death. "And the Philistines were afraid, for they said, God is come into the camp. And they said, Woe unto us! for there hath not been such a thing heretofore. Woe unto us! who shall deliver us out of the hand of these mighty Gods? these are the Gods that smote the Egyptians with all the plagues in the wilderness." 1 Sam. 4:7, 8. "These" are the Gods that smote the Egyptians.

The Jews had become like the world

The Philistines, because they are ignorant of spiritual things, thought that the box had some magical powers. It was not the God of heaven, who ruled above the stars, but the God in the box that they were worried about. And why not? Was this not what they were seeing from the Israelites? Were not they putting their trust in the box? The Israelites had succumbed to the spiritual level of the wicked Philistines. The Jews had become like the world.

Have we Christians become like the world?

Do we Christians need to be concerned about becoming like the world? The world thinks that doctors and drugs and hospitals heal people. Christians think that God is the One who heals... right? Or, have we become like the world? The world thinks that voters and special interest groups and lobbyists and money get people into office. But Christians think that God sets up and takes down kings and rulers. Or, have we become like the world? The world thinks that guns and bombs and soldiers will keep us safe from the enemy. But Christians believe that God will keep them safe. Or, have we become like the world?



What is our trust actually in? We know what the Israelites' trust was in... it was in that box. And the world, or the Philistines, thought the strength of the Jews was in that box, too.

The results of misplaced trust

So, what happens? The Jews bring it out and go back to battle with the Philistines. How'd that work out for them? "And the Philistines fought, and Israel was smitten,



and they fled every man into his tent: and there was a very great slaughter; for there fell of Israel thirty thousand footmen." 1 Sam. 4:10
Now, a total of

34,000 men had been killed. But, what was worse is that the BOX was taken. They lost their box! They did not lose their God, mind you... they lost a wooden box that was covered with gold. God was still there, but to the Jews, He might as well have been a million miles away. This is what happens when we misplace our trust. The doctors can't do anything, so we give up. The voters can't do anything, so we give up. The military can't do anything, so we give up. All the while, the God who can do EVERYTHING, is not consulted, or even thought about. THIS is why God said, "No graven images." We are so ready to put our trust in everything and anything else than what we should.

We cannot control the power of God

But, back to our story... The Philistines, as you can imagine, were ecstatic over their victory, and praised their gods of gold and silver and wood and stone, etc. But their joy was short-lived. Chapter 5 of 1 Samuel reports the sad story of what happened to the Philistines. The Jews had really given the Philistines the wrong impression about their God and the box. They led these worldlings into thinking that the box was important instead of the God that they supposedly served. Now God needed to set the story straight.

The box was not the Jews' God, but, what that box represented was important. The Philistines needed to see that the power of God was not simply given to whoever had the box.

The box does not control God. This is so important, too. God is not dragged around like a slave or genie in a bottle wherever you take your box, or your statue or your cross. You don't take your crucifix and point it at some demon-possessed person like there is power in that cross, like they show in the movies. That would indicate that we could control God, or the power of God, through what we made with our own hands.

The symbols have absolutely no value

The Philistines thought the box controlled the god, and whoever had the box then had the god. But, the power of God is independent of who controls the box or statue or cross. In other words, the power was not coming from those things! We *must* remember that! The cross, or the medal, or the picture, or the relic, or whatever it is that we use



to remind us of God, has absolutely NO value. GOD is the One with the value. God has to redirect our thinking sometimes. God had to redirect the Philistines' thinking. He goes on to get their attention through several different miracles. Interestingly, He follows the same course that He did with the Egyptians and the plagues. If you remember my message about "The Ten Plagues or the Ten Pleas?" (Jan., 2011, OFF) God tried to get the attention of the people without causing any harm to the people. It was only after repeated attempts to open their eyes, with no pain or suffering involved, that God had to take more serious measures. He does the same thing with the Philistines.

The Philistines believe they have control of two gods

After the Philistines get the "box", it is put in the temple of their god, Dagon. "When the Philistines took the ark of God, they brought it into the house of Dagon, and set it by Dagon." 1 Sam. 5:2. They are happy beyond measure. In their minds, they now control two different gods. One is in the statue they have of their god, Dagon. The other is in the box they captured from the Israelites.

But God Almighty needs to correct their faulty understanding of who He is and who their "god" is and this whole statue-box-cross-symbol thing. They situate the ark of God by the statue of their god and go to bed. In the morning, they begin to notice problems. "And when they of Ashdod arose early on the morrow, behold, Dagon was fallen upon his face to the earth before the ark of the LORD. And they took Dagon, and set him in his place again." 1 Sam. 5:3

The god of the Philistines had fallen on its face before the true God

Do you see how patient and merciful and kind God is? Nobody is hurt; nobody died... there was no suffering at all. Their god had mysteriously fallen down. But it did

not just fall down... it fell on its face. And of all the places it could fall in 360 different degrees, it fell right before the ark of the true God. This was to get the attention of the Philistines. Their "god" had no power. For all intents and purposes, their "god" had fallen on his face before the Israelites' God... at least in their

understanding.

But, *they* were in possession of the box, so why was this happening? Weren't they in control of the God of the Israelites now? This "miracle" was to remove their ignorance about the box and the God of the Hebrews. But, true to form, like most of the rest of us, we can't take a gentle hint, and they set their god back up in "his" place.

God tries again to get their attention

By the way, when the Bible says, "his place", that is not accidental wording. Their statue had a "place" of importance and reverence. God was trying to remove that idea from their minds, but the people just put it right back where it was. We have to be whacked in the head. We don't easily give up our cherished notions. The truth can slap you dead in the face, yet we have a real gift for ignoring the obvious.

But God does not give up trying to get their attention without causing any undue stress or harm. "And when they arose early on the morrow morning, behold, Dagon was fallen upon his face to the ground before the ark of the LORD; and the head of Dagon and both the palms of his hands were cut off upon the threshold; only the stump of Dagon was left to him." 1 Sam. 5:4

Now did the Philistines get it?

God has taken real extra efforts to open their eyes now. Not only did the statue fall again, and on his face again, and in front of the ark again, but now its head is cut off as well as its hands. The symbolism of this is clear. This "god" has no power. He can't think, (he has no head); he can't do anything (he has no hands); and he is again flat on his face... if he had a face anymore. So again, they are reminded that their possession of the box, or the ark, did not make them in control of the Israelite's God.

So, what did the Philistine's do? Did they now get it, and offer praise and honor to the true God? Did they repent and grasp that the God of the Hebrews was not controlled by who possessed the box? Did they offer some

kind of trespass offering for their sin of ignorance?
Not quite.

They still refuse to understand

“Therefore neither the priests of Dagon, nor any that come into Dagon’s house, tread on the threshold of Dagon in Ashdod unto this day.” 1 Sam. 5:5. They have decided that rather than admit that the God of the Hebrews rules from above, irrespective of who has the box, that they had better stay away, or off of, the threshold of the temple and from a close proximity to the box. They are not going to go back into the temple, or over the threshold of the temple, where the box is.

They are still determined to believe that there is some sort of power in the box. If they stay far enough away from it, they will be safe. They still refuse to understand. Sounds like the Egyptians, doesn’t it?

God now has to take more serious measures

“But the hand of the LORD was heavy upon them of Ashdod, and he destroyed them, and smote them with emerods, even Ashdod and the coasts thereof.” 1 Sam. 5:6. God sent a plague into their midst and struck them with “emerods”. There is not complete agreement among Bible scholars as to what emerods were. Some say, the Bubonic plague; some say tumors; some say hemorrhoids. I say, any of those would get my attention. And it got the attention of the Philistines in Ashdod. The Bible says that God “destroyed” the people of Ashdod.

Surely NOW they will get it. NOW they will grasp the significance of the God of the Hebrews and see that it has absolutely nothing to do with the proximity of the ark, or box.

Have you ever heard of the word: hardheaded? I’m pretty sure there must be a picture of the nation of Philistines next to that word in the dictionary. But it could be a picture of Pharaoh, too. Or maybe a picture of one of us... God forbid!

So they decide to move the box

When we have images, or representations of our God, it messes us up. It really messed up the Philistines. The people were destroyed in that town! “And when the men of Ashdod saw that it was so, they said, The ark of the God of Israel shall not abide with us: for his hand is sore upon us, and upon Dagon our god.” 1 Sam. 5:7

To them, it is still about that box. “We can’t have



that box by us!” It is not their disobedience, it is not their refusal to believe the truth; it is not their persistent denial of what God is trying to tell them... it is still about the box; and now, it is about where the box is.

So, what do they decide to do? Move the box. “They sent therefore and gathered all the lords of the Philistines unto them, and said, What shall we do with the ark of the God of Israel? And they answered, Let the ark of the God of Israel be carried about unto Gath. And they carried the ark of the God of Israel about thither.” 1 Sam. 5:8

Just so you know, the Philistines have five large cities. One is Ashdod, where they have the ark currently, but want to move it from because everyone is being destroyed. Another is Gath, where they decide to take it next. They are still dealing with proximity. They refuse to accept that God is not doing these things to them because of their relationship to *Him*; it is because of their relationship to the box. We are talking really, really hardheaded here.

Now God gets personal with the Philistines

So what happens when they move the box to Gath? “And it was so, that, after they had carried it about, the hand of the LORD was against the city with a very great destruction: and he smote the men of the city, both small and great, and they had emerods in their secret parts.” 1 Sam. 5:9

Not only does God destroy the city, not only does He smite the men of the city, but this time, He narrows down where the sores, cancer, tumors or whatever emerods are, to



their “secret parts”. God is getting even more personal now. It doesn’t get much more personal than your “secret parts”.

NOW they will pay attention. NOW they will listen to reason.

NOW... surely... they will consider that this destruction and punishment has nothing to do with the location of this box! There is no place that is safe! If there is any power in that box, it certainly is not helping them! Besides, they only have three cities left. There is Gaza, Askelon and Ekron.

Once again, they relocate the box

So, what do they do? “Therefore they sent the ark of God to Ekron...” 1 Sam. 5:10

Have you ever watched someone do something over and over and over again, and it seems like they are just not getting it? Do you ever eat something that gives you indigestion, and you keep on eating it? Do you ever say, “I should exercise more”, and just keep saying it over and over, but never really do it? Do you tell yourself that you are going to quit watching so much TV, because it is not good for you, but never really change? Do we know there is no real value in a cross or a medallion or a statue of a saint or Mary or whoever, but we still feel the need to keep it near or to wear it? Maybe, just maybe, we are not too far from the Philistines.

But the Philistines are getting just about tired of this now...1 Samuel 5:10-12 “... And it came to pass, as the ark of God came to Ekron, that the Ekronites cried out, saying, They have brought about the ark of the God of Israel to us, to slay us and our people. So they sent and gathered together all the lords of the Philistines, and said, Send away the ark of the God of Israel, and let it go again to his own place, that it slay us not, and our people: for there was a deadly destruction throughout all the city; the hand of God was very heavy there. And the men that died not were smitten with the emerods: and the cry of the city went up to heaven.” 1 Sam. 5:10-12

Even after all this, they are still focused on “it”, and not Him

Please note that the Ekronites were not happy about the box coming to their town. Again, there is a deadly destruction, and more tumors or sores or cancers or hemorrhoids. And after all of this, they still say, “let it go again to his own place, that it slay us not.” Even after all of this... after 60% of their nation is wiped out, they are still focused on “it” instead of Him. That’s how bad we get caught up in images rather than the God the image

is supposed to represent. God knew it. God knows just what we are like, and how we react to images, or boxes, or crosses, or medallions, or whatever. That’s why He was very specific about it in the Ten Commandments: “Thou shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth: Thou shalt not bow down thyself to them, nor serve them: for I the LORD thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me;” Ex. 20:4,5

God commands us not to have images

God says that those who make images, or bow down to images, actually hate Him. Pretty strong language against graven images isn’t it? By the way, God has no problem with images, just like with jewelry or gold or any such things. WE have the problem, and because WE have the issue, God tells us not to have them. If God says not to make them or have them around, because we have a tendency to look more at the image than the God it represents, do you think it would be in our best interest to do what He says?

This story about the Philistines and the Israelites was left on record for our benefit. He put it in the scriptures because He knew that people, long after this story took place, would be tempted to think *they* were above such things. He left it there for us today.

I pray we might learn, more quickly than the Philistines, that there is no power in the box, or the statues, or the crosses, but only in the God those images are supposed to represent.

Editor’s Note: The second Commandment on graven images is left out of the Catholic Ten Commandments – the tenth Commandment is then divided into two Commandments, so it appears they still have ten.



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

CHRIST in you

Has someone seen Christ in you today?
Christian, look to your heart, I pray;
The little things you have done or said—
Did they accord with the way you prayed?
Have your thoughts been pure and your words been kind?
Have you sought to have the Saviour's mind?
The world with a criticizing view
Has watched—but did it see Christ in you?

Has someone seen Christ in you today?
Christian, look to your life, I pray;
There are aching hearts and blighted souls
Being lost on sin's destructive shoals,
And perhaps of Christ their only view
May be what of Him they see in you.
Will they see enough to bring hope and cheer?
Look to your light! Does it shine out clear?

~The Christian Guardian

For The Mind of Christ

Give me, O God, a constant heart
To ever love Thy will;
A zeal to work Thy works impart,
Thy purpose to fulfill.

Like Jesus may I emptied be
Of all of self and sin,
So glory shall redound to Thee,
Who reigns supreme within.

And joy shall gild earth's "little while,"—
An earnest of that day,
When, welcomed by my Saviour's smile,
I'll dwell with Him for aye.

~ Worthie Harris

Higher Education



By Mrs. E. G. White

The term "higher education" is to be considered in a different light from what it has been viewed by the students of the sciences. The prayer of Christ to his Father is full of eternal truth. "These words spake Jesus, and lifted up his eyes to heaven, and said, Father, the hour is come; glorify thy Son, that thy Son may also glorify thee; as thou hast given him power over all flesh, that he should give eternal life to as many as thou hast given him. And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent." "For he whom God hath sent speaketh the words of God; for God giveth not the Spirit by measure unto him. The Father loveth the Son, and hath given all things into his hand. He that believeth on the Son hath everlasting life; and he that believeth not the Son shall not see life; but the wrath of God abideth on him." The power and soul of true education is a knowledge of God, and of Jesus Christ whom he hath sent. "The fear of the Lord is the beginning of wisdom."

Jesus had a knowledge of His work as the Son of God

Of Jesus it is written: "And the child grew, and waxed strong in spirit,

filled with wisdom; and the grace of God was upon him. . . . And Jesus increased in wisdom and stature, and in favor with God and man."

A knowledge of God will constitute a kind of knowledge that will be as enduring as eternity. To learn and do the works of Christ, is to obtain a true education. Although the Holy Spirit worked the mind of Christ, so that he could say to his parents, "How is it that ye sought me? wist ye not that I must be about my Father's business?" yet he worked at the carpenter's trade as an obedient son. He revealed that he had a knowledge of his work as the Son of God, and yet he did not exalt his divine character. He did not offer as a reason why he should not bear the burden of temporal care, that he was of divine origin; but he was subject to his parents. He was the Lord of the commandments, yet he was obedient



to all their requirements, thus leaving an example of obedience to childhood, youth, and manhood.

The Bible is the foundation of all true knowledge

If the mind is set to the task of studying the Bible for information, the reasoning faculties will be improved. Under study of the Scriptures the mind expands, and becomes more evenly balanced than if occupied in obtaining general information from the books that are used which have no connection with the Bible. No

knowledge is so firm, so consistent and far-reaching, as that obtained from a study of the word of God. It is the foundation of all true knowledge. The Bible is like a fountain. The more you look into it, the deeper the fountain appears. The grand truths of sacred history possess amazing strength and beauty, and are as far-reaching as eternity. No science



is equal to the science that reveals the character of God.

Keep thy soul diligently

Moses was educated in all the wisdom of the Egyptians, yet he said: "Behold, I have taught you statutes and judgments, even as the Lord my God commanded me, that ye should do so in the land whither ye go to possess it. Keep therefore and do them; for this is your wisdom and your understanding in the sight of the nations, which shall hear all these statutes, and say, Surely this great nation is a wise and understanding people. For what nation is there so great, who hath God so nigh unto them, as the Lord our God is in all things that we call upon him for? And what nation is there so great, that hath statutes and judgments so righteous as all this law, which I set before you this day? Only take heed to thyself, and keep thy soul diligently, lest thou forget the things which thine eyes have seen, and lest they depart from thy heart all the days of thy life; but teach them thy sons, and thy sons' sons."

The law is a wall of protection to those who are obedient to God's precepts

Where shall we find laws more noble, pure, and just, than are exhibited on the statute-books wherein is recorded instruction given to Moses for the children of Israel? Through all time these laws are to be perpetuated, that the character of God's people may be formed after the divine similitude. The law is a wall of protection to those who are obedient to God's precepts. From what other source can we gather such strength, or learn

such noble science? What other book will teach men to love, fear, and obey God as does the Bible? What other book presents to students more ennobling science, more wonderful history? It clearly portrays righteousness, and foretells the consequence of disloyalty to the law of Jehovah. No one is left in darkness as to that which God approves or disapproves. In studying the Scriptures we become acquainted with God, and are led to understand our relation to Christ, who is the sin-bearer, the surety, the substitute, for our fallen race. These truths concern our present and eternal interests.

Study of the Bible gives strength and expansion to the mind

The Bible stands the highest among books, and its study is valuable above the study of other literature in giving strength and expansion to the mind. Paul says: "Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth." "But continue thou in the things which thou hast learned and hast been assured of, knowing of whom thou hast learned them; and that from a child thou hast known the holy



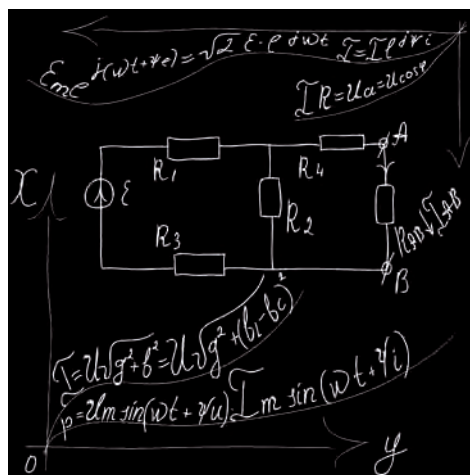
for reproof, for correction, for instruction in righteousness; that the man of God may be perfect, thoroughly furnished unto all good works." "For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the Scriptures might

have hope."

The word of God is the most perfect educational book in our world

Yet in our colleges and schools, books produced by human intellect have been presented for the study of our students, and the Book of books, which God has given to men to be an infallible guide, has been made a secondary matter. Human productions have been used as most essential, and the word of God has been studied simply to give flavor to other studies. Isaiah describes the scenes of heaven's glory that were presented to him, in most vivid language. All through this book he pictures glorious things that are to be revealed to others. Ezekiel writes: "The word of the Lord came expressly unto Ezekiel the priest, the son of Buzi, in the land of the Chaldeans by the river Chebar; and the hand of the Lord was there upon him. And I looked, and, behold, a whirlwind came out of the north, a great cloud, and a fire infolding itself, and a brightness was about it, and out of the midst thereof as the color of amber, out of the midst of the fire. Also out of the midst thereof came the likeness of four living creatures. And this was their appearance; they had the likeness of a man. And every one

Scriptures, which are able to make thee wise unto salvation through faith which is in Christ Jesus. All Scripture is given by inspiration of God, and is profitable for doctrine,



had four faces, and every one had four wings. And their feet were straight feet; and the sole of their feet was like the sole of a calf's foot; and they sparkled like the color of burnished brass. And they had the hands of a man under their wings on their four sides, and they four had their faces and their wings. Their wings were joined one to another; they turned not when they went; they went every one straight forward. As for the likeness of their faces, they four had the face of a man, and the face of a lion, on the right side; and they four had the face of an ox on the left side; they four also had the face of an eagle." The book of Ezekiel is deeply instructive.

The Bible is designed of God to be the book by which the understanding may be disciplined, the soul guided and directed.

To live in the world and yet to be not of the world, is a problem that many professed Christians have never worked out in their practical life. Enlargement of mind will come to a nation only as men return to their allegiance to God. The world is flooded with books on general information, and men apply their minds in searching uninspired histories; but they neglect the most wonderful book that can give them the most correct ideas and ample understanding.

How hard men work to obtain knowledge!

They expend time and money in seeking to find out things that are not essential to a life of purity, that will not aid them in building up a character that will fit them to become members of the royal family, children of the Heavenly King. Some make long journeys to Jerusalem to see the place where Christ lived and taught. They listen to traditions and tales that men have invented. They spend money for that which is not bread.

Christ says: "Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you; for him hath God the Father sealed."

To expend time and labor in finding the places where Jesus worked in Jerusalem, cannot bring any real benefit to soul or body

The money would better be expended in helping those who are perishing out of Christ. In doing this work, we may be assured that we are working in Christ's lines. Human guides may point to this spot or that one as a place where Jesus made his abode, and travelers may cultivate feelings of awe and reverence in looking upon various localities, and yet they have no certain knowledge that Christ ever taught there, or that his feet ever trod the soil. The only advantage that we can gain is an advantage that comes by faith in knowing and understanding the work of Christ for our soul's salvation, in knowing the will of God in our individual cases.

The Lord requires of His people spiritual sacrifices alone, and has swept away every ceremony of the ancient type

Men and women may study the will of God with profit. Let young men and young women, while the dew



of youth is upon them, begin to study the word of God, which expresses his will. The steps of Christ are certainly marked out in the word. Go where they can be found today. Do not seek to go back to the land where Christ's feet trod ages ago. Christ says: "He that followeth me shall not walk in darkness, but shall have the light of life." We can know far more of Christ by following him step by step in the work of redemption, seeking the lost and the perishing, than by journeying to old Jerusalem. Christ has taken his people into his church. He has swept away every ceremony of the ancient type. He has given no liberty to restore these rites, or to substitute anything that will recall the old literal sacrifices. The Lord requires of his people spiritual sacrifices alone. Everything pertaining to his worship is placed under the superintendence of his Holy Spirit. Jesus said that the Father would send the Holy Spirit in his name to teach his disciples all things, and to bring all things unto their remembrance that he had said unto them. The curse rests upon Jerusalem. The Lord has obliterated those things which men would worship in and about Jerusalem, yet many hold in reverence literal objects in Palestine, while they neglect to behold Jesus as their advocate in the heaven of heavens.

We are not to trust in fables, and worship places that God has cursed, and foster idolatry in so doing

Where is Christ? We would

see Jesus, not the places where he used to make his abode. Christ is the bread of life, and we must feed upon his word, and be a doer of his commands. What is Christ to me? How am I related to Christ? He is in the heavens above, and as our high priest, is offering up the incense of his own merit. His holiness mingles with our prayers of repentance and faith. Through conversion we are brought into close relationship with God, and the Father loves those for whom Christ has died as he loves his own Son. Through the almighty ransom he has made, we become sons and daughters of God. We should earnestly inquire, not in regard to old Jerusalem and concerning the fables that are repeated for truth, but we should turn our eyes to the loving Saviour, who ever liveth to make intercession for us. We should prostrate the soul before the incarnate God. We are not to trust in fables, and worship places that God has cursed, and foster idolatry in so doing. Jesus said to the Samaritan woman: "Ye worship ye know not what; we know what we worship; for salvation is of the Jews. But the hour cometh, and now is, when the true worshipers shall worship the Father in spirit and in truth; for the Father seeketh such to worship him. God is a Spirit; and they that worship him must worship him in spirit and in truth." Many visit Jerusalem, and go away cherishing ideas which they suppose represent the truth, while in fact they have only come in contact with fables. They publish these falsehoods as truth.

No prophecy of the scripture is of private interpretation

Peter declares: "We have not followed cunningly devised fables, when we made known unto you the power and coming of our Lord Jesus Christ, but were eye-witnesses of his majesty. For he received from God the Father honor and glory, when there came such a voice to him from the

excellent glory, This is my beloved Son, in whom I am well pleased. And this voice which came from heaven we heard, when we were with him in the holy mount. We have also a more sure word of prophecy; whereunto ye do well that ye take heed, as unto a light that shineth in a dark place, until the day dawn, and the day-star arise in your hearts; knowing this first, that no prophecy of the Scripture is of any private interpretation. For the prophecy came not in old time by the will of man; but holy men of God spake as they were moved by the Holy Ghost."

The curse of God is upon Jerusalem and its surroundings

Let the mind be educated to look to Jesus. Let an effort be made to become doers of his word. The curse of God is upon Jerusalem and its surroundings, and the land is defiled under the inhabitants thereof. There is no real foundation for feelings of awe in looking upon the land of Palestine. In revering these earthly things, men clothe them with a false glory. He who came to save the world could not be endured by those he came to rescue, and they killed the Lord of life and glory, thinking to extinguish his divine light from the world. But it was impossible for the grave to hold him. He burst the fetters of the tomb, and proclaimed in triumph over the rent sepulcher, "I am the resurrection and the life." Thus Christ became a present Saviour, a divine presence, in every place. All who believe may obtain clear views of Christ's true glory. When they behold



him, all these minor things sink into insignificance, just as the lesser lights vanish when the sun appears.

Let us be clothed with humility and cease all strife for supremacy

He who catches a glimpse of the matchless love of Christ, counts all other things as loss, and looks upon him as the chiefest among ten thousand, and as the one altogether lovely. As seraphim and cherubim look upon Christ, they cover their faces with their wings. Their own perfection and beauty are not displayed in the presence and glory of their Lord. Then how improper it is for men to exalt themselves! Let them rather be clothed with humility, cease all strife for supremacy, and learn what it means to be meek and lowly of heart.

He who contemplates God's glory and infinite love, will have humble views of himself; but by beholding the character of God, he will be changed into his divine image.



Ellen G. White, 1827–1915, received the spiritual gift of prophecy, and the fruits of her life and work accord with the biblical tests of a true messenger of God. To this day, her counsels are an incalculable blessing to God's people around the world.



PROCRASTINATION or LAODICEA

By Clark Floyd

“Without a living faith in Christ as a personal Saviour it is impossible to make our influence felt in a skeptical world. We cannot give to others that which we do not ourselves possess. It is in proportion to our own devotion and consecration to Christ that we exert an influence for the blessing and uplifting of mankind. If there is no actual service, no genuine love, no reality of experience, there is no power to help, no connection with heaven, no savor of Christ in the life. Unless the Holy Spirit can use us as agents through whom to communicate to the world the truth as it is in Jesus, we are as salt that has lost its savor and is entirely worthless. By our lack of the grace of Christ we testify to the world that the truth which we claim to believe has no sanctifying power; and thus, so far as our influence goes, we make of no effect the word of God.” MB 37

Signs of the second coming of Jesus are all around us

As I contemplate the above words, two words come into my mind, words that I would like to explore more fully in this article. The words are “procrastination” and “Laodicea”. I do not believe these words are exclusive of each other. It is not one or the other; but a definite connection exists between the two.

We live in a time of great moment. We are almost 6,000 years out of the Garden of Eden. Signs of the second coming of Jesus are all around us, in nature, in governments, in the restoration of power to the Catholic Church, in the discussion of Sunday laws—in the fulfilling of Bible prophecy.



When Christ's character becomes our character, then He will come

“Christ is waiting with longing desire for the manifestation of Himself in His church. When the character of Christ shall be perfectly reproduced in His people, then He will come to claim them as His own.

“It is the privilege of every Christian not only to look for but to hasten the coming of our Lord Jesus Christ, (2 Peter 3:12, margin). Were all who profess His name bearing fruit to His glory, how quickly the whole world would be sown with the seed of the gospel. Quickly the last great harvest would be ripened, and Christ would come to gather the precious grain.” COL 69

There is no gray area with Jesus

God is looking for a people, and I believe that everyone reading this magazine desires to be that people. I believe that you, dear reader, desire to have a living faith in Christ as a personal Saviour.

Are you an overcomer, or do you procrastinate? Do you have a favorite sin that you want to overcome, or you stay away from it for awhile, or you say “I will take care of this later?” Do you procrastinate? What about your Bible



study, your prayer time, your Christian witness? Are these things you “will get more serious about in the future?” Or do you face them head on day by day?

In Revelation 3:15 & 16, Jesus says, “I know thy works, that thou art neither cold nor hot: I would thou wert cold or hot. So then because thou art lukewarm, and neither cold nor hot, I will spue thee out of my mouth.” Notice that Jesus does not allow for any in between area, no room for maneuvering, no gray area especially for those who make procrastination their life pursuit.

Are you Laodicean? Are you lukewarm?

In the Gospel of Matthew, Chapter 12, verse 30, Jesus says, “He that is not with me is against me; and he that gathereth not with me scattereth abroad,” and then in verse 50, Jesus continues, “For whosoever shall do the will of my Father which is in heaven, the same is my brother, and sister and mother.

We all desire to belong fully to Jesus, but do we procrastinate; are we Laodiceans?

Someone has said: “there are many worms and locusts that eat up much, but the caterpillar of procrastination is the worst—it is the thief of time.”

Are you finding temptations stronger, your resistance weaker, your affections for Jesus weaker? Or are

you holding on to a cherished sin? How is your Bible study, and your prayer life? Are you lukewarm?

Does either of these terms fit you?

The term “Laodicea” is found not only in the Bible, but also in the dictionary—“one who is mediocre, halfhearted, not fully in to what they are doing.”

The term “Procrastinator” is also found in the dictionary—“someone who puts off doing something until a future time. He postpones or defers taking action.”

Do you begin to see the relationship between the two terms?

Does either, or both, of these terms fit you? Are you growing with the Lord? Are you having regular faithful Bible study and prayer time? Are you overcoming all sin? And, of course, the key question behind each of these other questions, have you truly surrendered your life fully to Jesus?

Or are these some things you will do another day, another time?

There are certain signs of lukewarmness

The lukewarm quote the Bible, but behave like the world. They want the benefits of being identified with Jesus, but won't completely submit to His claim upon them.

They aren't “cold”—the cold live worldly lives without apology—they are just what they appear to be. They don't appear to be what they aren't.

The lukewarm live fraudulent lives. They claim to be of God, but are led by worldly appetites.

There are certain signs of lukewarmness: A. Prayerlessness, B. Unstirred by God's Word, C. Disobedience to God's Word, D. Disregard for the lost, and E. Putting off changing until a more convenient time.



Jesus wants your full affection

But the good news is that even if we are lukewarm

procrastinators, Jesus has made His cleansing provision available to all—hot, cold or lukewarm. His love is stirred.

“Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me. To him that overcometh will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne.” Rev. 3:20 & 21

Jesus wants your full affection. He wants the Song of Solomon to be the story of your relationship with Him. He wants to fill you with His love so that you can work gladly with a full heart.

“Behold, now is the accepted time; behold, now is the day of salvation.” 2 Cor. 6:2

“Wherefore, as the Holy Ghost saith, Today if ye will hear his voice, harden not your hearts....” Heb. 3:7 & 8

“And ye shall seek me, and find me, when ye shall search for me with all your heart.” Jer. 29:13

“Therefore if any man be in Christ, he is a new creature: old things are passed away; behold all things are become new.” 2 Cor. 5:17

AND OUR RESPONSE:

“Lord, thou hast searched me, and known me. Thou knowest my downsitting and mine uprising, thou understandest my thought afar off. Thou compasses my path and my lying down, and art acquainted with all my ways. For there is not a word in my tongue, but, lo, O Lord, thou knowest it altogether....”

“Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.” Ps. 139:1-4, 23 & 24

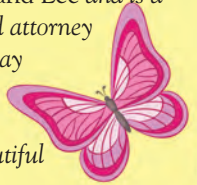
“Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from thy presence; and take not thy holy spirit from me. Restore unto me the joy of thy salvation; and uphold me with thy free spirit. Then will I teach transgressors thy ways; and sinners shall be converted unto thee.” Ps. 51:10-13

Deliver me from procrastination and Laodicea.



Clark Floyd, editor of Our Firm Foundation magazine, has been co-host of the radio program Bible Answers with Clark and Lee and is a licensed attorney

and an ordained Seventh-day Adventist pastor. He has spoken internationally and makes his home in the beautiful mountains of western North Carolina.



THE LATTER RAIN NO. 8

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—these articles seem even more appropriate today.

Before considering more fully the preparation required in order to receive the latter rain we may do well to notice some further details in the experience of the early disciples at Pentecost. We need to study earnestly and prayerfully that experience which has come down as a lesson to us in these last days.

THE HOLY UNCTION MUST COME UPON THE SERVANTS OF GOD

"It is our privilege to take God at His word. As Jesus was about to leave His disciples, to ascend into heaven, He commissioned them to bear the gospel message to all nations, tongues, and peoples. He told them to tarry in Jerusalem till they were endued with power from on high. This was essential to their success. The holy unction must come upon the servants of God. All who were fully identified as disciples of Christ and associated with the

disciples as evangelists, assembled together at Jerusalem. They put away all differences. They continued in one accord with prayer and supplication, that they might receive the fulfillment of the promise of the Holy Spirit; for they were to preach the gospel in the demonstration of the Spirit and in the power of God. It was a time of great danger to the followers of Christ. They were as sheep in the midst of wolves, yet were of good courage, because Christ had risen from the dead, and had revealed Himself to them, and had promised them a special blessing which would qualify them to go forth to preach His gospel to the world. They were waiting in expectation of the fulfillment of His promise, and were praying with special fervency.

RECEIVING THE HOLY SPIRIT DID NOT REMOVE THE NECESSITY OF PRAYER

"This is the very course that should be pursued by those who act a part in the work of proclaiming the coming of the Lord in the clouds of heaven; for a people are to be prepared to stand in the great day of God. Although Christ had given the promise to His disciples that they should receive the Holy Spirit, this did not remove the necessity of prayer. They prayed all the more



earnestly; they continued in prayer with one accord. Those who are now engaged in the solemn work of preparing a preparing a people for the coming of the Lord, should also continue in prayer. The early disciples were of one accord. They had no speculations, no curious theory to advance as to how the promised blessing was to come. They were one in faith and spirit. They were agreed." GW 370, 371

SOME WILL NOT RECOGNIZE OR RECEIVE THE LATTER RAIN

Here again is emphasized the necessity of earnest persevering prayer, of putting away all differences and being of one accord, and of faithfully observing the conditions the Master has laid down. Another point which seems to disturb some in their considerations of this subject is the fact that when the latter rain comes, some will not recognize or receive it. How can we be sure that

we are not among that class? If the various statements mentioning this point are studied together, it does not seem so difficult to understand.

“We may be sure that when the Holy Spirit is poured out, those who did not receive and appropriate the early rain will not see or understand the value of the latter rain.”

THE LORD CALLS FOR A RENEWAL OF SPIRITUAL LIFE

“Only those who are living up to the light they have will receive greater light. Unless we are daily advancing in the exemplification of the active Christian virtues, we shall not recognize the manifestations of the Holy Spirit in the latter rain. It may be falling on hearts all around us, but we shall not discern or receive it.” TM 399, 507

“The Lord calls for a renewal of the straight testimony borne in years past. He calls for a renewal of spiritual life. The spiritual energies of His people have long been torpid, but there is to be a resurrection from apparent death. By prayer and confession of sin we must clear the King’s highway. As we do this, the power of the Spirit will come to us. We need the Pentecostal energy. This will come; for the Lord has promised to send His Spirit as the all-conquering power.” 8T 297, 298

THE LUKEWARM AND SELF-SATISFIED WILL BE UNPREPARED FOR THIS WONDERFUL EXPERIENCE

In the very nature of the case it would appear that those who refuse to meet the conditions the Lord has laid down, would neither recognize nor receive the latter rain. Those who are in the Laodicean condition and refuse to take the counsel of the True Witness; those who will not engage in the revival and

reformation which God has been calling for so long; those who will not turn to the Lord with all their hearts, and

with fasting, weeping and mourning, but are will to believe that their condition is much better than it is, will be unprepared for this wonderful experience. They are lukewarm and self-satisfied, feeling rich and increased with goods and in need of nothing.

THE DISCIPLES WERE MOCKED, AND ACCUSED OF BEING DRUNK

This was strikingly illustrated on the day of Pentecost, when those who had not followed the teachings of Jesus accused the disciples of being drunk.

“When the day of Pentecost was fully come, they were all with one accord in one place. And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting. And there appeared unto them cloven tongues like as of fire, and it sat upon each of them. And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance.’ In that assembly there were mockers, who did not recognize the work of the Holy



Spirit, and they said, ‘These men are full of new wine...’”

“The Lord was at work in His own way; but had there been such a manifestation

among us, upon whom the ends of the world are come, would not some have mocked, as on that occasion? Those who did not come under the influence of the Holy Spirit, knew it not. To this class the disciples seemed like drunken men.” TM 66

THERE IS NO HELP FOR ONE WHO REFUSES DIVINE COUNSEL

We often think of the experiences of ancient Israel and of all the solemn warnings, reproofs, and entreaties God sent to them, appealing to them to put away all idolatry and make Him supreme in their lives. We are amazed at their strange spiritual blindness and backsliding, and what appears to be a stubborn indifference to God’s patience, mercy, and love.

“Those who have not a living connection with God, have not an appreciation of the Holy Spirit’s manifestation, and do not distinguish between the sacred and the common. They do not obey God’s voice, because as the Jewish nation, they know not the time of their visitation. There is no help for man, woman, or child who will not hear and obey the voice of duty; for the voice of duty is the voice of God. The eyes, the ears, and the heart will become unimpressible if men and women refuse to give heed to the divine counsel, and choose the way that is best pleasing to themselves.” TM 402

Surely now is the time to turn to the Lord with all our hearts.



Restoration

An excerpt from

A Faith to Live By

By M. L. Andreasen

There are those who are willing to make confession, but are not willing to make restoration.

But God demands this. Hear these words: “If the wicked

restore the pledge, give again that he had robbed, walk in the statutes of life, without committing iniquity; he shall surely live, he shall not die.” Eze. 33:15. “He shall restore that with he took violently away, or the thing which he hath deceitfully gotten, or that which was delivered him to keep, or the lost thing which he found, or all that about which he hath sworn falsely; he shall even restore it in the principal, and shall add the fifth part more thereto, and give it unto him to whom it appertaineth, in the day of his trespass offering.” Lev. 6:4, 5

Restoration is a vital part of confession
It is of little use that a man

confesses that he has stolen and wishes to be forgiven, if he is not willing to pay back that which he has stolen. God demands that a man make restoration so far as he

is able. In cases in which this is not possible, as when the person defrauded is no longer living, the law in the time of Moses demanded that the money be paid to a near kinsman, and if that was not possible, that it be paid to the priest. “Speak unto the children of Israel, when a man or woman shall commit any sin that men commit, to do a trespass against the Lord, and that person be guilty; then they shall confess their sin which they have done: and he shall recompense his trespass with the principal thereof, and add unto it the fifth part thereof, and give

it unto him against whom he hath trespassed. But if the man have no kinsman to recompense the trespass unto, let the trespass be recompensed unto the Lord, even to the priest; beside the ram of the atonement, whereby an atonement shall be made for him.” Numbers 5:6-8. While it is not contended that this law is in force now, the principle may be worth studying.

Mistakes should be rectified immediately

If a Christian did a little thinking before committing an act which he might later regret, it would often deter him from doing that which is not easily undone. A person buys something in a store, and the clerk, in handing back the



change, gives him a dollar too much. It is easy to argue that the clerk is at fault, that it is his business to see to it that the right change is given. But the Christian will upon reflection decide that such reasoning is not sound. If he had received a dollar too little in change, he would not let the matter pass. He must no more let the matter pass when he gets a dollar too much. The mistake should be



rectified immediately, for it is awkward at times to straighten up such things after considerable time has passed, without deviating from the truth. A person is then likely to state that he did not notice the mistake until he reached home and found that he had a dollar too much. If this is the truth, then this is what ought to be said. But if the mistake was noticed at the time of the transaction, the statement is not true. Thus, in rectifying one mistake, another is made, and this also must sooner or later be acknowledged. But this is awkward. There is no point in paying back a dollar and in the process of doing it telling an untruth which also must be confessed.

A Christian must make the matter right

No Christian can contend that it is honest to ride free on a streetcar or a train because the conductor does not see him; or to do many of the things that people do who have no regard for truth or honesty, and are willing to take advantage of every situation which promises profit or pleasure. When a Christian does any of these things, he will sooner or later decide that he must make the matter right, and this is embarrassing and inconvenient, and especially so if the wrong is not righted at once.

It does not pay to hide transgression

There is not only danger that it will be found out – which makes subsequent confession of little value – but there is also the surety that sooner or later the Christian will feel that he must make acknowledgment and amends. And, as we have said, this is most embarrassing and inconvenient



to do at times. There is no explanation or reason given why an attempt was not made immediately to adjust matters. The only true explanation is that in addition to having done wrong an attempt was made to hide it, to lie out of it, or at least to appear innocent. Taking all things into consideration, by far the easiest way is to make matters right immediately, and not wait. Ordinarily the longer a person waits, the worse the situation will be.

Confession must include restitution

Are we always to restore? Yes, wherever it is humanly possible. One should make

every reasonable attempt to give back that of which he has defrauded someone else. Be the amount large or small, there is no other way. Confession must be made, and confession must include restitution.





BE STRONG
AND OF
GOOD COURAGE

- Josh. 1:9

Christian, art thou growing weary
In the strife with wrong and sin?
Courage still, there's much to cheer thee;
Do not let the tempter win.

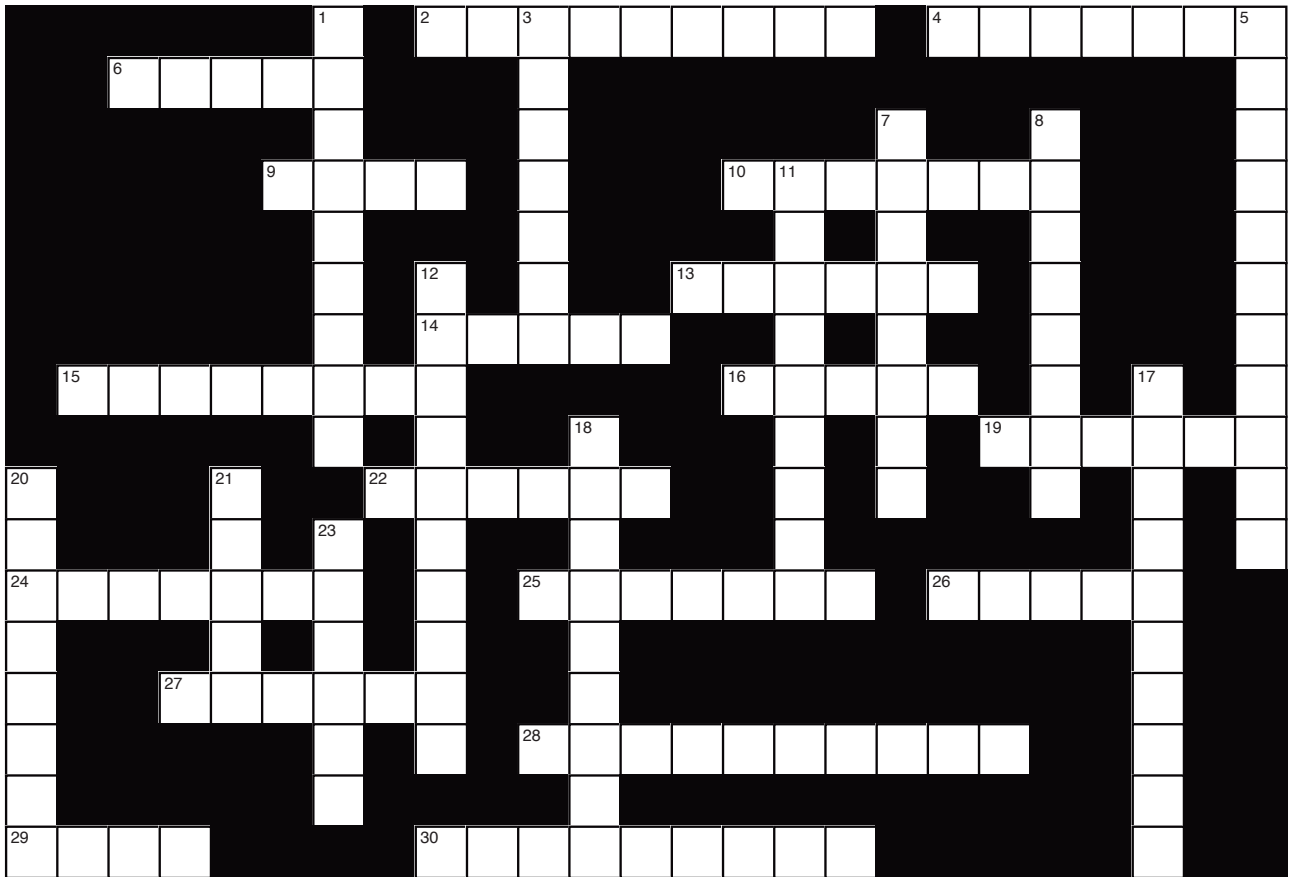
Christ himself hath gone before thee
In the path that thou must go;
Now from Heaven he's watching o'er thee,
Soon thy tears shall cease to flow.

Soon he'll come again, and take thee
To a home of endless joy,
Where the wicked cease from troubling;
Where thy peace none can destroy.

Then press onward still, and upward
Let none turn thee from the way.
Soon will end this night of sorrow;
Soon will come the perfect day.

--Mary E. Inman

Christian Crossword



ACROSS

2. The material used in the construction of the ark for baby Moses
4. The "woman at the well" was at the foot of which mountain?
6. She failed to open the door for Peter
9. Noah's eldest son
10. The part of the body of an ass that Samson used as a weapon
13. He went to heaven in a chariot of fire
14. Canaan was under whose power in Abraham's day?
15. Paul studied under what great man?
16. The god of the Philistines which fell in front of the ark of the covenant
19. He had a donkey speak to him
22. How many pieces of silver did Judas sell Jesus for?
24. What country was the "woman at the well" in?
25. Who became the first friend and counselor to Paul in Damascus?
26. The widow of Judah's oldest son
27. Artaxerxes was a king in which country?
28. What skill was Paul taught as a young boy?
29. Of what country was Paul a citizen?
30. What was a captain over 100 men called in the Roman army?

DOWN

1. They controlled the internal government of Judah during the Roman period
3. One of the most feared diseases in Jesus' day
5. The region that the Babylonians and Assyrians lived in
7. Whose beautiful hair became an instrument of his own destruction?

8. Who obtained a deed of purchase for land that soon would be conquered?
11. Where was Joseph, the businessman from?
12. Who was the son of Nabonidus?
17. The people from mixed marriages between Jews and Assyrians
18. We are in the day of ____
20. What festival is associated with the blood on the door posts?
21. How many days was Paul without sight?
23. What city did Paul come from?

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



EXCITOTOXINS PART 2: What Happens to Our Bodies



Dr. Olson comes from a long line of health professionals including MDs, naturopaths, and osteopaths. Having always wanted to help people, especially in the area of health, she was a missionary to Belize and Korea. A national speaker, an RN for years, a certified herbologist, and a naturopathic doctor, Dr. Olson is utilizing this experience and wealth of knowledge for the benefit of people all over the world.

Last month we explained how our food has been “tainted” with certain “taste enhancers”. We began by quoting the foremost expert on the subject, Dr. Russell Blaylock, who wrote the book: *Excitotoxins: The Taste That Kills*. You NEED to go out and buy this book; I’m telling you! So we talked about how these taste enhancers were discovered but what do they actually do in the body? The reason they make things taste better is by exciting the taste receptors on the tongue. But what else do they do?

What happens when you consume them (physiologically)

Not only do they excite the tongue receptors, as we previously knew, but these substances have the unique ability to cross the blood-brain barrier and come into contact with the brain. What happens when the brain is exposed to these substances? The same thing as when the tongue is exposed!



When neurons in the brain are exposed to these substances, (which are usually acidic amino acids) they become very, very excited. They begin to fire their impulses rapidly until they reach a state of extreme exhaustion. Now think of normal nerve impulses. “Some actions require split

second responses--withdrawing a hand from a hot stove, for example. To relay the information necessary for such a reaction, there are large nerve fibers that can conduct impulses at speeds as high as 330 feet (100 meters) per second.” (1) Now that’s fast. Think of how fast that is! 100 meters a second!

Excitotoxins speed up this already lightning-fast process. So much so, that within several hours, these neurons suddenly die, as if the cells were excited to death. As a result, neuroscientists have dubbed this class of chemicals “excitotoxins”. They literally excite your brain cells to death!

Excitotoxins have the potential for inflicting permanent damage to the brain and nervous system. They even have the ability to cross the placental barrier, harming the brains of unborn children.

How can this be?!

Now for the most part, in the early years, neuroscientists assumed that glutamate supplied the brain with energy. They thought it was harmless. Actually, even good for you! They... thought... According to Dr. Blaylock:



“Then, in 1957, two ophthalmologists, Lucas and Newhouse, decided to test [this particular substance] on infant mice in an effort to study an eye disease known as hereditary retinal dystrophy. But, when they examined the

eye tissues of the sacrificed animals, they made a startling discovery. The [substance] had destroyed all of the nerve cells in the inner layers of the animals’ retinas, which are the visual receptor cells of the eye. Despite this frightening discovery, [it] continued to be added to food in enormous amounts and cookbooks continued to recommend it as a taste-enhancing additive for recipes. But the worst was yet to be disclosed about this compound.

Some ten years later John W. Olney, MD, a neuroscientist working at the Department of Psychiatry at Washington University in St. Louis, repeated Lucas and Newhouse’s experiment in infant mice. His findings indicated that [this excitotoxin] was not only toxic to the retina, but also to the brain. When he examined the animals’ brains he discovered that specialized cells in a CRITICAL area of the animals’ brains, the hypothalamus, were destroyed after a single dose of [this ingredient].” (2)

Now, to sidestep for a second I’d like to talk about what the

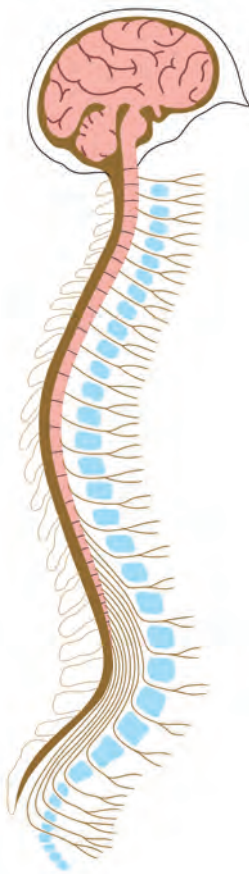
hypothalamus is, so you understand how it can cause such tremendous and varied damage in the body. The hypothalamus is a portion of the brain, located just above the brain stem, roughly the size of an almond. Though small, it's incredibly important, as it is responsible for certain metabolic processes and other activities of the autonomic nervous system. One of the most important functions of the hypothalamus is to **link the nervous system to the endocrine system** via the pituitary gland. Since the hypothalamus controls the pituitary gland, which in turn communicates with the thyroid, a dysfunction can lead to a poorly functioning thyroid (among countless other things). The hypothalamus controls body temperature, hunger, thirst, fatigue, sleep, and circadian cycle.

The hypothalamus affects two major systems: the nervous system and the endocrine system. I want you to think about this for a minute.

First, the nervous system.

“The nervous system is a complex, highly specialized network. It organizes, explains, and directs interactions between you and the world around you. The nervous system controls:

- Sight, hearing, taste, smell, and feeling (sensation).
 - Voluntary and involuntary functions, such as movement, balance, and coordination.
- The nervous system



also regulates the actions of most other body systems, such as blood flow and blood pressure.

- The ability to think and reason. The nervous system allows you to be conscious and have thoughts, memories, and language.

The nervous system is divided into the brain and spinal cord (central nervous system, or CNS) and the nerve cells that control voluntary and involuntary movements (peripheral nervous system, or PNS).

The symptoms of a nervous system problem depend on which area of the nervous system is involved and what is causing the problem. Nervous system problems may occur **slowly** and cause a gradual loss of function (degenerative), or they may occur suddenly and cause life-threatening problems (acute).” (3)

Some major disorders of the nervous system include:

1. Alzheimer’s Disease
 2. Choroid Plexus Papilloma
 3. Huntington’s Disease
 4. Multiple Sclerosis
 5. Parkinson Disease
 6. Pituitary Adenoma
 7. Tourette Syndrome
 8. Wilson Disease
 9. ALS (Lou Gehrig’s Disease)
- Among many others

The other system that was affected is the endocrine system

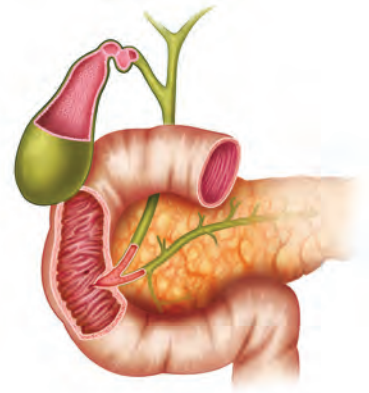
“The endocrine system is a network of glands that produce and release hormones that help control many important body functions, especially the body’s ability to change calories into energy that powers cells and organs. The endocrine system

influences how your heart beats, how your bones and tissues grow, even your ability to make a baby.

It plays a vital role in

whether or not you develop diabetes, thyroid disease, growth disorders, sexual dysfunction, and a host of other hormone-related disorders.

Each gland of the endocrine system releases **specific** hormones into your bloodstream. These hormones travel through your blood to other cells and help control or coordinate many body processes.” (4)



Endocrine glands include:

- **Adrenal glands:** Two glands that sit on top of the kidneys that release the hormone cortisol.
- **Hypothalamus:** A part of the lower middle brain that tells the pituitary gland when to release hormones.
- **Ovaries:** The female reproductive organs that release eggs and produce sex hormones.
- **Islet cells in the pancreas:** Cells in the pancreas control the release of the hormones insulin and glucagon.
- **Parathyroid:** Four tiny glands in the neck that play a role in bone development.
- **Pineal gland:** A gland found near the center of the brain that is linked to sleep patterns.
- **Pituitary gland:** A gland found at the base of the brain behind the sinuses. It is often called the “master gland” because it influences many other glands,

especially the thyroid. Problems with the pituitary gland can affect bone growth, a woman's menstrual cycles, and the release of breast milk.

- **Testes:** The male reproductive glands that produce sperm and sex hormones.
- **Thymus:** A gland in the upper chest that helps develop the body's immune system early in life.
- **Thyroid:** A butterfly-shaped gland in the front of the neck that controls metabolism.

Even the slightest hiccup with the function of one or more of these glands can throw off the delicate balance of hormones in your body and lead to an endocrine disorder, or endocrine disease.

Some disorders of the endocrine system include:

- Thyroid Disorders: hypothyroidism, hyperthyroidism and thyroiditis.
- Parathyroid Disorders
- Adrenal Gland Disorders: Addison's Disease and Cushing Syndrome
- Pituitary Gland Disorders: According to the University of Pittsburgh Neurosurgery Department, the pituitary gland is often referred to as the **master gland of the body**. This gland produces and secretes hormones that control ovulation, growth, urine production, thyroid activity, body temperature, and testosterone production.

You can see why an increasing number of scientists and clinicians who have conducted research are releasing information claiming excitotoxins are a major culprit in the growth of prevalent neurological

disorders including seizures and migraines, autism, allergies, obesity, infections, and abnormal development in the nervous system. These toxins have been shown to have an effect on the development of diseases such as Alzheimer's, Parkinson's, ALS, and Huntington's Disease. **Now you understand why. If excitotoxins are destroying the area of the brain that affects the endocrine system and the nervous system, just think of all the havoc they could wreak on the body.**

But back to the research on the mice...

They've just discovered that this excitotoxin is blinding baby mice and destroying critical cells in their brains. "The implications of Dr. Olney's findings should have been earth-shaking to say the least. Why? Because millions of **babies** all over the world were eating baby foods containing large amounts of [this ingredient] and [another ingredient] (which contains **three** excitotoxins itself). In fact, the concentrations of [this ingredient] found in baby foods was equal to that used to create brain lesions in experimental animals. And in all of these experiments, immature animals were found to be **much more vulnerable** to the toxic effects of [this additive] than were older animals. This was true in all animal species tested.

The FDA refused to take action

Yet, food manufacturers continued to add tons of this excitotoxic additive

to foods of all kinds, including baby foods. Even the government's public health watch-dog agency, the Food and Drug Administration, refused to take action. Dr. Olney, one of the leading researchers in this area, felt compelled to do something to protect unsuspecting mothers and their infants from this danger. First he informed the FDA of the real danger to human infants and encouraged them to take action. **But they refused.** His only recourse was to go

public with what he knew to be true—that [this ingredient] was a dangerous compound that should not be added to infant foods. It was only after his testimony before a Congressional committee that the food manufacturers agreed to remove [this ingredient] from baby foods." (5)

But did they really? What IS this dangerous ingredient? Are YOU or YOUR

CHILDREN eating it? Find out next month in Excitotoxins Part 3: What IS the secret ingredient?!



1. *Comptons Interactive Encyclopedia*. Softkey Multimedia Inc, 1997.
2. *Excitotoxins: The Taste That Kills* by Russell L. Blaylock, MD,
3. *EMedicine, Nervous System Problems*, <http://www.emedicinehealth.com/script/main/art.asp?articlekey=130563&r ef=127915>
4. *WebMD, Endocrine Disorders*, <http://diabetes.webmd.com/endocrine-system-disorders>
5. *Excitotoxins: The Taste That Kills* by Russell L. Blaylock, MD,

Hope for Health

100%
Vegan



Organic Beet Powder is a wonderful cleansing and nourishing tonic that builds the blood, particularly improving the blood quality for menstruating women. It also normalizes the pH balance of the blood (reducing acidity) and purifies the blood by flushing away fatty deposits and improving circulation. Further supporting its role as a blood purifier, Beet Powder has been used to detoxify and strengthen the liver and spleen.

BEET POWDER

SOME POSSIBLE BENEFITS OF OUR ORGANIC BEET POWDER MAY INCLUDE:

- Purifying the blood
- Cleansing the liver, spleen, and intestines
- Normalizing the blood pH
- Improving overall cardiovascular health (partially due to the naturally occurring Dimethylglycine in beet powder)
- Boosting the immune system
- Flushing the kidneys
- Helping build healthy red blood cells

DID YOU KNOW?

Beet Powder comes from the dried root and is contained in many food and non-food products you probably already eat! Spaghetti sauces, gravy mixes, salad dressings and dry coatings are just some of the ways that beet root powder enters our lives. As a rule, anything made with tomatoes has beet root powder.

Price:

10 oz. powder... \$19.99 Suggested Adult Dosage:

- One or two teaspoons twice daily. One teaspoon of powder provides the nutrition in one beet!! Use to add flavor, color, and nutrition to any recipe.

100% pure organic beet root powder has a tendency to clump so it is not unusual to find some clumps in this powder.

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or Visit us on the web at:

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

OPTIMAL NUTRITION

Our organic Beet Powder provides a wide range of important vitamins, minerals and micronutrients. It is rich in iron, potassium, calcium, magnesium, A, C, B1, B2, B3, B6, copper, phosphorous, sodium, iodine, boron, carbohydrates, protein, and both soluble and insoluble fiber.

BETALAINS, BETANIN, BETAINE AND SAM-E

In addition to the variety of nutrients above, Beet Root is a unique source of phytonutrients called betalains which give beets their dark red color. Betanin and vulgaxanthin are the two best studied betalains (or pigments) from beets, and both have been shown to provide antioxidant, antiinflammatory, and detoxification support.

Beet Powder also contains another extremely valuable phytochemical called betaine which performs various functions in the body. Among other things, betaine helps the liver process fats (which prevents the accumulation of fatty tissues in the liver, especially in heavy drinkers), and also stimulates the production and preservation of the amino acid SAM-e, that is found naturally in the body. SAM-e is best known for boosting certain hormones like dopamine and serotonin. These hormones are responsible for the feelings of relaxation and well-being. Adding Beet Powder to your diet naturally increases the production of SAM-e in the body and may lead to reduced stress, anxiety, and worry. In addition, proper levels of SAM-e may also protect joints and reduce painful joint inflammation.

BEET FIBER

Beet fiber seems to be particularly health-promoting. Pectin, a soluble fiber in beets, binds toxins, heavy metals, and excess hormones that have been dumped into the gut from the liver. The toxins are passed out instead of being reabsorbed. In this way, it naturally cleans the kidneys and gall bladder.

BEET POWDER AND BONE HEALTH

Magnesium is an important mineral in healthy bone production and maintenance. Without appropriate levels of magnesium, calcium cannot be utilized effectively. Beet root is high in magnesium, making it a good vegetable for women concerned with bone health.

*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
 worldwiden
 s tumble assets
 y deepens
 n doubt
 Interest rates
 liquidity
 FORECAST
 Crash!
 rat
 revit



Banaras Khan—AFP/Getty Images

**1. Time Magazine, Sept. 5, 2011, World, page 19—
 More Fuel for the Fire**

Pakistan—Locals watch as 19 NATO tankers erupt in flames, turning a highway near Quetta, in Baluchistan province, into a maelstrom of fire, smoke and ash. The trucks were ferrying vital fuel to U.S. and NATO forces in Afghanistan when they were ambushed by gunmen on motorbikes. Pakistan provides critical supply routes, but insurgents swarm the roads near the border and regularly torch and pillage convoys.

END TIME PERSPECTIVE: “The terrible reports we hear of murders and robberies, of railway accidents and deeds of violence, tell the story that the end of all things is at hand. Now, just now, we need to be preparing for the Lord’s second coming.” LDE 23

**2. Time Magazine, Sept. 5, 2011, Nation, page 20—
 Budget Blackjack**

As the economy stalls, cash-strapped states are expanding gambling—Tough times are making work for

Lady Luck. Faced with paralyzing budget shortfalls, state lawmakers nationwide are turning to expanded casino gambling as a source of extra tax revenue.

END TIME PERSPECTIVE: ““But of the times and the seasons, brethren, ye have no need that I write unto you. For yourselves know perfectly that the day of the Lord so cometh as a thief in the night. For when they shall say, Peace and safety; then sudden destruction cometh upon them, as

travail upon a woman with child, and they shall not escape.” When the attractions of the horse-race are all-absorbing; when the excitement of the cricket-match runs high; when the fascination of the gambling hall is strong; when parties are indulging in luxurious feasts, and revelry is at its height; when all are forgetful of God and of eternity, and “Peace and safety” is the cry that is heard, “then sudden destruction” will come upon men, “and they shall not escape.”” RH, August 31, 1897

END TIME PERSPECTIVE #2: “We have need of men who, under the inspiration of the Holy Spirit, will rebuke gambling and liquor drinking, which are such prevalent evils in these last days.”--Manuscript 117, 1907

END TIME PERSPECTIVE #3: “Christ sanctions no lavish or careless use of means. His lesson in economy, ‘Gather up the fragments that remain, that nothing be lost’, is for all His followers. (John 6:12.) He who realizes that his money is a talent from God will use it economically, and will feel it a duty to save that he may give.” COL 352





Feature Product



Would you like to get more fruit in your diet? Tired of wasting money on fruit that goes bad before you get a chance to eat it? If so, try Fruitilicious! Our amazing nutrient-rich Fruitilicious is PACKED with fruits, berries, and a plethora of nutrients!

Fruitilicious is delicious AND nutritious. With only 16 calories per scoop, you can enjoy all the benefits of the power-packed nutrient blend without worrying about your waistline!

It is recommended that we should be eating at least 5 pieces of fruit every day in order to gain the full health benefits of eating fruit. Are you getting this much? Need some help? Try Fruitilicious!

FRUITILICIOUS

Fruitilicious is delicious AND nutritious. With only 16 calories per scoop, you can enjoy all the benefits of the power-packed nutrient blend without worrying about your waistline!

10 oz. Powder\$23.99 HXHH-FRUI

Suggested Adult Dosage:

- 1 scoop in 8 oz. of water or juice once or twice a day. Can also be used as a meal replacement.

Suggested Child Dosage: (8yrs and up):

- ¼ to ½ scoop in water or juice once or twice a day.

31 extraordinary ingredients in Fruitilicious:

- Acerola
- Blackberries
- Black Currants
- Blood Oranges
- Black Raspberries
- Blueberries
- Cherries
- Cranberries
- Gogi Berries
- Mangos
- Apple Pectin
- Peaches
- Pears
- Papayas
- Japanese Knotweed
- Red Plums
- Oat Bran
- Rice Bran
- Lycopene
- Lecithin
- ORAC Blend
- Strawberries
- Nectarines
- Pomegranates
- Watermelon
- Bilberries
- Lutein
- Grapeseed Extract
- Astaxanthin
- Carrot Powder
- Flax Seeds

Of all the fruits and vegetables that you can eat, as far as nutrients go, berries beat them all. Berries, more than any other food, are associated with a remarkably long list of health benefits. This is why we included as many berries as we could squeeze in the bottle, including: blackberries, black currants, black raspberries, blueberries, cherries, gogi berries, pomegranates (yes, they're considered a berry), strawberries, and bilberries! How often do you get all of THOSE in your diet?!

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

Ellen White's *Vision*

False Shepherds By EGW

I have been shown that the false shepherds were drunk, but not with wine; they stagger, but not with strong drink. The truth of God is sealed up to them; they cannot read it. When they are interrogated as to what the seventh-day Sabbath is, whether or not it is the true Sabbath of the Bible, they lead the mind to fables. I saw that these prophets were like the foxes of the desert. They have not gone up into the gaps, they have not made up the hedge that the people of God may stand in the battle in the day of the Lord. When the minds of any get stirred up, and they begin to inquire of these false shepherds about the truth, they take the easiest and best manner to effect their object and quiet the minds of the inquiring ones, even changing their own position to do it. Light has shone on many of these shepherds, but they would not acknowledge it and have changed their position a number of times to evade the truth and get away from the conclusions that they must come to if they continued in their former position. The power of truth tore up their foundation, but instead of yielding to it they would get up another platform that they were not satisfied with themselves.

False shepherds divert minds from all-important truth

I saw that many of these shepherds had denied the past teachings of God; they had denied and rejected the glorious truths which they once zealously advocated and had covered themselves with mesmerism and all kinds of delusions. I saw that they were drunken with error and were leading on their flock to death. Many of the opposers of God's truth devise mischief in their heads upon their beds, and in the day they carry out their wicked devices to put down the truth and to get something new to interest the people and divert their minds from the precious, all-important truth.

The plagues of God are coming

I saw that the priests who are leading on their flock to death are soon to be arrested in their dreadful career. The plagues of God are coming, but it will not be sufficient for the false shepherds to be tormented with one or two of these plagues. God's hand at that time will be stretched out still in wrath and justice and will not be brought to Himself again until His purposes are fully accomplished, and the hireling priests are led to worship at the feet of the saints, and to acknowledge that God has loved them because they held fast the truth and kept God's commandments, and until all the unrighteous ones are destroyed from the earth.

The Lord will reveal things to those who are willing to understand

The different parties of professed Advent believers have each a little truth, but God has given all these truths to His children who are being prepared for the day of God. He has also given them truths that none of these parties know, neither will they understand. Things which are sealed up to them, the Lord has opened to those who will see and are ready to understand. If God has any new light to communicate, He will let His chosen and beloved understand it, without their going to have their minds enlightened by hearing those who are in darkness and error.

We are to separate from those who teach error

I was shown the necessity of those who believe that we are having the last message of mercy, being separate from those who are daily imbibing new errors. I saw that neither young nor old should attend their meetings; for it is wrong to thus encourage them while they teach error that is a deadly poison to the soul and teach for doctrines the commandments of men. The influence of such gatherings is not good. If God has delivered us from such darkness and error, we should stand fast in the liberty wherewith He has set us free and rejoice in the truth. God is displeased with us when we go to listen

to error, without being obliged to go; for unless He sends us to those meetings where error is forced home to the people by the power of the will, He will not keep us. The angels cease their watchful care over us, and we are left to the buffetings of the enemy, to be darkened and weakened by him and the power of his evil angels; and the light around us becomes contaminated with the darkness.

Our minds must not be diverted by listening to fables

I saw that we have no time to throw away in listening to fables. Our minds should not be thus diverted, but should be occupied with the present truth, and seeking wisdom that we may obtain a more thorough knowledge of our position, that with meekness we may be able to give a reason of our hope from the Scriptures. While false doctrines and dangerous errors are pressed upon the mind, it cannot be dwelling upon the truth which is to fit and prepare the house of Israel to stand in the day of the Lord.

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