

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 Power of a
Prayer of Faith*

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- Just One Word
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- Ellen White's Vision: The Plan of Salvation

What's In A Name?



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.

My grandparents on my father's side were up in their years when I was born. My father was forty-four at my birth, and I am not sure of my grandparents' ages. I think they were spiritual people, although my father and mother were not.

The only memory I have of my grandfather was seeing him in his sickbed when I was a very small boy. He died soon after that. My grandmother remarried, but also passed away before I became an adult.

My grandfather's name was Caleb. My grandmother was Prudence. They had named my father Eli.

It was related to me by my mother that I, as a newborn Caesarian section baby, had been infected with dysentery soon after my birth. The doctors did not offer me much hope of surviving. For some time as a child, I remember having a scar on my foot from the blood transfusions I had received as a baby.

According to my mother, my grandmother's church, the Methodist Church, had an all night prayer vigil for me. I believe my grandmother, being a woman of prayer, prayed for me in the years before her death.

My father was born in Sevierville, Tennessee and had come to Colorado, as had my mother, during the depression years. My sister and I were both born in Colorado.

A few years ago, I traveled for the first time to the old Floyd home

place in Sevierville which is about 70 miles from where I live now in North Carolina. I was taken to the Methodist cemetery by a cousin of my father where I observed Floyd gravestones dating back to the early 1800s.

I was an adult in my late thirties before I became a Christian and a pastor—that is another amazing story and act of God.

My father wanted to name me Wendell Delano Floyd after the two presidential candidates from the time just before my birth. My father, however, was on a hunting trip when I was born prematurely by Caesarian section. My mother, who did not want to have her son called Wendy, named me after two of the well known movie stars of that day—Clark Gable and Alan Ladd—i.e., Clark Alan Floyd.

Recently I flew to Colorado to visit my children and grandchildren. Any time before I fly I ask my Heavenly Father to place someone next to me on the airplane with whom I can share my testimony and appropriate literature. And so I did on my trip to Colorado.

To go to Colorado, I leave from the Asheville, North Carolina airport and change planes in Atlanta to fly on to Denver. I did not have any opportunity to really share on my trip to Denver, although, in the Denver area, I was able to share my testimony and some literature with a former college fraternity brother and his wife. I did not see this as an answer to my

prayer to put someone next to me on the airplane.

On the way back from Denver, while in the Atlanta airport waiting for my flight to Asheville, I was reading a book, *Unfolding the Revelation* by Roy Allan Anderson.

Two women had taken seats near me in the waiting area. I noticed that one of the women had left the area for a short time to purchase a sandwich, and when she came back the other lady left to also get a sandwich. But I was involved in my reading and didn't pay a lot of attention to the two ladies.

But then one of the ladies pardoned herself for interrupting my reading, and asked what I was reading. This opened the way for me not only to share my testimony, but also to share some literature on the true Sabbath and America in prophecy with both of them.

I believe that God takes a personal interest in each encounter we make to help spread the truth in regard to Him. What happened with these two ladies reaffirmed this belief. As I ended my testimony and my sharing of literature, one of the ladies told me that her father's first name was Floyd, and the other lady told me that her mother's maiden name was Clark.

This really brought tears to my eyes as I thought of the possibilities of something like this happening except through the power and guidance of the wonderful Father we have in Heaven. A verse comes to mind, "Trust in the Lord with all thine heart; and lean not on thine own understanding. In all thy ways acknowledge Him, and He shall direct thy paths." Proverbs 3:5, 6.

"I believe that God takes a personal interest in each encounter we make to help spread the truth in regard to Him."

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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About Hope International:

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

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The Power of a Prayer of Faith

When it doesn't make sense to pray

By Emmanuel Machakaire

In scripture we are told that, "... The prayer of a righteous man is powerful and effective..." James 5:16, and when I think of the power of prayer I am quickly reminded of the prayer of the man Jehoshaphat, King of Judah, a good king, the son of Asa. During his reign there was peace and prosperity because Jehoshaphat was a man of the Book, and a man of prayer. More than anything, he wanted to do what God said. God honored him for that commitment and made him great.

However there was a crisis during his reign.

A surprise attack from the southeast

Three nations suddenly moved against Judah—these were the Moabites, Ammonites, and Meunites. (2 Chron. 20:1). Without warning, they crossed the Dead Sea. Even now they were only 40 miles away. The attack came from nations nursing ancient hostility. The danger was very real.

The news came this way: "A vast

army is coming against you." (2 Chron. 20:2). That made it very personal. Not just against Judah, not just against Jerusalem, but against the king himself, against Jehoshaphat. This was a true test of one man's faith in the time of crisis.

The decisive moment

What will he do? A man may do many things in a time of crisis. Some cover up, some give up, others panic, still others deny they have a problem. Verse 3 reveals the key response: When Jehoshaphat heard of the encroaching armies, he immediately turned to the Lord for help. Jehoshaphat called for a national fast and all of Judah gathered together in Jerusalem to seek the Lord in prayer. "Jehoshaphat resolved to inquire of the Lord in prayer." Everything turns on that fact. This was the decisive moment.

It's not the crisis that destroys men; it's what we do or don't do when the crisis hits

No one can avoid a moment like this.

What do you do when your land is invaded? What do you do when your family is invaded, when your wife is invaded, when your children are invaded, when your wealth is invaded, when your job is invaded? Get the guns? Call the army? That would make sense because Judah had a large, well-trained army.

A time to pray

Jehoshaphat did something that by human standards makes no sense. He called a nationwide fast and asked the people to join him in Jerusalem for a prayer meeting. Now that's crazy by all human standards. Common sense

says, “Don’t waste time. There’s a time to pray and a time to fight. Now is the time to fight.” Oh no, says Jehoshaphat. Now is the time to pray. His prayer, recorded in 2 Chronicles 20:6-12, stands as one of the greatest prayers in the Bible.

There are two things that are outstanding about his prayer: There is great faith and great simplicity.

1. There is great faith

- There is faith in God’s character: “Power and might are in your hand and no one can withstand you” (verse 6).

2. There is great simplicity

- There is only one request: “Will you not judge them?” (verse 12).
- There is only one complaint: “See how they have repaid us” (verse 11).
- There is only one confession: “We have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are upon you” (verse 12).

This isn’t a very long prayer, but it saved a nation. It wasn’t very complicated, but it got the job done.

The answer wasn’t long in coming. While the people were gathered in Jerusalem, the Lord spoke through a prophet named Jahaziel. His message was simple: “This is what the Lord says to you: ‘Do not be afraid or discouraged because of this vast army, for the battle is not yours, but God’s.’” (verse 15).

What exactly is prayer?

As simple as this is, it is also something people need to learn. Too many people feel that prayer is a certain sound . . . Shakespearean English, rich in theological terminology very often spoken very loudly. Others feel prayer is something

that takes place in a certain place or with a certain posture. But not one of those things is a requirement for true prayer. In fact, you can sound holy and not be doing anything other than talking to yourself. *The heart of true prayer is prayer from the heart.*



God may remove people or things from us so we will turn to Him

In the moment of crisis, our greatest danger is discouragement. We see the foe lined up against us and it scares us to death. After all, fear is well-founded if you have to face a vast army with no help from above! This whole story pictures our situation in the world. We are always outnumbered, always outflanked, perpetually surrounded by the enemy through hindrances, harassments, problems and the entanglements of life. Sometimes God allows the Devil to threaten our security and peace by stripping from us the things in which we trust: our health, our jobs, our money, our friends, our plans for the future, our careers, our dreams, our children, our spouses, and in the end, even our reputation may lie in ruins. God does it, not to destroy us, but to take everything else away so that we have nowhere else to go but to the Lord in prayer.

Prayer makes a difference

The value of prayer cannot be measured but all I know is prayer makes a difference. I can’t tell how it “works” but what I know is that circumstances change when people pray. Battles are won, diseases are healed, strength is imparted, guidance is given, hearts are softened, needs are met. I also know that when I pray for others it helps them, and when people pray for me it helps me, and when I pray for myself I am changed.

The power of prayer should not be underestimated. James 5:16-18 declares, “...The prayer of a righteous man is powerful and effective. Elijah was a man just like us. He prayed earnestly that it would not rain, and it did not rain on the land for three and a half years. Again he prayed, and the heavens gave rain, and the earth produced its crops.”

In Jehoshaphat’s prayer we learn a number of great lessons:

A. God has power over all people and situations (verses 6-7)

God has power over all people and uses His power over His own people to accomplish His purposes even when it includes chastisement. However, Jehoshaphat responded correctly to the threat and displayed a submissive attitude toward God which resulted in a mighty victory by God on behalf of Judah. The Bible presents God as One who is all-powerful and completely sovereign over all His creation. For this reason, prayer is not a light matter. The believer in prayer has access to this divine power. The believer need not fear any foe under heaven when he is fully surrendered to



the will of God. Effective prayer brings the believer to this state of submission to God's sovereignty.

B. God delights to do what He promised to do (verses 7-11)

One way to show submissiveness to the will of God is by praying according to His will and one way to do that is by praying according to the promises God has given in Scripture. Jehoshaphat modeled this in verse 7 by praying in accordance with God's promise to give the land to Israel forever (Gen.13:15; 15:18). Also, at the dedication of the Temple, the Lord had promised Solomon that He would hear the prayers of the people (2 Chron. 6:14-42; 7:15). God said, "Now My eyes will be open and My ears attentive to the prayers offered in this place." (2 Chron. 7:15 NAS). The believer in prayer can rehearse the promises of God and be confident that the Lord hears and will act to fulfill His promises on behalf of His children.

C. God's people are helpless without Him (verse 12)

"Jehoshaphat had a large and capable army." (2 Chron. 17:12-19). However, he apparently did not trust in his army to deliver him from the combined forces. Rather, Jehoshaphat, without any deliberation, turned to the Lord and asked for His deliverance on their behalf saying, "For we are powerless before this great multitude who are coming against us; nor do we know what to do, but our eyes are on You." (2 Chron. 20:12b).

When believers rely on their human resources, they selfishly seek their own glory



and foolishly deprive themselves of God's power. Human wisdom and human desire can achieve human results. But praying in the Spirit produces divine results. However, Christians can turn to God in prayer, as Jehoshaphat did, even though they may have some means, and allow God to show Himself strong on their behalf and receive all the glory as a result. Whenever God's people face an impossible situation, it is actually a wonderful opportunity for God to test their faith and bring glory to himself.

D. God delivers His people from their distresses (verses 14-17, 20)

In response to Jehoshaphat's prayer, God inspires Jahaziel to announce the prophecy to the Jews that God will deliver them. The content of his message contains reassurances, reasons for confidence, and instructions. The reassurance is simple and direct: "Do not fear" (verse 15). The reason for the confidence is the presence of God in their distress: "The Lord is with you" (verse 17). The instructions tell the time and place of the action: "Tomorrow go down against them" (verse 16). Perhaps the most difficult instruction to follow was: "You need not fight in this battle; station yourselves, stand and see the salvation of the Lord on your behalf . . ." (verse 17).

God promised to win the battle and commanded the people of Judah only to stand still and watch God act on their behalf. A man must have faith in God and follow His word. In the face of an overwhelming enemy, it would take more faith to stand



still than to fight. Those who go to God in earnest prayer will find deliverance. How easily Christians can forget to wait on God for answered prayer. All too often, many believers are quick to seek an

immediate result in their own ability and understanding. Rather, when distresses come, believers can follow the pattern given here in chapter 20 - seek the Lord and trust Him to deliver. So too, believers today must learn to cease from trusting in their activity and watch the salvation of God in their lives as they wait upon Him in faith.

E. God deserves our praise and thanksgiving (verses 21-22)

Jehoshaphat appointed the temple choir to sing praises to God before the procession into the wilderness. The Jews were singing God's praises for deliverance *before* it had occurred. This shows their great faith in God and His Word with which God was pleased. Music has had a large role in the warfare of ancient and modern times and it is helpful for believers today to incorporate singing praises to God as they face their distresses. Singing God's praises during prayer is profitable because God deserves it, but also because it helps to remind the believer about the greatness and faithfulness of God. As the believer is focused on God's character and works, his faith is strengthened and joy increases.

Christians, following the example given in 2 Chronicles 20, should be encouraged to praise and thank God for His numerous past victories. The more thought is given to past victories, the more thankful they become. However, Christians should

not limit their praise and thanks for *past* victories only, but also for those victories that are anticipated for present distresses. An interesting note is that in verse 22, when the Jews began singing is when the Lord acted to defeat their enemies. Perhaps more victories would be had if Christians today trusted God and praised Him *before* they saw the answered prayer.



F. God upholds those who believe Him and His Word (verses 18-28).

In response to Jahaziel's ministry, Jehoshaphat led the people to worship God by bowing down with their faces to the ground. The Levites then sang praises to God "with a very loud voice" (verse 19). This response of sincere worship demonstrates their genuine faith in God and in what He had spoken through His prophet. Their response is truly a model for all believers to follow - worshipping God and thanking Him for His deliverance *before* the result.

Jehoshaphat is here himself a model of obedience to God's Word as he, in verse 20, rose early the next morning to fulfill God's command. He then encouraged people to put their trust in the Lord and in His prophets. The fearful and bewildered victim has become a decisive leader. Jehoshaphat commended the word of the prophets to the people. Indeed, without such a faith in the Word of God, we shall be denied every opportunity for success and for a genuine revival in our day. Jehoshaphat appointed singers to go before the army and when they began singing, the Lord caused their enemies



to destroy each other.

Whatever the ambush was, God caused it and He caused His enemies to be defeated in the presence of the Jews so that "no one had escaped" (verses 24). Not only did the Jews now have peace from these defeated

enemies, but they came and gathered the spoil that was among them - blessing upon blessing! When God's people believe Him and His Word, He upholds them and brings them through the trial in great victory.

G. God uses those He delivers as a testimony to others (verses 29-30).

In the final two verses of this account, it is reported that fear came upon all the surrounding nations when they heard the news that the God of Israel had defeated His enemies. And all their neighbours were smitten with fear when they heard of the awful ruin which Jehovah had brought upon these enemies of Israel. No one would dare to invade a country where Jehovah laid a ghostly ambush of liars in wait for the enemies of His people. The realm of Jehoshaphat was quiet, not because he was protected by powerful allies or by the swords of his numerous and valiant soldiers, but because Judah had become another Eden, and cherubim with flaming swords guarded the frontier on every hand, and 'his God gave him rest round about'.

The peace that comes only to God's children is a testimony to the watching world

that the God of the Christian is One who does mighty works on their behalf. It may be that God works on behalf of His own, not only for the good of His own, but to convict the watching world and reveal Himself to them. May the prayer life of every believer produce such wonderful results as these observed in the revival of King Jehoshaphat.

- "God most definitely listens to prayers, answers prayers, and moves in response to prayers.
- Great things happen to us when we realize our powerless condition by coming to God in prayer.

Jehoshaphat didn't even break a sweat!

In some Bibles this story is titled, "Jehoshaphat defeats Moab and Ammon." You know what's funny about that? He didn't lift a finger. He didn't even break a sweat! No general ever had an easier battle than this. He didn't fire a shot and didn't lose a man. He didn't even have time to get his uniform dirty. And he not only won the battle, but the entire battle was over before he got there. Not bad! All he did was lift up his heart to God in prayer.

Does the enemy have you surrounded? Do you feel helpless against the foe? Rejoice, child of God, *Blessed is the desperation that catches God's hand in prayer.* Fear not, for the Lord is your helper, He is the Helper of the helpless. Just lift up your heart to God and get hold of His hand in prayer, for there is power and victory in prayer. Amen.



Emmanuel Machakaire, originally from Zimbabwe, is a devoted member of the Seventh-day Adventist church in South Africa.

“Acquaint Now Thyself With Him”

Mrs. E. G. White

“I will give them an heart to know me, that I am the Lord.” “Acquaint now thyself with him, and be at peace: thereby good shall come unto thee. Receive, I pray thee, the law from his mouth, and lay up his words in thine heart.”

Satan seeks to make men captives according to his will

From the beginning it has been Satan’s studied plan to cause men to forget God, that he might secure them to himself. Therefore he has sought to misrepresent the character of God, to lead men to cherish a false conception of him. The Creator has been presented to their minds as clothed with the attributes of the prince of evil himself,—as arbitrary, severe, and unforgiving,—that he might be feared, shunned, and even hated by men. Satan has striven so to confuse the minds of those whom he has deceived that they would put God out of their thoughts. He would then obliterate the divine image in man, and impress upon the soul his own likeness; he would imbue men with his own spirit, and make them captives according to his will.

Christ came to reveal our loving Father to the world

At times, Satan’s contest for the control of the human family has appeared to be crowned with success. During the ages preceding the first advent of Christ, the world seemed to be almost wholly under the sway of the prince of darkness. Even the covenant people, whom God had chosen to preserve in the world the knowledge of himself, had so far departed from him that they had lost all true conception of his character.

Christ came to reveal God to the world as a God of love, a God of mercy, tenderness, and compassion. By the world’s Redeemer the thick darkness with which Satan had enshrouded the throne of the Deity was swept away, and the Father was again manifest to men as the Light of life.

Christ took upon Himself our nature

It was the pitiable condition of the fallen race that led Christ to give his life for their redemption. And what



a life of humiliation and suffering was his! Not in his glory, heralded by the heavenly host, did he come to this world. Born of humble parentage, and brought up in obscurity at Nazareth, a small town of Galilee, he began his work in poverty and without worldly rank. That he might stand at the head of humanity, he took upon himself our nature. With his human arm he encircled the human race, while with his divine arm he grasped the throne of the Infinite.

The Lord desires to disturb the minds of men

Christ is saddened by the sight of men so absorbed in worldly cares and business perplexities that they have no time to become acquainted with God. To them heaven is a strange place; for they have lost it out of their reckoning. Not familiar with heavenly things, they tire of hearing about them. They dislike to have their minds disturbed in regard to their need of salvation. But the Lord desires to disturb their minds, that they may become acquainted with him, in time to accept his offer of salvation. Soon, very soon, whether they desire it or not, they will all know him. The angel of mercy is now folding her wings, almost ready to depart.

A true picture of each human face is recorded daily in heaven

To eclipse the beauty and loveliness of the Prince of Light, Satan seeks to engross the minds of men with exciting games and other worldly pleasures. He endeavors so to occupy the attention with trivialities that no time will be taken to think of Jesus. Even after the most solemn presentation of the Word of God, the enemy will, if possible, destroy the impressions made by the Holy Spirit.

In the books of heaven are accurately recorded the sneers and the trivial remarks of sinners who pay no heed to the call of mercy made, as Christ is presented to them by his ministering servants. As the artist takes on the polished glass a true picture of the human face, so the angels of God daily place upon the books of heaven an exact representation of the character of every human being.

Do you disregard the warnings of God?

Dear reader, are you of the number who slight the instruction and warnings

of the Word of God? Do you despise the great salvation proffered you? Are you willing that God and the Saviour who died for you shall say: "Because I have called, and ye refused; I have stretched out my hand, and no man regarded; but ye have set at naught all my counsel, and would none of my reproof: I also will laugh at your calamity; I will mock when your fear cometh; when your fear cometh as desolation, and your destruction cometh as a whirl-wind; when distress and anguish cometh upon you. Then shall they call upon me, but I will not answer; they shall seek me early, but they shall not find me: for that they hated knowledge, and did not choose the fear of the Lord: they would none of my counsel: they despised all my reproof. Therefore shall they eat of the fruit of their own way, and be filled with their own devices."



Do you spend your time in idle talk and amusement?

The Lord is coming. If he were to come today, would you be ready to meet him? Have you made your peace with him? Do you desire to be sent away from God's presence to share in the humiliation and punishment of Satan and his angels? If, during your lifetime you rob God of the service that he has purchased with his own blood, if you spend your time in idle talk and foolish amusement, you will lose heaven. Can you afford to barter away for worldly pleasure the gift of eternal life?

My brother, my sister, today the Spirit invites you to come to Jesus. "Look unto me, and be ye saved," is God's gracious invitation. Will you not choose life, eternal life?

Those who are saved must follow the same road over which Christ journeyed. He says, "Whosoever will come after me, let him deny himself, and take up his cross, and follow me." The character is to be formed according to the Christ-likeness.

How can we choose the world over heaven?

In the Word the Saviour is revealed in all his loveliness. In the Bible, filled with assurances of what God will do for those who come into right relation to him, there are comfort and consolation for every soul. How can any one, with the privilege of studying the Scriptures, lose his interest in heavenly things, and find pleasure in the amusements and enchantments of this world?

We are to commune with the One who gives us life, the One who keeps the heart in motion and the pulse

beating. To every member of his great family here below God is ever giving the breath of life. And he has given his Son as a propitiation for sin, in order that we might stand on vantage-ground with God. He deserves our sincere reverence, our earnest devotion. When we consider what he had done for us, how can we help loving him?

God cannot take us to heaven as unrepentant sinners

To every sinner with whom we come in contact we are to tell what infinite pains Heaven has taken to enable us to attain to a knowledge of God. We are to show that we are amenable to the One higher than any human being; that to God we must render an account for the deeds done in the body; that, notwithstanding his great love for us, he can not take us to heaven as unrepentant sinners.

The day will come when the awful denunciation of God's wrath will be uttered against those who have persisted in their disloyalty to him. The day will come when he must speak and do terrible things in righteousness against the transgressors of his law. But you need not be among those who will come under his wrath.

We are living in the day of his salvation. The light from the cross of Calvary is shining forth in clear, bright rays, revealing



Jesus, our sacrifice for sin. "We have redemption through his blood, the forgiveness of sins."

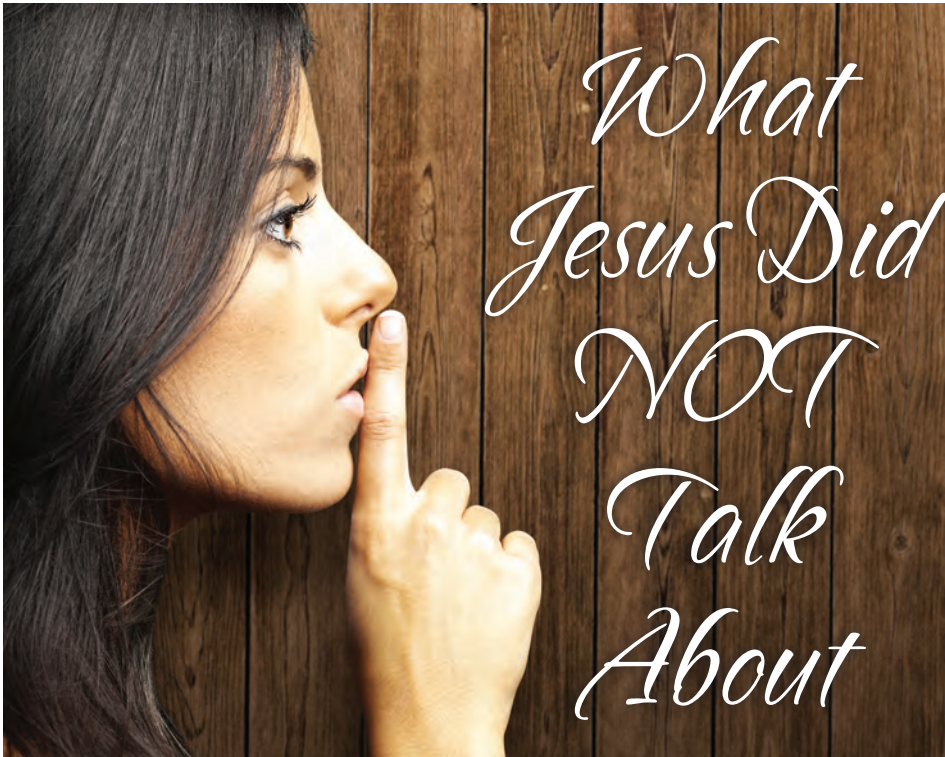
Resolve to become acquainted with God

God desires to restore his image in you. Believe that he is your Helper. Resolve to become acquainted with him. As you draw nigh to him with confession and repentance, he will draw nigh to you with mercy and forgiveness. As you work out your own salvation with fear and trembling, he "worketh in you both to will and to do of his good pleasure."

RH, February 15, 1912



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.



By Joe Olson

Jesus spent 33 years on this earth, giving us all the knowledge and information that the God of heaven felt was necessary to get us to heaven. Most of His 33 years were spent at home, doing the regular duties of an obedient son. Actually, only three years were spent in sharing with the world what we needed for eternal life. Three years to tell us everything critical to our salvation. Imagine what else He knew. Imagine His desire to talk to us about eternal realities. Imagine how little time He must have wanted to spend on what were actually trivial details that we go on so much about here on this earth.

How much of His time do you suppose was used in talking about sports? What about the latest gossip? How about the burning political issues of the day? What about social issues like slavery or women's rights or racial inequalities? He has three years. What does He need to address?

Just imagine all the answers!

This is from 2 SM 33: "In His life on earth, Christ could have made disclosures which would have eclipsed

and assigned to oblivion all human discoveries." Can you imagine the information He could have shared with us? He could have talked to us about the rest of the universe. What about the angels? When did He make them? What were their names and what do they do? Where do they live? Do they have their own planet? How do they travel? What kind of clothes do they wear? What about the creation of the cosmos? How did He do it? Where does matter, the building blocks of the universe, come from? How, actually, does He "speak" things into existence? When Jesus created this world, and spoke animals into existence, did He speak each animal into existence, or was it all at once? What kind of songs do they sing in heaven?

Imagine the answers He would have. And not just answers in layman's terms, but spoken higher and loftier than any human mind could ever comprehend. Our greatest human intellects would be stretched beyond their limits to even catch a glimpse of what Jesus would, or could, explain to us.

"Assigned to oblivion..."

People go to school for years and years to learn one specific trade or vocation or specialized training to do just one thing. Jesus had three years to tell us *everything* we needed to know. And had He wanted to, He could have said things that "would have eclipsed and assigned to oblivion all human discoveries."

"Assigned to oblivion ALL human discoveries..." What does that say to you? It said, "all human discoveries..." In other words, everything we have ever learned or found out about is as nothing compared to what He could have told us. The greatest brains and the finest sensibilities of those who have applied themselves to grasp concepts most of us barely even recognize, would be as nothing... Their work and mental efforts and agonizing struggles to grasp huge concepts would be assigned to oblivion in comparison. "He could have opened door after door to mysterious things, and many revelations of eternal realities would have been the sure result." 2 SM 33.

If you had only three years, what would you talk about?

Forget about nano technology or dark matter or quantum mechanics... Jesus could have opened doors we could not even imagine! Try to visualize talking to someone in the 1930's about microwave ovens, or space travel or even polyester fabric? Try to explain to a child nuclear fission. Most people have a hard enough time understanding simple electricity.

If you ask someone about the work of Nikola Tesla, most people don't even know who he was, much less what work he did with energy from the vacuum of space.

But three years is all you have to tell everyone all they actually really need to know right now. What would you talk about? "He could have uttered words which would have been as a key to unlock mysteries that would have captivated the minds of

generations to the close of time.” 2 SM 33. Jesus knew all of this! He could have amazed and stupefied and charmed the intellectual world to the “close of time”!

We do not even understand how we wake up from sleep

There are so many mysteries in this world that we haven't even begun to unravel, and just a few words from Christ would have unlocked them. Do you know, for instance, that as we try to unravel mysteries of the cosmos and of the minutest atom, we have yet to figure out why we wake up in the morning? We do not understand why, after we go to sleep at night, we wake up. We don't even understand our own bodies, yet we purport to have such enlightenment about other things. Do we really?

So, what is the point of all of this?

Here is the last part of the quote: “But Christ does not open the numerous doors at which human curiosity has been striving to obtain entrance. He does not spread for men a feast that would prove deleterious to their highest interests. He came to plant for men, not the tree of knowledge, but the tree of life.” 2 SM 33.

There is a forever waiting for us

Although Jesus could have inspired and elevated our highest intellectual attainments, that was not what He considered most important to us. What we need is not more knowledge, but more life. We have an eternity to grow and learn and educate ourselves, but



we have a very small window of opportunity to obtain salvation. We first have to learn that we are lost without Christ. We have to understand that we are sinners and have

no life without Jesus Christ. If that knowledge does not permeate our understanding, then all the other knowledge in the world is useless.

No, it is worse than useless... it is damning. There is a forever waiting for us. Either we will be forever alive...or forever dead. And Jesus came to give us that understanding. The devil has spent the last 6,000 years trying to deny the truth about why Jesus came. “... I am come that they might have life, and that they might have [it] more abundantly.” John 10:10.

Are we so filled with understanding that we have no need of another evangelist?

Jesus had a mission, and it was not to deal with or address any other extraneous issues but the most critical of all... He came that we might have life. Without life... everything else, anything else, does not matter, because you do not exist.

“Whatsoever thy hand findeth to do, do [it] with thy might; for [there is] no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest.” Ecc. 9:10. Without Jesus Christ in your life, there is nothing



after you die... it is finished.

We have to grasp this reality. We have to do all we can to get others to understand this reality.

There is an eternity beyond this few years of life here on this earth... but *only* if you commit your life to the Life-Giver! Why in the world do we educate our youth to do anything else but to get this message out? Does this world need another dentist? Are we so filled with understanding that we have no need of another evangelist? Will the world be better off with another engineer or a geologist or whatever other occupation there might be?

Jesus told us what our job is here on earth

Oh, we have to have a way to make money and support ourselves, I'm not saying that, but our goal should be as Paul's.

He was a tentmaker, not because the world needed more tents, but because he needed money to help others learn the truth about life and Jesus. If you are a mechanic because that is your life's ambition, then I fear your reason for existence has been pointless. Jesus told us what we are here to do: “Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you alway, [even] unto the end of the world. Amen.” John 28:19, 20.

What are we to teach people? What are we here to do? Where are we to go? We have but one duty and one duty alone... and that is to do all we can to get ready for heaven, and to help others get ready. Anything else that takes up our time should only be related to trying to accomplish this one goal.

You do not need a degree in theology to spread the gospel

Does it not sadden you to see all

of the turmoil in this world? Does it not break your heart to see people hurting and dying on a daily basis? And the worst of it all is that if they had not been committed to Jesus, their life is over forever now.

That grieves me more than I can even express. Now, if they knew the truth and decided otherwise, I feel less anxious about it. At least they made a conscious choice. But what about the thousands going to their graves who never even knew?

Paul understood this anxious concern... "For whosoever shall call upon the name of the Lord shall be saved. How then shall they call on him in whom they have not believed? and how shall they believe in him of whom they have not heard? and how shall they hear without a preacher?" Rom. 10:13,14. The Greek word for "preacher" is "kay-roos'-so" and means "herald" as in a public crier. You do not need a degree in theology to tell someone that we are here on probationary time, and our whole goal in life is to get right with God.

Do you really believe that everything is going to burn up?

We have to get our focus back. We have only one duty, one plan, one goal. We need to be saved and we need to get others to choose salvation as well. "He hath shewed thee, O man, what is good; and what doth the LORD require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?" Mic. 6:8. Being just and loving mercy and walking humbly with God will cause you to "herald" what we are here for, and why Jesus came.

I cannot conceive of why anyone would want to do anything else. Everything else will burn up! "But the day of the Lord will come as a thief in



the night; in the which the heavens shall pass away with a great noise, and the elements shall melt with fervent heat, the earth also and the works that are therein shall be burned up." 2 Pet. 3:10. Everything in the earth is going to be burned up. Do you believe that? Really... do

you really believe that? Why would you put any effort into *anything* that is going to be burned up anyway?

The devil is more aware of what we are supposed to be doing here than we are

This life is not our real life yet. That is yet to come. This is just a precursor... a test if you will. This measly 60, 70 or 80 years is just a glimpse of the eternity that awaits us. We have to get this locked in our brains, and we have to raise our children and live our lives in front of everyone with this truth... that we are only here as travelers for a very, very short time, and we have one duty here... to get ready for heaven. That's it – that's all – that's final. Salvation is everything! Nothing else matters! Nothing even exists without salvation and Jesus and our God. We need to get our focus back.

Now, with that as a basis of my message, I'd like to address one more thing... The devil is more aware of what we are supposed to be doing here than we are. He wants no one to understand this eternal concept. And he does everything he can to get us off track. Of course, he has the

world off track... so many don't even believe in God.

Why is the devil able to get Christians off track?

But why is the devil so successful with Christians? Why is he so able to get *us* off track? Remember, there is one goal and one goal only... the salvation of everyone possible. One goal. For the many years I have been a Christian, I have seen more efforts of the devil to get church members off track than the worldling. Well, maybe not more, but certainly just as many. As church members, as members of God's family, we get into so many arguments and fights and contests that keep us away from our goal. And so often, we put much more energy into these debates or arguments than we ever put into saving souls.

What is wrong with us? We argue about the Holy Spirit and whether He even exists. We argue about grace and works. We argue about legalism. We argue about church authority. We argue about women's ordination. We argue about prophetic inspiration. We argue about... everything. And what is going on while we are arguing? Souls are being lost. The very thing we are supposed to be doing here, is not being done.

When we fight, who do you think we are serving?

We fight amongst ourselves about anything and everything. This



person doesn't tithe on the gross... This person doesn't bring much to potluck... This person has married five times... This person isn't very friendly... This person... etc., etc., etc.

What are we doing? We are doing what the devil wants instead of what God wants. We are doing the devil's bidding while we *think* we are doing God's. "They shall put you out of the synagogues: yea, the time cometh, that whosoever killeth you will think that he doeth God service." John 16:2. These people Jesus is talking about are *not* doing God's service, but they *think* they are. I wonder how often that happens? Not just the killing of someone or the putting them out of the church, but doing something that is supposedly for God, but is actually for the devil?

As you've heard me say so many times, there are only two masters. You are serving one or the other. We are all serving one or the other every day of our lives. And when we are fighting over one thing or another... whatever that fight might be about... who do you suppose we are serving? We had better make sure whatever we are fighting and arguing about is for God. "For I determined not to know any thing among you, save Jesus Christ, and him crucified." 1 Cor. 2:2. Why do you suppose Paul said this? Trust me, there were plenty of arguments in his day too. Why just Jesus and His offer of salvation? Because that was what was most important. He dealt with other things too, but the most important to him was Jesus Christ and Him crucified. That was his theme, that was his focus, that was his priority. Nothing else was allowed to get in the way of that grand concept.

Why? Because at the end of the day, nothing else mattered.

We must regain our focus

If Jesus is not in your heart, does the Trinity or the Godhead matter to you? If Jesus is not in your heart, will being ordained matter to you? If Jesus is not in your heart, will the 2,300-day prophecy, or any other prophecy, matter? If you die in your sins, what will matter about *any* of these things?

We fuss and fight and argue about so many things that we lose sight of

what we are here for. I am not immune either, I can tell you that. I have argued so long about something, that I have actually forgotten what I was arguing about! Isn't that sad? I don't want to do that anymore. I want to refocus. I want to help others refocus.



Things must be kept in their proper perspective

There is so much glorious truth in the word of God that we could spend several lifetimes just addressing these grand themes. Then why bring up and address controversial things that generally do nothing but cause more confusion and loss of focus? You've heard of hobbyhorses? These are ideas or concepts or thoughts that are just what the word indicates... hobbies. They are not what we are to be about; they are not of salvational importance; they are exactly what the word suggests... hobbies. We all have hobbyhorses – and we have to keep them in their proper perspective. We cannot allow any of these things to

become more than a hobby.

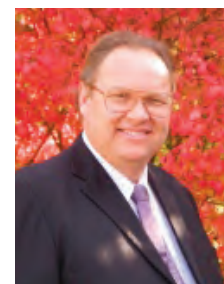
The feast days; God's name; what books of Ellen White are inspired; women's ordination; vegetarianism; dress; Bible versions, etc., etc., etc., they are all used by the devil to be a diversion. Please understand that I am not saying that none of these things matter, but they have to be kept in their proper perspective. If you do not know Jesus... none of these things matter!

Are people at church not friendly enough? Do they not invite you home to dinner? Do they sing too much or too little? Do they not praise enough... or praise too much? Let's keep our proper perspective!

Consider what Jesus did not talk about when He was here

If we focus on Jesus Christ and Him crucified, then we *will* be doing God's service. If others won't do that... let them alone... God will take care of them. Let's not lose our own salvation because we were so worried about what others were doing... or not doing. Remember, we have only one duty here on this earth. One duty! Become Christians and get as many others as we can to become Christians as well. Then, after all of that is done... if you want to be a dentist, or a therapist or a marine biologist, go for it.

We will have an eternity to do and learn and experience all we could ever want... and more! What did Jesus talk about when He was here? Very important. What did Jesus *not* talk about when He was here? Just as important. One goal; one aim; one desire. Let's get to heaven first, then we can do all the rest.



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



CHRIST OUR SACRIFICE

James Edson White

All we like sheep have gone astray; we have turned every one to his own way; and the Lord hath laid on him the iniquity of us all.” Isaiah 53:6. “Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed.” 1 Peter 2:24

The test was a very simple one

When the Lord made man and placed him in the beautiful garden of Eden, He put upon him a test, to see whether he would obey God or not. It was a very simple one. The man was to eat freely of all the trees of the garden except one, and that was the tree of the knowledge of good and evil. God did not give the fruit of this tree to man. He did not wish man to know evil, as that could come only by disobeying God.

The Lord had stated plainly what the result of disobedience would be. “But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die.” Genesis 2:17.

God cannot allow rebellion to continue forever

Against the express command of God, our first parents, when tempted

of Satan, allowed appetite to control them. They did the very thing that God had forbidden them to do, and therefore were driven from the garden. Thus cut off from the tree of life, they became subject to death; and so all their descendants became subject to death; and so all their descendants became, in them, a dying race. Wherefore, as by one man (Adam) sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned.” Romans 5:12.

Sin is rebellion against God; and as God can not allow rebellion to continue forever, either the sinner must be destroyed, or some plan had to be devised by which his sins could be removed from him. The plan of salvation met this need by providing that Jesus, the Son of God, should die in place of the sinner.

We are changed by the power of God working through us

He who never sinned took the sinner’s place, received the punishment that man deserved, and henceforth stands ready to give the believing sinner His own righteousness. This does not save the sinner from dying the natural death which comes to all as a consequence of Adam’s sin, but it will save him who accepts of it from the “second death”, which the unrepentant must die for his own sins.

The plan of salvation provided that the sins of all the world should be laid upon Christ, that He should be treated as a sinner in order that repentant sinners might be made righteous through Him and receive the reward of righteousness. For when we believe on Christ, and realize how great is the love that led Him to the earth to die for us, our hearts are

changed, sin becomes hateful to us, we put it away, and the power of God working for us, and through us, makes us “new creatures in Christ Jesus”.

The cross of Calvary was to be the central historical event in the world

As soon as this plan was devised, it provided a Saviour for man, and mercy was at once offered to him. Having given Himself thus for man in the very beginning, Christ is truly described as the “Lamb slain from the foundation of the world.” Revelation 13:8.

But it was not the design of God that Christ should at once give His life for man. There were few people in the world in the early ages. God

desired to have many witnesses of the death of His Son. At that time, the terrible nature of sin had not been fully developed, nor could it be seen until men should become so wicked that they would not hesitate to take even the life of the Son of God. Thus their hatred and His

willingness to die that they might live would be brought into sharp contrast; the fruit of sin and the fruit of love would be placed so close together that all could see the difference. The great central event in the history of this world was to be the cross of Calvary, upon which Christ was to die.

Abel's offering was made acceptable because of his faith

For the purpose of keeping before men the blessed hope that Christ would come and die for the sinner, the



Lord directed that offerings should be presented to Him. These offerings were to be such as would represent Christ—living creatures that could be slain as He was to be slain. By such offerings the children of men could show their faith in the promised Saviour. “In the process of time” Cain and Abel brought offerings to God. “Cain brought of the fruit of the ground;” but Abel

“brought of the firstlings of his flock.” God had respect to Abel’s offering, but not to that of Cain. Genesis 4:3-7. The reason why God accepted Abel’s offering is thus told in the Scriptures: “by faith Abel offered unto God a more excellent sacrifice than Cain.” Hebrews 11:4.

What was it that made Abel’s offering acceptable?—It was faith. That faith led him to offer a lamb, which represented the Lamb of God. The blood of the lamb represented the blood of Christ to be shed on Calvary—the innocent dying for the guilty; and that is the principle upon which the plan of salvation rests.

The sacrificial lambs must be without blemish

During the long ages between Adam’s sin and the advent of Jesus Christ to the world, those who believed in God offered sacrifices, in faith, the same as Abel. Abraham, Isaac, and Jacob, wherever they went, offered sacrifices. These offerings were a most important part of the worship of God.

When God, through



Moses, took His people out of Egypt where they had been in bondage, He gave them again laws in regard to offerings. The lambs to be offered must be without blemish, so that they would properly represent the perfect Son of God.

Under the Jewish ritual, if one had sinned, and felt that he needed forgiveness, he brought his offering to God. Placing his hands upon the head of the victim, he confessed his sins, which were thus in a figure transferred to the offering. The life of the victim was then taken instead of his own life, which he had forfeited through sin.

Only One could be found that could redeem the world

When the fullness of time came, God sent His Son into the world to be the divine sacrifice for sin. The blood of animals could not really take away sin; it could only prefigure the spilt blood of Christ, which was to be shed for sin. When John the Baptist saw Jesus coming to him, he exclaimed, "Behold the Lamb of God, which taketh away the sin of the world." John 1:29.

Year after year through long ages men had looked over their flocks, and selected the choicest lambs for



sacrifice; but now God's Lamb had come. God had looked over His great flock, and only One could be found that could redeem the world; and though He was His only begotten Son, God gave Him freely for the sins of the world.



Even Pilate could find no fault in Him

Was Christ not a perfect sacrifice? No one has yet been able to find any fault in Him. Even Pilate, who, to please the enemies of Jesus, gave orders for His crucifixion, was forced to say: "Ye have brought this man unto me, as one that perverteth the people: and, behold, I, having examined Him before you, have found no fault in this man touching those things whereof ye accuse Him: no, nor yet Herod." Luke 23:14, 15.

Then they led Jesus away to be crucified. Well had the prophet declared: "He is brought as a lamb to the slaughter, and as a sheep before her shearers is dumb, so He opened not His mouth." Isaiah 53:7.

Though suffering long hours on the cross, Jesus prayed for his executioners

Sinner, behold your Sacrifice! See Him fainting underneath the weight of the cross, on the way to Calvary! That little hill near Jerusalem was to become the greatest altar of sacrifice the world ever saw, the place where love conquered hate, the place to which every sinner can look and say, "Behold what manner of love the Father hath bestowed upon us," that He should give His Son to die that "we should be called the sons of God." 1 John 3:1.

Nailed to the cross, suffering the most terrible anguish, for six hours He hung suspended between the heavens and the earth; and yet He prayed for His executioners. Luke 23:34.



“Truly this man was the son of God.”

Though men were unfeeling, nature was not, and a mysterious darkness falling upon the world, with earthquake and rending rock, drew from even the heathen Roman officer who stood by, the confession, “Truly this man was the Son of God.” Mark 15:39.

The physical pain which Jesus endured, though great, was but a small part of His sufferings. To be rejected by His own people and to be delivered by them to the Romans to be put to death, caused Him intense grief. But more than everything else it was the sense of the sins which He bore for all the world, which crushed Him and caused Him the bitterest anguish.



The sense of His Father’s displeasure broke His loving heart

It was the awful sense of sin which before, in the garden of Gethsemane, had caused Him to sweat as it were great drops of blood falling down to the ground (Luke 22: 39-46); and now—though nailed



to the rugged wood, suffering great physical pain, deserted by His own disciples and entirely given up to His enemies, surrounded by a mob led on by the chief priests and rulers, who, while the film of death was gathering over His eyes, taunted and derided Him—it was the sense of His Father’s displeasure that caused Him such overmastering grief, and forced from His lips the despairing cry, “My God, My God, why hast Thou forsaken Me?” Matthew 27:46. To be forsaken of God, an experience which He must obtain in order to become a perfect Saviour for guilty sinners—this broke His great, loving heart, and cut short His life.

A worthy sacrifice has been provided by God Himself

But the great sacrifice for sin was now made; the plan of salvation is sure because now complete. Christ, the Son of God, had died for man, the just for the unjust, the divine for the human. That which the sacrificial offerings had long pointed forward to was now a reality.

The offering of a lamb is now no longer required; “but we see Jesus, who was made a little lower than the angels for the suffering of death, crowned with glory and honor: that He by the grace of God should taste death for every man.” Hebrews 2:9. A worthy sacrifice has been provided by God Himself, and He will surely accept the offering which He has furnished.

This sacrifice is always ready

Wherever we are, whenever we will, we can, by faith, bring this sacrifice before God in prayer, and plead the merits of the Son of God in our own behalf. The promise is: “Whatsoever ye shall ask in My name, that will I do, that the Father may be glorified in the Son.” John 14:13.

He is the Prince of Life, and His name, through faith in His name, can bring perfect soundness to every sinful soul.

Biography of the Sabbath

C. E. Holmes

At Creation: “God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.” Genesis 2:3

At Sinai: “Six days shalt thou labor, and do all thy work: but the seventh day is the Sabbath of the Lord thy God.” Exodus 20:9

With Christ: “Think not that I am come to destroy the law, or the prophets; I am not come to destroy, but to fulfill.” Matthew 5:17

After the resurrection: “I {Paul, about 58 A.D.} certify you, brethren, that the gospel which was preached of me is not after man...but by the revelation of Jesus Christ.” Galatians 1:11, 12. “Do we then make void the law through faith? God forbid: yea, we establish the law.” Romans 3:31

At the destruction of Jerusalem {70 A.D.}: “But pray ye that your flight be not in the winter, neither on the Sabbath day.” Matthew 24:20

With the last church on earth: “And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ.” Revelation 12:17

At the gates of the New Jerusalem: “Blessed are they that do his commandments, that they may have the right to the tree of life, and may enter in through the gates into the city.” Revelation 22:14

In the New Earth: “And it shall come to pass, that from one new moon to another, and from one Sabbath to another, shall all flesh come to worship before me, saith the Lord.” Isaiah 66:23



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• Barberry has been compared to goldenseal; they share many of the same benefits. All of these herbs contain berberine and some other potentially beneficial alkaloids, such as "berbamine," which has been shown in research to help reduce inflammation and fight free radicals. Because of its acid content, barberry is believed to be a mild diuretic, helping flush extra water out of the body. It's also been used traditionally as a "bitter" to help digestion.

ECHINACEA

• Echinacea is about the most popular natural herb that we reach for to bolster the immune system and to fight off many winter ailments. Echinacea, called 'King of the blood purifiers' in some herbal manuscripts, has also been traditionally used to help acne, boils and difficult skin conditions.

GOLDENSEAL

• Goldenseal is another one of the popular herbs that we reach for to help protect us from winter ailments and it also helps to stop inflammation and start the healing process of sinus and respiratory mucous passages caused from these ailments.

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MYRRH

• Myrrh is one of the oldest medicines in the world. It has been mentioned in Egyptian medical texts since 2,800 BC, and is one of many herbs mentioned in the Ebers Papyrus and the Bible. Like frankincense, myrrh resin is a predominant part of the tree's immune system. Many of the therapeutic functions of myrrh are similar to the ancient herb frankincense. Myrrh is more astringent, antiseptic,

disinfectant, bitter, and tonic than frankincense. Like frankincense, myrrh has a long history of use for a wide range of conditions, with virtually no toxicity. Myrrh is a specific and highly effective antiseptic and astringent for inflammations of the mouth, throat, and gums, and is an excellent herb for the use of immune system boosting and for fighting off the ailments of the respiratory system.

HOW MUCH DO YOU KNOW ABOUT YOUR IMMUNE SYSTEM?

- The immune system is a complex system of organs, tissues, cells, and cell products that neutralize potentially pathogenic organisms or substances. In other words, the immune system detects foreign "invaders" and either stops them from entering the body or "kills" the invaders and carries them off to be disposed of.
- At its most basic is the skin and mucous membranes, which act as a physical barrier to prevent invasion from foreign bodies and other antigens, such as parasites, bacteria, viruses and toxins.
- The second layer is known as the innate immune system, a broad-acting, short-term, non-specific immune response to pathogens such as bacteria or viruses.
- A third layer, meanwhile, is the most complex. At its root is a population of white blood cells known as lymphocytes that have a cellular membrane embedded with thousands of identical receptors that are used to recognize and bind to specific antigens and mount an immune response locally. However, if the "invader" is too large, the lymphocytes secrete a molecule that alerts helper T cells that combine with the molecule as well as fragments of antigens to form a type of cell called a lymphoblast, which then secrete a variety of interleukins that provides a more powerful type of immune response. These cells can also promote the growth of cytotoxic T cells, which are thought to destroy abnormal cells or cells infested with foreign "invaders". A third class of immune cells, known as phagocytes, meanwhile, work by engulfing microbes or other unwanted products in the bloodstream. The main phagocyte is the macrophage, which literally means "big eater," based on its ability to gobble up foreign substances.

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

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JUST ONE WORD

J.M. Hopkins

Proverbs 18:10

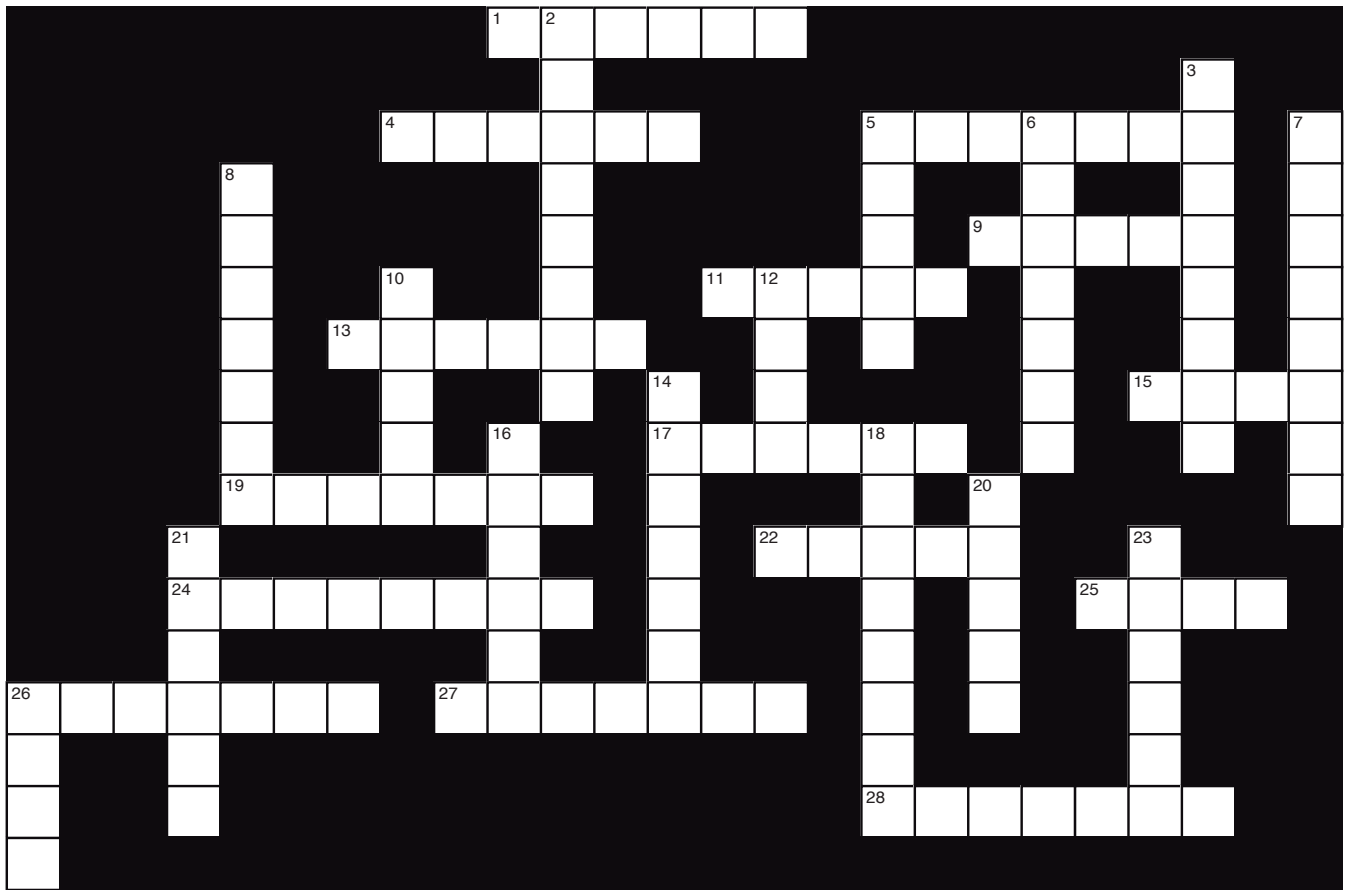
Can I speak one word of comfort
That will help you day by day
As you journey toward the city
In the straight and narrow way?
Just one word to lift the burden
Or assist the load to bear,
Just one word to soothe the heart pain,
Just one word to lighten care?

Let me whisper, softly whisper,
Just one word so full of power,
Just one word so full of blessing,
For each dark and trying hour.
Listen, then, this word I bring you,
Sweetest word to mortals known,--
This one word is "Jesus, Jesus,"
Brought by angels from the throne.

Word of strength in time of weakness,
Word of peace in hour of strife,
Precious word of love and meekness.
Blessed word of light and life,
In the hour of lisping childhood,
In the years of buoyant youth,
In the age of might and manhood,
"Jesus," still the Way, the Truth.

Often with your cherished Bible
Bowing low before the throne,
When no eye but his can see you,
When with him you're all alone,
Tell him all about your sadness,
All about your lonely days;
He can change your grief to gladness,
And your sighs to songs of praise.

Christian Crossword



ACROSS

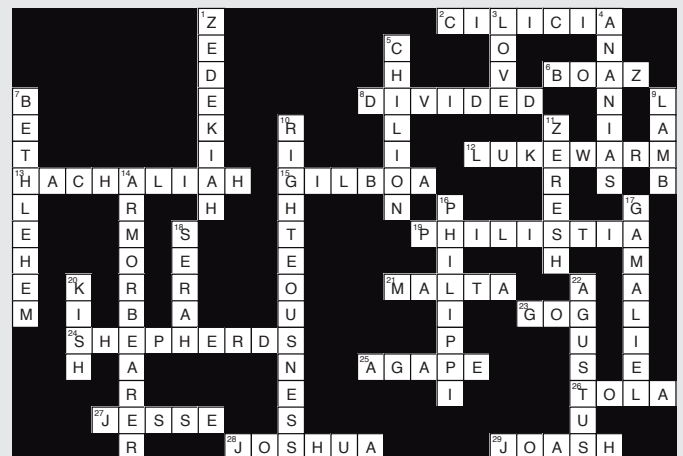
1. David's original capital
4. One of two sisters of Lazarus
5. Succeeded Festus as procurator of Judea
9. Steward at the court of Herod Antipas married to Joanna
11. His son raped Jacob's daughter Dinah
13. A city visited by Paul and Barnabas on their first Journey
15. These wise men were the first Gentiles to worship the child Jesus
17. A judge of the tribe of Dan
19. The only character in all the parables of Jesus to be given a name
22. The high priest whose seven sons attempted exorcism
24. The treasurer of Candice baptized by Phillip was from which country?
25. The mother of John Mark
26. Priests and ____ were sent from Jerusalem to question John the Baptist
27. Tenth son of Jacob
28. Number of soldiers guarding the imprisoned Peter

DOWN

2. He fell from a window during Paul's sermon
3. The fifth son born to Leah
5. The elder brother of Absalom whom Absalom murdered
6. Youngest son of Aaron and Elisheba
7. The apostle elected to replace Judas
8. The greatest of the archangels and guardian of Israel
10. The rich lady from Thyatira who met Paul by the River Ganga

12. Son of Shem and a grandson of Noah
14. The son of Abraham by Hagar
16. The mother of Paul's disciple, Timothy
18. The runaway slave from Colossae, converted by Paul
20. High Priest in the time of King David
21. The Latin word for a regimental unit of 6,000 soldiers
23. The wife of Zebedee, a visitor at the tomb of Jesus
26. The grandmother of Timothy

Answers from Christian Crossword published in the October 2012 issue of Our Firm Foundation



17 Immune-Boosting Foods You Should Be Eating!



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.

With cold and flu season upon us, everyone wants to prepare; but with all we know about how ineffective or even downright dangerous vaccines can be, many are looking for a more natural solution. You're washing your hands, getting to bed on time, and sneezing into your shirtsleeves. And while there are plenty of herbs (think Echinacea) that can help to boost immunity – today we are talking about easy ways to boost your immune system and ward off infections simply by what you eat!

Eat synergistically

What you eat has a huge impact on how well your immune system is able to function. Nowadays it takes more than an apple a day to keep the doctor away. It turns out that eating some pretty surprising foods will help keep your immune system on guard. Now, it's not that any **one** food is going to protect you, but there is a crazy thing, called synergy, that happens when you start putting multiple foods together that all have the same benefit. The effects are **multiplied** and it is shocking how much of a difference they can make!

Choose the right foods

Eating whole, nutrient-dense foods offers your body the building blocks it needs for optimal immunity—and optimal health—in any season. Already feeling under the weather? Many people,

when they are feeling miserable from a cold or the flu, get the urge to gorge on “comfort” food. But picking the *right foods* can benefit your immune system and even speed healing. You can ensure your body and immune system run smoothly by rounding out your plate with plenty of colorful servings of fruits and veggies, plus half of your body weight in ounces of water each day. The following foods can add an extra flu-fighting punch to your winter meal plan and boost your immune system when you're feeling under the weather.

1. Garlic

Called a “miracle food” for nearly every ailment, garlic may be the wunderkind of the plant world - its properties ranging from medicinal to mystical to culinary. Ancient Egyptians considered garlic holy and used it as currency. Indeed, the pungent smell is a small price to pay for the health benefits garlic can confer. Much of the immune-boosting properties of this potent onion relative come from its sulfur-containing compounds, which also give the bulb its aroma, particularly one called allicin. These compounds are effective against bacterial, viral, fungal and parasitic infections. They also

enhance the immune system and have anti-tumor and antioxidant features, which help guard cells from everyday wear and tear. British researchers gave 146 people either a placebo or a garlic extract for 12 weeks; the garlic takers were two-thirds less likely to catch a cold. Other studies suggest that garlic lovers who chow more than six cloves a week have a 30% lower rate of colorectal cancer and a 50% lower rate of stomach cancer. Americans are growing increasingly aware of the powerful properties of garlic. According to an article in the Journal of Nutrition, garlic is the second most used supplement in the United States. Your optimal dose: Two raw cloves a day and add crushed garlic to your cooking several times a week. Want to eat garlic, but can't stand the smell?

Try these handy tips:

1. Wash your hands and dry them after preparing and working with garlic. Rub them on stainless steel, such as your faucet. Bars of stainless steel soaps are sold for this purpose, too. It works because the sulfur that smells in garlic is attracted to the stainless steel.
2. Chew on parsley to get rid of the garlic breath after eating raw garlic. A few sprigs should do the trick.
3. Eat a handful of fennel seeds. Fennel seeds neutralize the smell of garlic and help reduce the amount of garlic odor in your sweat and rid you of garlic breath.



2. Oregano

Oregano is an herb whose name is derived from the ancient Greek word meaning “joy of the mountains.” And it is joyful indeed to think that your spaghetti sauce or pizza, flavored with this bold, peppery herb, can help keep you free from infections.

Herbs and spices are incredibly potent antioxidants. In fact, in terms of herbs, oregano is the highest in antioxidant compounds. The antioxidant activity in oregano is due to its high content of phenolic acids and flavonoids, which are color compounds that are also anti-inflammatory. When eaten, oregano can protect against the common cold, influenza, fevers and indigestion. But oregano is rarely eaten alone, and the combination of the herb and other foods may contribute to its disease-fighting abilities. “It could be a synergistic effect,” said Mary Beth Kavenagh, an instructor in the department of nutrition at Case Western Reserve University. She also pointed out that oregano is often eaten with immune-boosting garlic and tomatoes, which contain vitamin C, beta carotene and leutine, all of which benefit the body. But that’s not all! Used topically (on the skin), oregano has antimicrobial properties, guarding against bacteria. Scientists have even talked about plans to create thin wraps using oregano for covering fresh food to protect it from spoiling!

3. Tomatoes

Although tomatoes are eaten as vegetables, they are technically a fruit. Tomatoes are loaded with lycopene, a nutrient providing the tomato’s red color and known for its protective properties. According to Grand Forks Human Nutrition Center, lycopene acts as a potent antioxidant, protecting cells from damage. Just

one cup of raw tomato contains 38% of your daily immune-supporting vitamin C and 30% of your daily vitamin A (another valuable immunity vitamin)!

4. Onions

The versatile onion comes from the same family as garlic and chives—the lily family, which has a high content of sulphur compounds [cysteine sulfoxides]. These compounds are responsible for the pungent smell and taste, and the tear-inducing quality of onions. The vitamin C present in onions helps kill harmful bacteria, relieve inflammatory congestion and at the same time improve the efficiency of the immune system. Onions help drain out mucus from cavities and facilitate the discharge of phlegm, alleviating the symptoms of sinus congestion.

Onions, particularly red onions (as well as apples and broccoli) are also extremely rich in a nutrient called quercetin. Quercetin helps the body fight free radicals, boosts the immune response, and helps ward off the flu virus. This nutrient does not appear to be affected by heat either so you can even enjoy a hearty warm onion soup when the weather is cold and you want to stay healthy!

5. Shiitake Mushrooms

For centuries, people around the world have turned to mushrooms for a healthy immune system. Contemporary researchers now know why. “Studies show that mushrooms increase the production and activity of white blood cells, making them more aggressive. This is a good thing when you have an infection,” says Douglas Schar, DipPhyt, MCPP,



MNIMH, director of the Institute of Herbal Medicine in Washington, DC. Delicious when added to brown rice, quinoa, or pasta sauce, mushrooms are rich in the antioxidant ergothioneine, which protects cells from *abnormal growth and replication*. “In short, they reduce the risk of cancer,” says Bowerman, who recommends half a cup once or twice a week. Shiitake, maitake, and reishi mushrooms appear to pack the biggest immunity punch; experts recommend at least ¼ ounce to an ounce a few times a day for maximum immune benefits. Add a handful to pasta sauce, sauté with a little oil and top your favorite savory dish, or eat fresh on a salad!

6. Turmeric

This rich, flavorful spice has been used for centuries as part of Ayurvedic and traditional Chinese medicines, in addition to being used for cooking. Turmeric is found in every yellow curry, and its golden color is the result of curcumin, a polyphenol with strong cold and flu-fighting properties. Although the mechanism is unclear, a 2008 study published in Biochemical and Biophysical Research Communications found that curcumin prevents some immune cells from responding to stimulants and therefore has immune-regulating and anti-inflammatory effects. Turmeric is found naturally as the rhizome (an underground “stem” that looks like a root) part of the turmeric plant

and it looks very similar to ginger. “The Natural Physician’s Healing Therapies,” by Mark Stengler recommends using 1 to 2 tsp. daily, sprinkled on food or incorporated in recipes throughout the day. You can add turmeric to sautéed vegetables, broth or soup, scrambled tofu, or creamy veggie dips.

7. Oats and Barley

These grains contain beta-glucan, a type of fiber with antimicrobial and antioxidant capabilities more potent than echinacea, reports a Norwegian study. Animal studies show that when they eat this compound, they’re less likely to contract influenza, herpes, even anthrax; in humans it has shown to boost immunity, speed wound healing, and may help antibiotics work better. Try getting one of these grains in one of your three daily servings of whole grains! Try oatmeal with cinnamon, apples, and blueberries for an immune-boosting super meal!

8. Blueberries

“This potent little fruit can help prevent a range of diseases from cancer to heart disease,” says Ryan Andrews, the director of research at Precision Nutrition, in Toronto, Canada. One serving (3.5 ounces) contains more antioxidants than any other fruit. This helps to deal with the aftermath of immune battles. These tasty little nutrient bombs are filled with vitamin A, vitamin B complex, vitamin C, vitamin E, anthocyanin, copper, iron, selenium, and zinc, all of which help boost the body’s immune system to enable the body to fight against viral and bacterial infections. Blueberries are also packed with anthocyanin, a pigment responsible for the dark blue

color of the blueberries. This powerful antioxidant helps neutralize free radicals that can lead to cancer and other age-related diseases while stimulating the immune system. Drizzle with lemon juice and mix with strawberries for a disease-fighting super-snack or toss in some oatmeal or a smoothie!

9. Figs

Packed with potassium, manganese, and antioxidants, this fruit also helps support proper pH levels in the body, making it more difficult for pathogens to invade. Plus, the fiber in figs can lower insulin and blood sugar levels, reducing the risk of diabetes and metabolic syndrome. Select figs with dark skins (they contain more nutrients) and eat them alone or add them to trail mix. Aim for four figs per week.

10. Pomegranates


The juice from this Biblical fruit with many seeds can reduce your risk of most cancers, thanks to polyphenols called ellagitannins, which give the fruit its color. Pomegranates contain antioxidants like polyphenols, tannins and anthocyanins, which assist the removal of free radicals from our bodies’ cells, helping repair cells and boosting the immune system. In fact, a recent study at UCLA found that pomegranate juice slows the growth

of prostate cancer cells by a factor of six. A wealth of immune-boosting nutrients, pomegranates are also a rich source of vitamins and minerals, including: vitamins A, B1, B2, B5, B6, C, E, and K, potassium, copper, zinc, iron, magnesium, phosphorus, and selenium! Research shows that vitamin C can reduce symptoms of cold as well as speed up wound healing process, and zinc and selenium are crucial for both a healthy immune system and metabolism. Susan Bowerman, assistant director of the Center for Human Nutrition at the University of California at Los Angeles recommends drinking a cup of pomegranate juice each day (2 pomegranates should make about 1 cup of juice). To get the most juice out of your fruit, peel the pomegranate and then blend the fruit, seeds and all, until liquefied. Then strain the juice through a milk bag or double-layered cheesecloth. Voila! Fresh, delicious, immune-boosting pomegranate juice! **Tip:** For less mess, score the pom skin in the shape of a cross, centered on the blossom end. You only have to score about halfway down, to the ‘equator’. Now (here’s the big tip), dunk it in a sink or bowl of lukewarm water. Tear it apart with your fingers, and extract seeds *underwater*. All the waste will float, and can be easily skimmed off. No stains, either!

11. Ginger

The word ‘ginger’ comes from the Sanskrit word meaning ‘horn-shaped,’ referring to the root’s branched structure, but this unique-looking root (actually a rhizome) contains living compounds that improve your health and immunity! While it can be sweet, ginger also has





some heat from a compound called gingerol, a relative of capsaicin, the compound that gives chili peppers their zing and heat. When it is dried, ginger contains less gingerol and more shoagol, which is an anti-inflammatory agent. Gingerol, however, is a cancer suppressor that studies have shown to be particularly effective against cancer of the colon.

Ginger is often recommended as a tea or a bath for those with a cold or flu because it is helpful in increasing sweat production, which may help us get rid of germs and “sweat out” toxins. Ginger has also been shown to reduce nausea and vomiting, making it a very useful food to have around when you have the flu. Chop ginger or grind it fresh and add it to juices, smoothies, or Asian-inspired dishes. The more you can handle, the better. An added bonus: dried ginger powder has antiseptic qualities when applied topically and can be used on cuts, burns, and bruises to speed healing and reduce the chances of infection.

12. Cinnamon

Known for making desserts sweet and aromatic, cinnamon is increasingly gaining recognition for its health benefits! Recent studies show that volatile oils derived from cinnamon bark contain antiseptic, antiviral, antibacterial, and antifungal properties, making it effective in the prevention and treatment of both internal and external infections. It may also aid in the removal of blood impurities and stop the development of Candida. Cinnamon is particularly helpful when used at the onset of a cold or flu, when the illness is in the beginning stages and is accompanied by sweating, aching, and chilliness. Considered safe and non-toxic, cinnamon is also non-allergenic!

Using natural antibiotics such as cinnamon and curcumin rather than prescription antibiotics helps strengthen and protect immune system cells. What’s more, it may help reduce bad cholesterol and stabilize blood sugar levels. Try half a teaspoon a day in oatmeal, sprinkled on fruit, or in a smoothie!

13. Honey

The benefits of honey go beyond its great taste! A wonderful natural source of carbohydrates that provide strength and energy to our bodies, honey is known for its effectiveness in instantly boosting performance, endurance, and reducing muscle fatigue in athletes. Its natural sugars play an important role in preventing fatigue during exercise. The glucose in honey is absorbed by the body quickly and gives an immediate energy boost; while the fructose is absorbed more slowly providing sustained energy. But even more than that, it’s a powerful immune system booster! Honey’s antioxidant and anti-bacterial properties can help fight bacterial infections and improve digestive health, keeping you healthy from the inside out!

Honey’s antibacterial properties also make it a very effective topical treatment for wounds and burns! Dr. Peter Molan, Prof. of Biochemistry at Waikato Univ. New Zealand, indicates that honey has effective antibacterial and anti-inflammatory properties that help speed the healing of burns. In fact, a case study conducted in Britain found honey to be the **only successful treatment** for a recurring episode of *Pseudomonas* and *Staphylococcus*

aureus. This case study used dressing pads impregnated with sterilized active manuka honey and showed a significant reduction of wound bacteria. Moreover, according to Dr. Molan, “Randomized trials have shown that honey is more effective in controlling infection in burn wounds than silver sulphadiazine, the antibacterial ointment most widely used on burns in hospitals.” He adds, “The remarkable ability of honey to reduce inflammation and mop up free radicals should halt the progress of the skin damage like it does in burns, as well as protecting from infection setting in.” One reason for this is because honey demonstrates osmotic properties, which means it will draw water out of the wound and to the surface. Sugars in the honey then react strongly with the water molecules and leave very little water, which is essential for the growth of microorganisms, in the wound.

It’s easy to add honey to your diet – add to smoothies, cereals, herbal tea, or to make a sweet salad dressing! Or try starting every day with this cleansing tonic: when you wake up, on an empty stomach (before breakfast), mix a spoonful of honey with the juice from half a lemon into a cup of warm water and drink it. This pH balancing blend is both nutritious and immune boosting! And don’t forget to keep some honey handy for cuts, bites, scrapes, and burns!



14. Sweet Potatoes

Often confused with yams, this tuber is one of the healthiest foods on the planet! In addition to countering the effects of secondhand smoke and preventing diabetes, sweet potatoes contain glutathione, an antioxidant that can enhance nutrient metabolism and immune-system health, as well as protect against Alzheimer's, Parkinson's, liver disease, cystic fibrosis, HIV, cancer, heart attack, and stroke.

You may not think of skin as part of your immune system. But this crucial organ, covering an impressive 16 square feet, serves as a first-line fortress against bacteria, viruses, and other undesirables. To stay strong and healthy, your skin needs vitamin A. "Vitamin A plays a major role in the production of connective tissue, a key component of skin," explains Prevention advisor David Katz, MD, director of the Yale-Griffin Prevention Research Center in Derby, CT. One of the best ways to get vitamin A into your diet is from foods containing beta-carotene (like sweet potatoes), which your body turns into vitamin A.

A half-cup serving, which delivers a whopping 40 percent of the daily value of vitamin A as beta-carotene, and only 170 calories! And they're so good, you might want to save them for dessert! Think orange when looking for other foods rich in beta-carotene: carrots, squash, pumpkin, and cantaloupe.

15. Pumpkin Seeds

Because they are extremely high in zinc, pumpkin seeds support immune system health. Zinc deficiency is one of the most common nutritional shortfalls among American adults, and that's unfortunate, because even mild zinc deficiency can increase your

risk of infection. Zinc in your diet is very important for the development of white blood cells, the intrepid immune system cells that recognize and destroy invading bacteria, viruses, and assorted other bad guys, says William Boisvert, PhD, an expert in nutrition and immunity at The Scripps Research Institute in La Jolla, CA. For maximum zinc-intake, the seeds should be eaten raw, as roasting them can deplete zinc intake. Add a small handful to your salad, oatmeal, fruit, or toss in a smoothie!

16. Pumpkin

Pumpkins are good for more than a lighted jack-o-lantern on the front porch! Like sweet potatoes, their rich, orange flesh is packed with beta carotene, a nutrient that the body breaks down to make vitamin A. Not only does it strengthen the skin, but vitamin A also helps the proteins that regulate cell-to-cell communication, which is the foundation of the immune system and helps keep the respiratory system healthy, which can be particularly helpful when you have a cold or the flu. The good news is that fall is the beta-carotene season with the abundant orange fall vegetables such as squashes, carrots and sweet potatoes, all good sources of this nutrient! Try to eat something "orange" colored every day! Keep in mind, the more intense the color, the higher the levels of beta-carotene!

17. Apples


It turns out that the old adage, "An apple a day will keep the doctor away," may actually hold some truth! This humble fruit, long a staple of fruit baskets and brown bag lunches, contains several nutrients

and compounds that doctors say may help boost the immune system. The fact that the fruit is both tasty and versatile in preparation is simply the icing on the proverbial cake -- a healthy, disease-fighting fruitcake, of course!

Apples come recommended by the University of Illinois as immune system boosters thanks to their soluble fiber. While all fiber can be beneficial for your health, soluble fiber actually "changes the personality of immune cells," says Dr. Gregory Freund of the University of Illinois. The fiber in apples causes your immune cells to switch gears into an anti-inflammatory mode, which the university reports may help you recover and overcome an illness much faster than usual. Just like other immunity-enhancing foods, apples contain potent levels of flavonoids. This is a type of antioxidant that scours your body and helps your immune system defeat dangerous, disease-causing particles known as free radicals. In fact, the Linus Pauling Institute notes that apples provide Americans with **22 percent** of their dietary intake of flavonoids. For the best results, choose dark red apples, such as Red Delicious, which the institute calls "remarkably protective against oxidation."

If that's not enough, apples also offer up a rich source of potassium!





Your immune system, and all the cells in your body, require potassium. This mineral helps conduct electrical charges in your body for proper cell functioning and communication. This is essential when your body's fighting a viral or bacterial invasion. The average apple offers up 159 mg of this critical mineral! Add to cereal, top with cinnamon and honey, or just grab one on the go for a quick and easy nutritious snack!

More Dos and Don'ts for Bolstered Immunity

- 1. DO take a probiotic.** Probiotics are healthy bacteria that keep the gut and intestinal tract free of disease-causing germs. Research has recently linked the strength of the immune system to the quantity of probiotics inside the stomach. Try our **Colon Clear** to cleanse the system and rebuild healthy flora!
- 2. DO take a multivitamin.** Many dietitians recommend taking a daily multivitamin because most people do not typically eat as many fruits and vegetables as they should: 80% of the diet as raw foods is optimal.
- 3. DO get enough Vitamin D.** More specifically, vitamin D3 plays an important role in our bodies' ability to fend off diseases. Researchers believe that the reason more people get sick in the winter is because people stay inside as opposed to being in the sun absorbing vitamin D. The best place to receive vitamin D is by being in the sun. Get outside for sunshine and a walk every day, allow for plenty of rest, and spend some time in good company—all activities that will support excellent immunity. If you're not getting enough sun, try a supplement like our Vitamin D3.
- 4. DO drink plenty of water.** Keeping your body hydrated by drinking as much water in the winter as you do in the summer, and eating plenty of vibrantly-colored fruits and vegetables, are two of the best ways to cleanse and remove toxins from your body.
- 5. DO get enough rest.** Think of sleep as your body's repair cycle. You must give your immune system adequate time to do its work!
- 6. DO keep immune-boosting herbs on hand.** When you feel something coming on, having additional support can mean the difference between a day of feeling down and a week of feeling terrible. **Ultra Fighter, ImmunoDrops, ArcoDrops, and Olive Leaf Extract** all help to fend off viral and bacterial infections. Pick one or more of these herbal fighters, and combined with the foods above, you should be feeling better in no time!
- 7. DON'T subject yourself to sugar.** Sugar is what many people know as an anti-nutrient. I am talking about the refined simple sugars that contain no nutrients and, upon entering the body, take nutrients away from the body's storage to be metabolized into the system. Once these storehouses are depleted, then we have created a mess for our body and our immune system faces greater challenges in fighting off colds and flus.
- 8. DON'T get lazy.** It seems that once the cold weather arrives, people begin lying around and limiting their levels of exercise. This is unfortunate because exercise is a free and fun way to build up your immune system and fight off colds. During moderate exercise your body circulates immune cells that kill bacteria and viruses.
- 9. DON'T let stress get to you.** The more stress you subject yourself to, the weaker your immune system becomes. When our body is under stress we produce more cortisol, which is a stress hormone that increases blood pressure and blood sugar leading to a weakened immune system. The key here is to practice stress-relieving techniques such as prayer, meditation, and any form of exercise.
- 10. DON'T smoke or drink alcohol.** These substances weaken your immune system's innate response and can wreak havoc all over the body with their damaging effects.

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OLIVE LEAF AND THE IMMUNE SYSTEM

- Olive Leaf Extract bolsters the body's overall immune system, which is continually confronted by germs and unforeseen microscopic substances. These invisible foreign particles (which attack the body) are in the air, in our food, and on every surface we touch. They can infiltrate our bodies through our ears, noses, mouths, eyes, and damaged skin. Upon exposure to Olive Leaf Extract these microscopic invaders are destroyed and eliminated via the lymphatic system. In fact using Olive Leaf Extract daily can help fight off illness and build a strong immune system.
- The active ingredient in olive leaf is oleuropein, a chemical found in the bark, roots, leaves, and fruit of the olive tree. This compound has broad-spectrum fighting abilities which work against a variety of pathogens while helping boost energy levels and easing pain, which help you start feeling better as soon as it begins fighting the bug.
- Another constituent, elenolic acid, helps protect the olive tree by warding off insects and other outside contaminants that could cause damage. In our bodies, elenolic acid helps sustain a healthy immune system and helps balance the good bacteria levels. Elenolic acid also counteracts fungi/yeast which can overburden the immune system and cause fatigue or exhaustion. In addition, Olive Leaf Extract offers nutrients which aid detoxification of the cells, especially during stressful periods.
- An important thing that you should know is that taking a multivitamin with Olive Leaf Extract (and also with other herbal extracts and specialty nutrients) has been shown to increase the health benefits many times over, compared to just taking the herbal supplement alone.

OLIVE LEAF AND ANTIOXIDANTS

- Free radicals are bad; they cause oxidation and can leave the body vulnerable to advanced aging, cardiovascular problems, and a host of degenerative conditions. They can be caused by many factors, including: pollution, stress, poor diet, alcohol, and smoke. An easy way to understand oxidation is to imagine rust attacking metal. When the rust eats away at the metal, the metal starts to weaken and decay until it can no longer work. This is what happens to our body when free radicals attack it. Organs, cells, and other parts of the body can be weakened and decayed by oxidation.
- This is where antioxidants come in! Antioxidants keep the free radicals in our bodies in check, so they can't cause excessive oxidation, which can cause many serious health problems. Olive Leaf Extract contains 12 proven antioxidants that have been shown to "scavenge" free radicals even more than vitamin C, green tea, and grape seed extract (three of the top free radical scavengers known)!

WHAT IS AN ORAC SCORE?

- An Oxygen Radical Absorbance Capacity (ORAC) score is a test that measures the antioxidant levels of food and other chemical substances. If a food has a high ORAC score, it means the food is high in antioxidants and is better at helping us fight the oxidation that could lead to serious health problems!

ANTIOXIDANTS IN OLIVE LEAF

- Hydroxytyrosol is believed to be one of the most powerful antioxidants science has found to date! In fact, its ORAC score is 40,000 units, which is ten times higher than green tea! To give you an idea of how good this is, think of the recommended "5-a-day" fruit and vegetable servings we're supposed to get. While different types of fruits and vegetables have different ORAC scores, on average, these 5 servings will give you a score of about 1,750 units. Olive Leaf provides over 22 times this amount!
- Another potent antioxidant found in Olive Leaf is polyphenol. While often associated with grapes, this compound is well-known for its activity in preventing or reducing the negative effects of free radicals which are associated with numerous inflammatory and stress-related health conditions.
- Olive Leaf is rich in the powerful antioxidant, oleuropein, which helps: boost energy levels, ease pain, promote healthy blood pressure and blood sugar levels, and fight microbes.

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

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News Watch

worldwide
 Shares Worthless
 Crash!
 Stocks tumble assets
 Anxiety deepens
 Interest rates
 Liquidity
 RECESSION FORECAST

**1. National Catholic Register,
 October 7-20, 2012,
 Violence in the Name of
 Religion Is Wrong, By Joan
 Frawley Desmond, Senior
 Editor, Front Page Story.**

“Washington—During a week that witnessed an explosion of violence in the Middle East, the U.S. bishops ramped up their campaign against threats to religious freedom across the globe.

“Speaking at a Sept. 12 Washington conference, ‘International Religious Freedom: An Imperative for Peace and the Common Good,’ held at The Catholic University of America, Cardinal Timothy Dolan of New York acknowledged the importance of respecting all faiths, but ‘unequivocally’ rejected the violence that led to the death of U.S. Ambassador Christopher Stevens....

“We need to be respectful of others’ religious traditions at the same time that we unequivocally proclaim that violence in the name of religion is wrong.”



END TIME PERSPECTIVE:

“The Roman Church now presents a fair front to the world, covering with apologies her record of horrible cruelties. She has clothed herself in Christlike garments; but she is unchanged. Every principle of the papacy that existed in past ages exists today. The doctrines devised in the darkest ages are still held. Let none deceive themselves. The papacy that Protestants are now so ready to honor

is the same that ruled the world in the days of the Reformation, when men of God stood up, at the peril of their lives, to expose her iniquity. She possesses the same pride and arrogant assumption that lorded it over kings and princes, and claimed the prerogatives of God. Her spirit is no less cruel and despotic now than when she crushed out human liberty and slew the saints of the Most High.” GC 571.

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Ellen White's *Vision*

The Plan of Salvation

Sorrow filled heaven, as it was realized that man was lost, and that world which God had created was to be filled with mortals doomed to misery, sickness, and death, and there was no way of escape for the offender. The whole family of Adam must die. I saw the lovely Jesus and beheld an expression of sympathy and sorrow upon His countenance. Soon I saw Him approach the exceeding bright light which enshrouded the Father. Said my accompanying angel, He is in close converse with His Father. The anxiety of the angels seemed to be intense while Jesus was communing with His Father. Three times He was shut in by the glorious light about the Father, and the third time He came from the Father, His person could be seen. His countenance was calm, free from all perplexity and doubt, and shone with benevolence

and loveliness, such as words cannot express. He then made known to the angelic host that a way of escape had been made for lost man. He told them that He had been pleading with His Father, and had offered to give His life a ransom, to take the sentence of death upon Himself, that through Him man might find pardon; that through the merits of His blood, and obedience to the law of God, they could have the favor of God, and be brought into the beautiful garden, and eat of the fruit of the tree of life.

Jesus explained the plan of salvation to the angels

At first the angels could not rejoice; for their Commander concealed nothing from them, but opened before them the plan of salvation. Jesus told them that He would stand between the wrath of

His Father and guilty man, that He would bear iniquity and scorn, and but few would receive Him as the Son of God. Nearly all would hate and reject Him. He would leave all His glory in heaven, appear upon earth as a man, humble Himself as a man, become acquainted by His own experience with the various temptations with which man would be beset, that He might know how to succor those who should be tempted; and that finally, after His mission as a teacher would be accomplished, He would be delivered into the hands of men, and endure almost every cruelty and suffering that Satan and his angels could inspire wicked men to inflict; that He would die the cruelest of deaths, hung up between the heavens and the earth as a guilty sinner; that He would suffer dreadful hours of agony, which even angels could not look upon, but would veil their faces from the sight. Not merely agony of body would He suffer, but mental agony, that with which bodily suffering could in no wise be compared. The weight of the sins of the whole world would be upon Him. He told them He would die and rise again the third day, and would ascend to His Father to intercede for wayward, guilty man.

The life of an angel could not pay the debt

The angels prostrated themselves before Him. They offered their lives. Jesus said to them that He would by His death save many, that the life of an angel could not pay the debt. His life alone could be accepted of His Father as a ransom for man. Jesus also told them that they would have



a part to act, to be with Him and at different times strengthen Him; that He would take man's fallen nature, and His strength would not be even equal with theirs; that they would be witnesses of His humiliation and great sufferings; and that as they would witness His sufferings, and the hatred of men toward Him, they would be stirred with the deepest emotion, and through their love for Him would wish to rescue and deliver Him from His murderers; but that they must not interfere to prevent anything they should behold; and that they should act a part in His resurrection; that the plan of salvation was devised, and His Father had accepted the plan.

Satan and sinners would be destroyed

With a holy sadness Jesus comforted and cheered the angels and informed them that hereafter those whom He should redeem would be with Him, and that by His death He should ransom many and destroy him who had the power of death. And His Father would give Him the kingdom and the greatness of the kingdom under the whole heaven, and He would possess it forever and ever. Satan and sinners would be destroyed, nevermore to disturb heaven or the purified new earth. Jesus bade the heavenly host be reconciled to the plan that His Father had accepted and rejoice that through His death fallen man could again be exalted to obtain favor with God and enjoy heaven.

Jesus would offer his life for a race of rebels

Then joy, inexpressible joy, filled heaven. And the heavenly host sang a song of praise and adoration. They touched their harps and sang a note higher than they had done before, for the great mercy and condescension of

God in yielding up His dearly Beloved to die for a race of rebels. Praise and adoration were poured forth for the self-denial and sacrifice of Jesus; that He would consent to leave the bosom of His Father, and choose a life of suffering and anguish, and die an ignominious death to give life to others.

Only the intercessions and death of Jesus could save lost man

Said the angel, "Think ye that the Father yielded up His dearly beloved Son without a struggle? No, no. It was even a struggle with the God of heaven, whether to let guilty man perish, or to give His beloved Son to die for him." Angels were so interested for man's salvation that there could be found among them those who would yield their glory and give their life for perishing man, "But," said my accompanying angel, "that would avail nothing. The transgression was so great that an angel's life would not pay the debt. Nothing but the death and intercessions of His son would pay the debt and save lost man from hopeless sorrow and misery."

The angels were given special assignments in the plan of salvation

But the work of the angels was assigned them, to ascend and descend with strengthening balm from glory to soothe the Son of God in His sufferings, and minister unto Him. Also, their work would be to guard and keep the subjects of grace from the evil angels and the darkness constantly thrown around them by Satan. I saw that it was impossible for God to alter or change His law to save lost, perishing man; therefore He suffered His beloved Son to die for man's transgression.

The countenance of Satan is full of every evil

Satan again rejoiced with his angels that he could, by causing man's fall, pull down the Son of God from His exalted position. He told his angels that when Jesus should take fallen man's nature, he could overpower Him and hinder the accomplishment of the plan of salvation.

I was shown Satan as he once was, a happy, exalted angel. Then I was shown him as he now is. He still bears a kingly form. His features are still noble, for he is an angel fallen. But the expression of his countenance is full of anxiety, care, unhappiness, malice, hate, mischief, deceit, and every evil. That brow which was once so noble, I particularly noticed. His forehead commenced from his eyes to recede. I saw that he had so long bent himself to evil that every good quality was debased, and every evil trait was developed. His eyes were cunning, sly, and showed great penetration. His frame was large, but the flesh hung loosely about his hands and face. As I beheld him, his chin was resting upon his left hand. He appeared to be in deep thought. A smile was upon his countenance, which made me tremble, it was so full of evil and satanic slyness. This smile is the one he wears just before he makes sure of his victim, and as he fastens the victim in his snare, this smile grows horrible.

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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.

Enter into his gates with
thanksgiving, and into his courts
with praise: be thankful unto him,
and bless his name. Psalm 100:4

If we will consecrate heart and
mind to the service of God, doing
the work He has for us to do
and walking in the footsteps of
Jesus, our hearts will become
sacred harps, every chord of
which will send forth praise and
thanksgiving to the Lamb sent by
God to take away the sins of the
world.... ML 171.2

