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our firm
FOUNDATION

*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
FEEBLE FAITH**

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The Jews in New Testament times had an abundance of prophecies concerning the coming Messiah, and yet, because of their preconceived non-Biblical ideas, the large majority missed the true Messiah when He did come. They hated the Romans so much, especially the Roman rule, that they desired and looked for a Messiah that would gain their release from the hated Romans, rather than one that would take care of their sins.

They knew about the required sacrifice of a lamb in the Garden of Eden as well as in the Sanctuary System, and yet they did not equate that with the coming Messiah, even when John the Baptist called Jesus the Lamb of God.

As the theme for this editorial, I am going to review many of the prophecies that pointed to Jesus Christ as the Lamb of God that taketh away the sins of the world.

“The Jews’ preconceived ideas concerning the coming Messiah caused the majority to miss the true Messiah when He did come.”

His Birth Place: “But thou, Bethlehem Ephrathah, though thou be little among the thousands of Judah, yet out of thee shall he come forth unto me that is to be ruler in Israel; whose goings forth have been from of old, from everlasting.” Micah 5:2. The fulfillment is found in Luke 2:1-7. Ellen White comments: “The prophecy of Micah designated His birthplace; Daniel specified the time of His advent. God committed these prophecies to the Jewish leaders; they were without excuse if they did not know and declare to the people that the Messiah’s coming was at hand. Their ignorance was the result of

sinful neglect...” Maranatha 10.

The Virgin Birth: “Therefore the Lord Himself shall give you a sign; Behold, a virgin shall conceive, and bear a son, and shall call his name Immanuel.” Isaiah 7:14. The fulfillment is found in Matthew 1:18-23.

His Linage: “The scepter shall not depart from Judah, nor a lawgiver from between his feet, until Shiloh come; and unto him shall the gathering of the people be.” Genesis 49:10. The fulfillment is found in Luke 3:33.

His Ministry: “The Spirit of the Lord God is upon me; because the Lord hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the broken hearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound; to proclaim the acceptable year of the Lord.” Isaiah 61:1,2. The fulfillment is found in Luke 4:16-21.

His Betrayal: “For it was not an enemy that reproached me; then I could have borne it: neither was it he that hated me that did magnify himself against me; then I would have hid myself from him. But it was thou, a man equal, my guide, and mine acquaintance.” Psalm 55:12, 13. The fulfillment is found in Matthew 26:47-50.

The Cost of Betrayal: “And I said unto them, If ye think good, give me my price; and if not, forbear. So they weighed for my price thirty pieces of silver. And the Lord said unto me, Cast it into the potter: a goodly price that I was paid of them. And I took the thirty pieces of silver and cast them to the potter in the house of the Lord.” Zechariah 11:12, 13. The fulfillment is found in Matthew 27:3-9.

His Death: “Surely he hath borne our griefs, and carried our sorrows: yet

we did esteem him stricken, smitten of God, and afflicted. But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed. 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. He was oppressed, and he was afflicted, yet he opened not his mouth: he is brought as a lamb to the slaughter, and as a sheep before her shearers is dumb, so he openeth not his mouth.” Isaiah 53:4-7. The fulfillment is found in John 1:29; Acts 8:32-35.

There are several more prophecies that I will mention just by Scripture location with the hope that each of you, our readers, will check these out for yourselves:
Psalm 22:16 – Luke 23:33; 24:39 //
Psalm 22:18 – Matthew 27:35 // Psalm 22:1 – Matthew 27:46 // Psalm 34:20 – John 19:36 // Isaiah 53:9 – Matthew 27:57-60 // Psalm 16:10 – Matthew 28:2-7.

As I think about these many prophecies by which our Heavenly Father tried to prepare the Jews for the coming Messiah, I am reminded of the many prophecies that the people living in the last days have of the time of trouble, the Sunday laws and the second coming—Will we be ready? Will we be reaching out to others so that they, too, can be ready?



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.

Our Mission:

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

Executive Director:

Joe Olson
executivedirector@hopeint.org

Editor:

Clark Floyd
editorial@hopeint.org

Copy-editor:

Reen Swindle

Director of Hope For Health:

Kaye Olson
hopeforhealth@hopeint.org

Bookstore Manager:

Andrea Olson
shipping@hopeint.org

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THE POWER OF FEEBLE FAITH

By Emmanuel Machakaire

THE TOUCH OF FAITH

As Jesus was on his way, the crowds almost crushed him. And a woman was there who had been subject to bleeding for twelve years, but no one could heal her. She came up behind him and touched the edge of his cloak, and immediately her bleeding stopped. "Who touched me?" Jesus asked. When they all denied it, Peter said, "Master, the people are crowding and pressing against you." But Jesus said, "Someone touched me; I know that power has gone out from me."

Then the woman, seeing that she could not go unnoticed, came trembling and fell at his feet. In the presence of all the people, she told why she had touched him and how she had been instantly healed. Then he said to her, "Daughter, your faith has healed you. Go in peace" Luke 8:43-48.

A FRAIL WOMAN MAKES HER WAY THROUGH THE CROWD

This miracle takes place within the context of the raising of Jairus' daughter. It happened like this: One day as Jesus was teaching in one of the villages along the shore of the Sea of Galilee, a man named Jairus came and begged Jesus to come to his house

and heal his twelve-year-old daughter, who was desperately sick. As Jesus began to walk with Jairus toward his house, hundreds of people began to press in upon him, many of them no doubt hoping for their own cure, many others listening to his every word, and still others attracted by all the commotion.

The scene must have been chaotic and confusing with Jairus on one side of Jesus tugging at his sleeve ("Hurry, Lord, my daughter is dying"), the

disciples forming a moving wave like bodyguards for a celebrity, and hundreds of eager people pushing, milling, shouting, stretching out their arms to touch him as he passes by. Meanwhile, totally unnoticed, a frail, stooped, sickly woman pushes her way through the throng. Her face is partially covered so no one will recognize her. Her arms are thin; her hands shake as she stretches them toward Jesus. Now she is only a few feet away. Now he is passing right by



her. No one notices as she reaches out to touch the blue and white tassel on the corner of his cloak.

THE WOMAN WAS OSTRACIZED BECAUSE OF AN UNNATURAL FLOW OF BLOOD

The Bible is not very specific about her problem, and the translators handle it in different ways. The King James Version says she had “an issue of blood” for twelve years. The modern translations speak of a hemorrhage of blood. Most commentators agree it was some kind of chronic uterine bleeding. Whether continual or periodic, it was not normal, and in those days, there was no cure for that condition.

In Mark’s version of this story one detail is included that Luke omits. Mark 5:26 notes that this woman “had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse”.

The doctors simply could not help her; they had no answers to her problem. For twelve years she had suffered from this “issue of blood”. Her prognosis was grim. Without a miracle, there was no hope.

But that wasn’t the worst of it. Leviticus 15:25 contains certain regulations for women with an uncontrollable flow of blood. The passage says that such women are to be considered unclean and defiled as long as the flow of blood continues. Furthermore, anyone who touched such a woman would himself become unclean and defiled. In a practical sense, this meant that this poor woman had become an outcast in her own village.

HUMILIATION, POVERTY, CONSTANT PAIN, SOCIAL ISOLATION WERE HER LOT

By the law of Moses this woman was not allowed to touch any human being, and no human being was allowed to touch her. The law demanded that a woman suffering in this way should be segregated. For



twelve years this woman had been excommunicated from the Temple and from the synagogue, from every religious place of assembly, cut off from her family, ostracized by society, and treated as a pariah.

She had endured incurable illness, social isolation, constant pain, financial poverty, and personal humiliation. It is hard to imagine a more pitiful situation. In the words of one writer, she had been among the “living dead” for twelve long years. Now, at last, Jesus has come to her village.

NOW JESUS HAS COME TO HER VILLAGE

The word spreads like wildfire. “He’s here!” “Who’s here?” “Jesus, that man from Nazareth who heals the sick. He just came to town, and Jairus is talking to him.” With that, the poor woman makes the decision that somehow, somehow she must get through to see Jesus. If only she could touch him.

She did not speak to him because she was





trying to do crowd control, but they are swept along with the flow. No one sees this poor woman off to the side, no one notices as she elbows her way to the center, no one pays attention as she reaches out her hand, no one speaks to her and she speaks to no one.

Here comes Jesus! As he passes by, her hand brushes his tassel. The text is very clear on what happened when

embarrassed and ashamed of her condition. After twelve years of public humiliation, she wouldn't risk exposure and the taunts of the crowd. She thought to simply touch him, receive her healing, and then slip away unnoticed. After so many years, she was used to coping with life that way.

NOW SHE REACHES OUT AND TOUCHES JESUS

The older translations say that she touched the hem of his garment. The Greek word probably refers to one of the four tassels all Jewish men wore on their outer garments. Numbers 15:37-41 specified that tassels must be sewn on the four corners of the cloak and that each must contain a blue thread. The tassels were visual reminders to obey God's commandments. No matter the design of the cloak, at least one of the tassels would always hang from the back of the wearer. It was this tassel that the woman touched as Jesus walked by.

It was a vast miracle. Jesus is going the other direction, Jairus tugging at him and talking and crying all at the same time. Meanwhile, the crowd is so tightly packed in the narrow alleyway that a person could hardly breathe, much less move. The disciples are



she touched the tassel. Two different words are used. She was immediately (v. 44) and instantly (v. 47) healed. The text even specifies that at the moment she touched the tassel, the bleeding stopped. Something like an electrical shock moves from her fingers through her hand, up her arm, and into every part of her body. Only it is not an electrical shock, but the infusion of some mighty power with which she was not familiar. And in less time than it takes to tell it, her weary arteries, shrunken veins, diseased organs, withered muscles, and shattered nerves are filled with health and life and strength. The disastrous decay of twelve years is instantly halted and then reversed. She is well again! Healthy again! Whole again!

"WHO TOUCHED ME?"

She turns to go, not ungrateful - no, not at all - but fearful lest she call attention to herself, and respectful of the greater work Jesus must do. She must not bother him. With a smile on her face, the first real smile in a long, long time, she turns to go home.

But just at that moment, Jesus stops, turns, and surveying the crowd asks, "Who touched me?" It seems to Peter and the other disciples like an absurd question. Hundreds of people were milling around and he wants to know who touched him? Everybody was touching him! So many people were crowding around Jesus it could have been anyone. Besides, what difference does it make? A touch is a touch is a touch. But that's not true. In the gospels there are three kinds of touches.

THREE KINDS OF TOUCHES

First, there is the touch of hostility. That's the touch of the religious leaders when they beat Jesus at his trial.

Second, there is the touch of curiosity. That's the touch of the crowd milling around.

Third, there is the touch of faith. That's the touch of this poor woman. If the disciples couldn't tell the



difference, no matter, Jesus could. He knew that someone had touched him in faith. He felt the faith in the passing brush of her fingers on his tassel.

JESUS KNEW WHO HAD TOUCHED HIM WITHOUT ASKING

Please note that he did not ask the question for his own benefit. He knew before he turned who had touched him. He's the Son of God, after all. He asked not for his sake, but for her sake and for the sake of the crowd.

He asked for her sake so that he could raise the level of her faith. If she went away without a further word, she might actually believe there was some magic power in his clothing. He wanted to assure her that it was her faith in him that made the difference. Furthermore, he wanted her to know that the healing would be permanent. Finally, he wanted to establish a personal relationship with her. For all those things to be accomplished, she needed to identify herself to Jesus and to the crowd.

He also asked "Who touched me?" for the sake of the crowd. So that Jairus would know what Jesus could do. So that the curious onlookers

would see his power fully displayed. And perhaps most important, he wanted the crowd to know that he wasn't ashamed to be touched by the untouchable.

CHRIST DID NOT ASK THE QUESTION FOR HIS OWN INFORMATION

"He had a lesson for the people, for His disciples, and for the woman. He wished to inspire the afflicted with hope. He wished to show that it was faith which had brought the healing power. The woman's trust must not be passed by without



of His approval of her faith in His power to save to the uttermost all who come to Him." ST, June 1, 1904, par. 8.

This woman had taken a real chance by touching Jesus. According to the law, her touch could make Jesus unclean. But because he was the Son of God, his power of healing overcame her uncleanness. But she did not know that when she touched him.

What a crucial point this is. Our Lord Jesus was not ashamed to be touched by the untouchable, and he was not embarrassed to be publicly identified with the outcasts of this world. He was at home with publicans and sinners, he ate supper with gluttons and drunkards, he welcomed the prostitutes, he touched the lepers and, in this story, he is not ashamed to be touched by an unclean person.

WITH OUR LORD THERE ARE NO UNTOUCHABLE PEOPLE

He wanted the whole crowd to know what he had done. Why is this so important? Because with our Lord there are no untouchable people. In Jesus' eyes, everyone is touchable. Thank God, there are no hopeless cases with him.

Our story is almost ended. When Jesus asks, "Who touched me?" the woman knows he is talking about her. Luke says that she came trembling and fell at Jesus' feet. Then she publicly



comment. God must be glorified by her grateful confession. Christ desired her to understand that He approved her act of faith. He would not have her depart with a half blessing only. She was not to remain in ignorance of His knowledge of her suffering, of His compassionate love, and





declared what Jesus had done for her and how she had been instantly healed. I imagine there was clapping and cheering all around and Jairus saying, “That’s good. Now come on, Jesus, my little girl needs you.”

But before they go on, Jesus looks at the woman and says, “Daughter, your faith has healed you” (v. 48). The word for daughter is unusual. It’s the only time the gospels record Jesus using this particular word. It’s a term of affectionate endearment, something like “Maiden,” or “Little girl,” or even “Sweetheart”. Then he said, “Go in peace,” or literally, “Go into peace,” meaning “Go from this place and walk in good health. You are healed physically and spiritually.”

THIS STORY ILLUSTRATES THE SENSITIVITY OF JESUS CHRIST

No one ever cared about people like Jesus did. No one ever gave of himself like he did. No one ever felt the pain of others like he did.

As he walked down a crowded street, hundreds of hands reached out to him. Yet he felt the thin, sickly hand of faith. He felt it! He felt her touch ... He stopped ... He turned ... He spoke to her. He was not offended or angry with her. Nor was he too busy or too tired to bother with her. Think of it. He whom all the forces of hell could not stop was diverted by the touch of a sickly hand! This woman did by her touch of faith what Satan himself could not do. She stopped Jesus in his tracks.

And he spoke to her as if she were the only person in the crowd. When he turned, it was just Jesus and her. No one else mattered.

He loves you as if there were only one person in the universe to love. He hears you as if you were the only one speaking to him. He attends to your needs as if yours were the only needs in the universe. What a Christ!

WHATEVER YOU FEEL, CHRIST FEELS

All that touches you touches him. If it is pain, then he feels the pain. If it is sorrow, then he feels the sorrow. If it is rejection, then he feels the rejection. If it is loss, then he feels

the loss. If it is failure, then he feels the failure. Whatever it is that hurts you, he feels it. If it touches you, it touches him. That’s what the writer to the Hebrews meant when he said, “For we do not have a high priest who is unable to sympathize with our weaknesses.” Hebrews 4:15. Thank God it is so. If it hurts us, it hurts him.

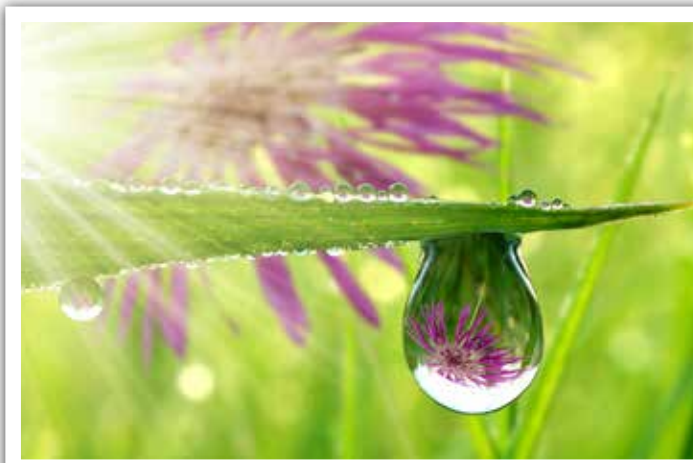
We do not have a stoic Christ. Nor do we have a preoccupied Christ who is too busy to notice our problems, or an unemotional Christ. He is the sensitive Jesus who feels our deepest woe.

WE DON'T HAVE TO BE CONCERNED ABOUT THE "CORRECT" WAY OF APPROACHING JESUS

This story also shows us the amazing power of feeble faith. She didn’t have a huge amount of faith, and what she had was partially misdirected. But she had a mustard seed, and through it God moved the mountain of her illness.

This story means that we don’t have to agonize over the “correct” way to come to God. You don’t have to know all about the Bible before you come to God and you don’t have to have a degree in theology. If you come to Jesus Christ in simple faith - even though your faith be as feeble as this woman’s was - he will not turn you away.

Do you ever feel as if your problems



keep you from coming to God? Do you ever feel so dirty and unclean that you think Jesus would not have anything to do with you? Do not despair. Jesus is not offended by your problems. He's seen it all before. I say it again. He will not turn you away.

How simple it is to come to Christ! Only a touch, and this woman is healed. Not by her toiling, not by her promises to do better, not by an offer to do something for Jesus if he would do something for her. No deals here. She reached out a trembling hand and in an instant she was healed. It was not a long process. It happened so fast that it could only be called a miracle.

AS I WRAP UP THIS MESSAGE, HERE ARE THE MAIN LESSONS TO BE REMEMBERED:

- Suffering and pain bring people to God as nothing else does.
- Great sorrow and pain humble us before God.
- Faith saves only when it accompanies obedience and action.
- Don't let the crowd discourage you from seeing your miracle.
- Keep pressing through the crowd because you are closer than you think to the victory

God has in store for you.

- Don't let lies from the enemy or pressure from the crowd keep you from taking hold of everything the Lord has for you.
- The world is full of religious "doctors" who drain away the wealth of their "patients" with no benefit to their souls.
- Those who would help men today need the sensitivity and tenderness manifested by Jesus.
- Faith, executed in obedience and courage, will be crowned with success and glory.
- Like that woman, we need to openly declare what the Lord has done for us.



not obediently reach out to the Christ who has reached out to man across the centuries and continues to do so today?

That's the power of feeble faith when it is directed toward Christ. You don't have to have strong faith. You can have weak faith so long as it is resting on Christ. And who could be stronger than Jesus Christ himself?

How simple it is to come to Christ! Just a touch, that's all it takes. If you have the strength to stretch out your hand to him, his mighty power will flow into your life.

Are you facing a situation that seems impossible? Even if you don't see how things will work out, take that first step of faith and touch Him. Father, I know my faith might not be great but you are great; help me draw closer to you, for there is power in feeble faith. Amen.



THAT'S WHAT FEEBLE FAITH CAN DO

Coming to Christ is not difficult. The hardest part is reaching out with the hand of faith. If you want to touch Jesus, all you have to do is reach out to him. Will you



Emmanuel Machakaire is a(n) SDA writer who is based in So. Africa. He enjoys studying, writing, and sharing Bible truths.



A photograph of a wooden boardwalk path lined with trees in full bloom with vibrant pink blossoms, likely cherry blossoms. The path leads into the distance, flanked by green grass and more trees. The overall scene is bright and colorful.

No More Strangers

By Joe Olson

**“So shall ye know
that I am the
LORD your God
dwelling in Zion,
my holy mountain:
then shall Jerusalem
be holy, and there
shall no strangers pass
through her any more.”
Joel 3:17**

Everyone will have a love relationship with the Lord

The day is coming where there will no longer be anyone or anything passing through the land that is a stranger. The Hebrew word for stranger is “one who turns aside or is profane”. God is saying that the day is nearing that there will be no one around who turns aside from Him. There will be no one left who profanes. To profane means to disrespect something that is sacred. There will be none in Zion that do not respect God. And the reason for that is given in the same verse...“... ye know that I am the Lord...” There will be none who do not know our God. And by “know”, God means to know intimately. He means that there is no one in Zion who does not have a relationship with Him. Everyone there will have a love for God that comes from a knowledge of Him.

He is a Father and a friend

We actually know Him. We know what He is like... we know that He loves us... we know He gave everything for us. The only ones in Zion are the ones who know this for themselves; and not a head knowledge of something they read in a book or were taught in a class... this is a personal knowledge. There is a closeness and a connection that no one could ever take away or destroy.

The people in Zion are absolutely convinced, by personal experience, that God has been everything to them. They have prayed and He has answered. They have cried and He has listened. They have come for help and He has ever been there. They have exercised faith and trust in Him and He has delivered every time. They have tasted and found that He is good. They “know” their God. He is not an acquaintance... He is a Father and a Friend.

We all have acquaintances, don't we? An acquaintance is someone we have met, but don't really know personally. We know *about* them maybe, but we don't really know *them*. We might talk about them and may even introduce them to others, but they really aren't more than those we would wave to in a crowd. We aren't what we would call friends... not on a personal level.



they talk about their Saviour? Do they talk about the wonderful gift of salvation? What is the theme of their conversations? What and where is their focus?

You can do the same thing with yourself. Do you want to know if you really know Jesus? What do you talk about? What is your theme and focus? Would you rather talk about the latest movie or the grandkids or some political figure, or would you rather talk about heaven? You, too, will talk about what you know. Can you imagine a whole city... a whole world... a whole universe of people who know God?

All fear will soon be past

I like to watch nature programs on TV. I love to see the colors of animals and flowers and even the sky. I see in every variation another picture of my God and how He delights in making us happy. But in most of these programs, there is a distinct disrelish of God. They want to deny Him. They want to believe that all of these things just happened. But I know better. And the day is coming where there will only be those who know better. That's what Joel is saying. There will soon be no more strangers. We can barely even imagine it!

Right now we have to lock our homes so no one will come in and do something we wouldn't like. We lock our cars because someone might take them. We watch our kids at the park to make sure no one takes them. We worry about someone taking advantage of us. We have so many concerns and fears. But those days are almost at an end... praise God! We are about to enter a land where there is no more fear... about anything! Because to know God is to love Him. And perfect love casteth out all fear. Are you afraid of the dark? There is no dark where we are going. Are you afraid of strangers? There will be no more strangers!

Jesus tells us these things to comfort us. Can you imagine the kind of love He has for us, that He thinks about what concerns us or makes us afraid, and then He writes in His

Jerusalem will be holy when we know Him

But God says in Joel that we will know the Lord. And He says when we know Him, then Jerusalem shall be holy. THEN Jerusalem shall be holy.

To be holy means to be righteous and perfect, but it also means to be dedicated to the service of God. Dedicated means set apart for one goal or purpose. To be wholly committed to one plan. We are to serve God. And those who go to Zion know this and long for it. This is something they want to do. And the reason they want to do it is because they know God and love Him. They aren't just *willing* to do what God says... they desire to do it.

Can you imagine a whole city, a whole world of inhabitants who *want* to do God's will? Well, that would be like the angels in heaven who want to love and serve and obey God. We would be like angels! We, too, would want to hang on every word of Jesus and do whatever He asks of us. We would go anywhere and do anything because we love Him so much. The joy we would experience would be the joy the angels in heaven have.

And there would be no stranger, as Joel said, because we all feel the same way about our Saviour.

What is the theme of your conversations?

We can't imagine that now. This world is filled with strangers. It is filled with people who do not know God, nor do they want to know Him. They don't want to know *us* because *we* love Him. Have you felt the cold of others? Have you talked about your Saviour and they look at you like something is wrong with you? Do they know you, but it is more of an acquaintance than a real relationship? Have you felt that very thing in your own family? Do you desire to talk about heaven and salvation and eternal realities but they would rather talk about sports or politics or anything else?

People talk about what they know. Let me say that again... people talk about what they know. If you want to know what others know... listen to them. What do they talk about? Do they talk about heaven? Do



word that all of those things will be gone soon? He thinks that much of you! He thinks that much about you! And the more we realize that, the more we “know” Him, the greater our desire to be *with* Him and *like* Him.

When we behold creation, we become changed

Have you seen pictures on the internet of pets and their owners? They point out that the longer you spend time together, the more you begin to look like each other. If that’s the case, you’d better get a good-looking pet. And they are right... by beholding, we become changed! “But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.” 2 Cor. 3:18.

As we behold God in His word, in the nature He has created, in the very worlds and stars He has formed, we are changed. We are changed into His same image. We become like Him. And we begin to know Him. We begin to see why things are the way they are. This world begins to make sense to us. We see what God’s plan was and how Satan has tried to change that plan. We know what the truth is. And it causes us to be content.

There will be no unfamiliar sounds in Zion

We become happy to serve our God in any capacity He sees fit. We resolve to be His no matter the cost. We have finally seen that Pearl of great price. “Again, the kingdom of heaven is like unto a merchant man, seeking goodly pearls: Who, when he had found one pearl of great price, went and sold all that he had, and bought it.” Matt. 13:45, 46. We have found the treasure. And we will give up anything and everything to have it. “Again,



the kingdom of heaven is like unto treasure hid in a field; the which when a man hath found, he hideth, and for joy thereof goeth and selleth all that he hath, and buyeth that field.” Matt. 13:44. And when others look at us like we are crazy, we smile and go on because we *know* the truth. We know Him! And nothing else matters. That peace that passeth

understanding becomes ours.

And this Zion that Joel talks about? That’s where these people live. All will know as they are known, and all are loved ones of the Saviour and Master. There will be no anomalies or aberrations there. There will be no discordant notes or unfamiliar sounds. All will pulse with a joyful beat of community and togetherness. Our new home place, Jerusalem, will be the glad city of the heavenly King. There will be none there that do not know God or love Him. All will be one big happy family again. This is what God wanted from the beginning and what He is looking for again. And God is not just looking for it, but working

toward it, and has already prophesied that it would be so again.

Soon we will be free from the devil and his minions

The promise is made that we will soon never have to deal with those who are trying to thwart our plans and our desires to be with, and be like, You. Especially the devil, but along with the rest of his minions that we will soon be free from. The constant pressure and temptation to go the wrong way and to deny the truth and reality of selflessness is a pain that we will soon never experience again.

God has promised that we will be in a land where there is no more stranger. There will be no one who is not dedicated to Him. Don’t you long for the day where you



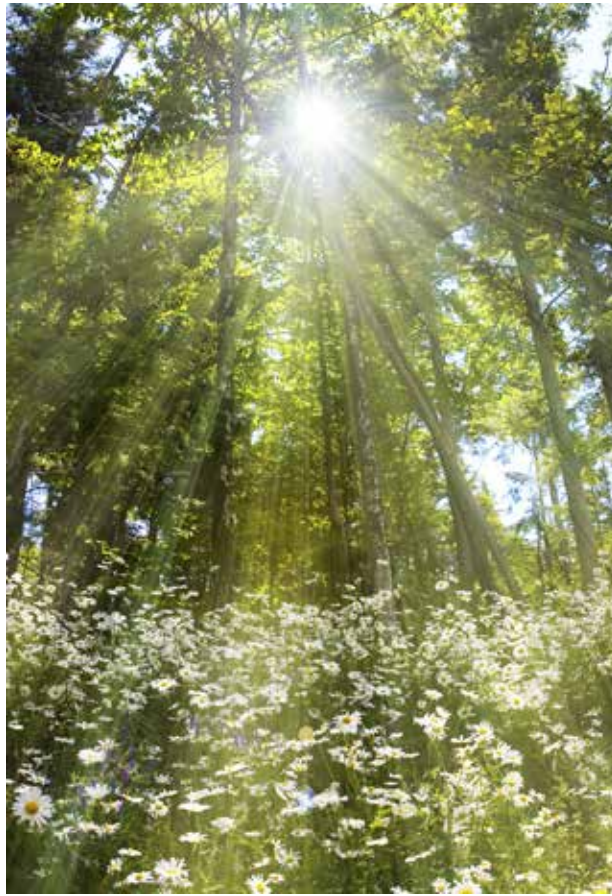
are not constantly swimming against the tide? Where everything is such an effort to just get at the truth? Aren't you tired of the arguments and the fights about what we are supposed to be, and/or be doing? We don't have much longer to wait! Hallelujah! Jesus has gone to prepare a place for us. A place for *us!* **A place for those who want** to serve Him. A place for those who *know* Him.

Everyone will be awakened

And one more thought about this verse in Joel; I'd like to read it again. "So shall ye know that I am the LORD your God dwelling in Zion, my holy mountain: then shall Jerusalem be holy, and there shall no strangers pass through her any more." Joel 3:17.

We have gone through what the Lord was showing us here in this verse. Now let's look at what precipitated this verse. Let's look at what God said before He gave us this promise... "Assemble yourselves, and come, all ye heathen, and gather yourselves together round about: thither cause thy mighty ones to come down, O LORD. Let the heathen be wakened, and come up to the valley of Jehoshaphat: for there will I sit to judge all the heathen round about. Put ye in the sickle, for the harvest is ripe: come, get you down; for the press is full, the fats overflow; for their wickedness is great. Multitudes, multitudes in the valley of decision: for the day of the LORD is near in the valley of decision. The sun and the moon shall be darkened, and the stars shall withdraw their shining. The LORD also shall roar out of Zion, and utter his voice from Jerusalem; and the heavens and the earth shall shake: but the LORD will be the hope of his people, and the strength of the children of Israel." Joel 3:11-16.

And then He added these words... "So shall ye know that I am the LORD your



God dwelling in Zion, my holy mountain: then shall Jerusalem be holy, and there shall no strangers pass through her any more." Joel 3:17. The day is coming when everyone will be gathered together to make a choice. Everyone will be awakened. No one will be able to say that they didn't know or realize what was going on. It will be decision-time. There is a day coming where everyone on this earth will have to decide whom they will side with. "Multitudes, multitudes in the valley of decision: for the day of the LORD is near in the valley of decision." Joel 3:14.

Each individual on this earth will make a choice

God has allowed this great controversy to go on for 6,000 years. That time is ending very shortly. He is ending the work of rebellion that Satan started so long ago. In His great and abundant mercy, He has allowed this controversy to play out that people and angels might see where this whole "rebellion against God" leads. Everyone has seen it now. We have all experienced it for our entire lives. We have experienced it as a race for 6,000 years. We have decided individually what direction we want to go, but this is now the end. There is a day where God says to everyone alive on this earth to make a choice.

That is what this prophecy in Joel is referring to. The two sides have made their cases. And now it is up to us. Whom will we choose? What will we decide? Each individual on this earth will make a choice. And this choice... is for eternity. What will it be? And for those who choose God's side... we refer back to Joel-- "So shall ye know that I am the LORD your God dwelling in Zion, my holy mountain: then shall Jerusalem be holy, and there shall no strangers pass through her any more." Joel 3:17.



There is Someone we need to get to know

When everyone has made their decisions, then the ones who decided against God will be no more. Those “strangers” will no longer be. Those that refused to dedicate themselves to our Creator will cease to exist. They will not pass through Zion anymore. “And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.” Rev. 21:4. Tears, death, sorrow, crying, pain... all passed away. All these things that are a normal way of life to us now will be gone. Can we even imagine it? Do you want it? Do you want to be in a place where these things no longer exist? I know I do!

Then there is a choice to be made. A new lifestyle to adopt. A new way of thinking. There is Someone we need to get to know. Someone that once we know Him, we will never, ever choose against Him. And that will result in there never being another stranger that will ever pass through Zion. The controversy is ended. The truth is known. The lies of the devil are uncovered for what they are. And everyone will be at peace. There will never again be any doubt or worry or fear. We will live in the consummate joy of knowing who we are, what we are here for and where we are going.

There will be a fulfillment and a contentedness that we rarely experience now, except as we draw near the Saviour. But very soon, we will see Him face-to-face, and our bliss will know no bounds. We will be satisfied.

Don't be a stranger to our Saviour!

Are you satisfied now? Is everything, in every way, all you want it to be? Oh, we experience some satisfaction



here and there, but I am talking about a contentedness with everything in your life. No, we are not there yet... but we soon will be. Your relationships... perfect. Your health... perfect. Your memory and mind... perfect. Your whole family... perfect!

Can you even imagine it now? This is what the devil tries to keep from you... from all of us. This is what we need to choose between. We can choose what we have now... like death and sorrow and pain and someone who is always trying to do us harm. Or we can choose the One who died to give us all we have been talking about. Does it sound too good to be true?

My friends... it is! It IS too good to be true now. But the day is coming when there will be no stranger, and when that day comes, we will have all we could ever dream about... and more!

Let this verse... let this *promise* sink deep into your minds... “But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.” 1 Cor. 2:9. Paul was referring to this verse in the Old Testament - “For since the beginning of the world men have not heard, nor perceived by the ear, neither hath the eye seen, O God, beside thee, what he hath prepared for him that waiteth for him.” Isa. 64:4. Those who love Him are waiting for Him.

Don't be a stranger to the One who is preparing all of this for us. Let's dedicate our lives to Him right now!



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



Hope for Health

Are you on your feet all day? Are your legs tired, swollen and painful? Relief is here! Butcher's Broom encourages circulation, and may discourage bulging veins, and ankle swelling. It has been shown to be a blood cleanser and enhance the flow of blood plus MUCH, MUCH MORE!

Butcher's **Broom**

About Butcher's Broom

It may sound like an herb with some rather aggressive action, but in reality Butcher's Broom is a very gentle herb used for several conditions related to our blood and its circulation. Its name arose from much earlier times when butchers would tie the herb's twigs together and use these as brooms to sweep their cutting-boards clean.

Butcher's Broom has the effect of tightening the larger blood vessels as well as the capillaries, and has been found to particularly assist with the condition of bulging veins. It also helps to relieve other symptoms of poor blood circulation such as pain, heaviness, itching, leg swelling, and cramps. It is believed to improve these conditions by promoting healthy microcirculation, capillary flow, and by strengthening connective tissue.

Remedy for Dark Circles!

Looking for a natural way to reduce those dark, under eye circles? We've got it for you. Butcher's Broom - also known as "knee holly" and "Jew's myrtle" - is a low, evergreen shrub that produces an extract known for its vasoconstrictive abilities. In other words, it constricts blood vessels, helping them to appear less visible and reducing puffiness. In addition, this unique natural ingredient also helps calm inflammation and moisturize skin, providing for a brighter, more youthful look around the eyes. Dark circles are often caused by the reddish-blue blood vessels under the eyes, which become more obvious with age, and also when you're tired or suffering from allergies. The combination of anti-inflammatory and blood-vessel-constricting properties of Butcher's Broom attack both sides of the issue, helping to calm and conceal any unwanted darkness under the eyes.

How does Butcher's Broom actually work?

- It is believed the chemicals in Butcher's Broom activate receptors which stimulate the release of noradrenaline in our bodies to increase its vascular tone and constrict blood vessels, and that it may improve blood circulation in the legs by thereby preventing blood from "pooling" in the veins.
- It has anti-inflammatory properties which are used in the prevention of artery build up (plaque).
- Butcher's Broom encourages the flow of urine; therefore it is useful for supporting the health of the bladder and kidneys.
- Butcher's Broom has been shown to help with those of you who may experience

fainting and dizziness when you first stand up from a sitting or laying position. Butcher's Broom enhances the blood flow to the legs, hands and brain!

- Another significant benefit of Butcher's Broom is its ability to provide a calming effect on anyone struggling with hormonal imbalance mood swings. It contains flavonoids that increase blood flow to the brain.
- Butcher's Broom may correct system imbalances that inhibit proper function of the bowels. It will tighten the dilated blood vessels that can form from straining to have a bowel movement. This herbal remedy can correct constipation in a short period of time!

Hope for Health's Butcher's Broom Can Help:

- Strengthen collagen
- Tighten blood vessels
- Improve the flexibility of blood vessel walls
- Speed the recovery time of fractures
- Reduce swelling
- Relieve constipation
- Flush gallstones
- Act as diuretic to increase urine output

Customer Testimonials:

Butcher's Broom has been a miracle for me. My legs no longer have the heavy feeling and discomfort. I can also FINALLY sleep at night. Butcher's Broom revives your legs!!
—B.D.

I take Butcher's Broom twice a day and drink plenty of water, and it really does reduce the swelling in my legs. It even worked on some stubborn spider veins. Its also a great natural diuretic. LOVE IT! —M.J.

Price:

100 capsules\$7.99

Suggested Adult Dosage:

- Take 2 capsules twice daily with food.

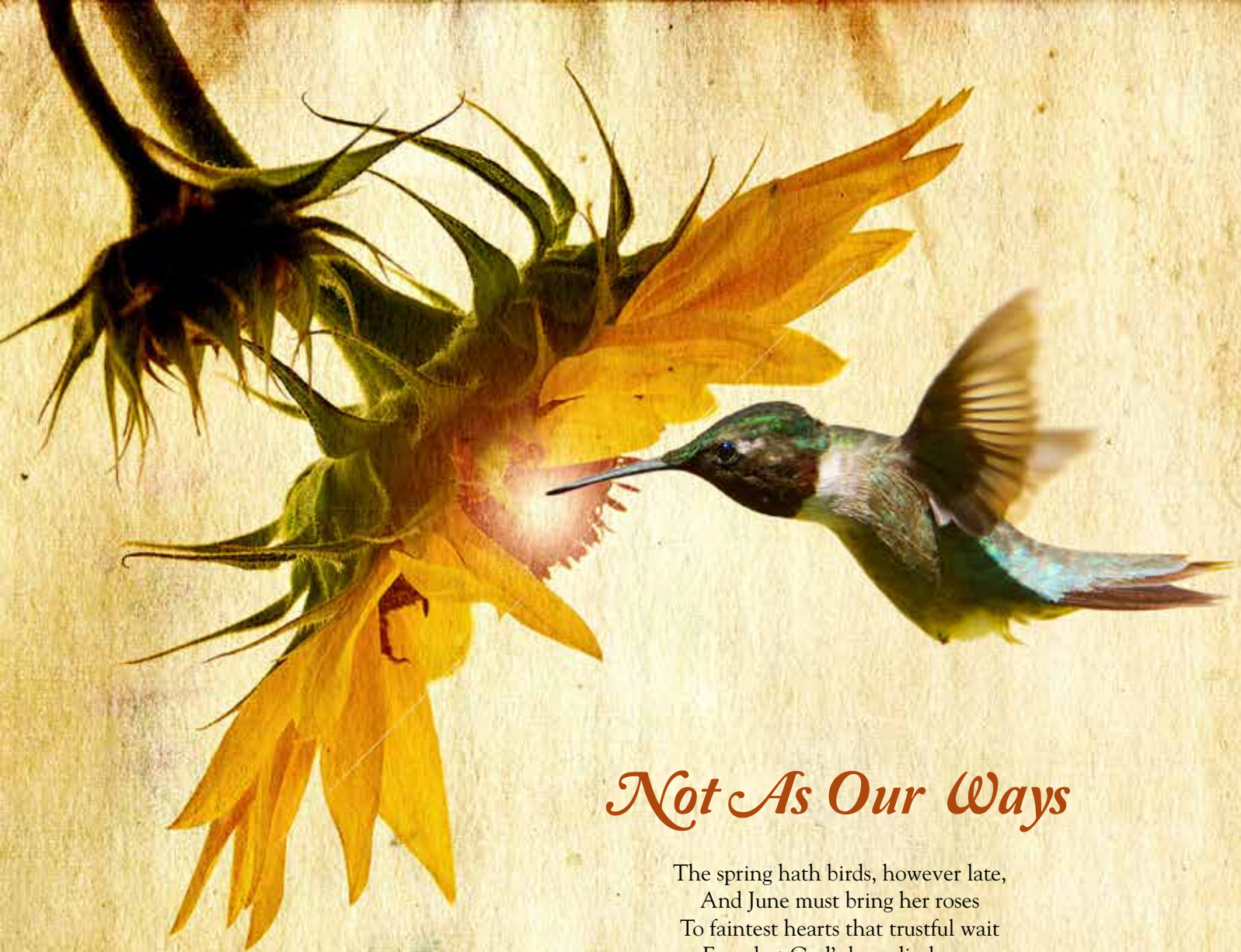
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Combining nature, faith, and love to bring healing to the world.



Not As Our Ways

The spring hath birds, however late,
And June must bring her roses
To faintest hearts that trustful wait
For what God's love discloses.

We look along the shining ways,
To see the angels' faces;
They come to us in darkest days,
And in the blackest places.

We learn our weakness of our pride,
Our strength from out our weakness;
Sweet patience brings, for gifts denied,
The greater gift of meekness.

The strongest hearts have strongest needs;
For them, the fiery trial.
Who walks a saint in word and deed
Is saint by self-denial.

We ask of God the sunniest way—
He answers with a sorrow;
We faint beneath the cross to-day,
To wear the crown tomorrow.



“He that Hath Seen Me Hath Seen the Father.”

By Mrs. E. G. White

Through Jesus, the Son of God, the Father is more fully revealed to the world. Jesus said to his disciples: “If ye had known me, ye should have known my Father also; and from henceforth ye know him, and have seen him. Philip saith unto him, Lord, show us the Father, and it sufficeth us. Jesus saith unto him, Have I been so long time with you, and yet hast thou not known me, Philip? He that hath seen me hath seen the Father.” The souls of thousands are crying out today, “Show us the Father, and we will be satisfied. We cannot claim God as our Father until we see him.” Jesus says to every such soul, as he said to Philip: “Have I been so long

time with you, and yet hast thou not known me? Have you seen my works, have you listened to my teachings, have you witnessed the miracles that I have wrought in my Father’s name, and yet have you not understood the nature of God? I have prayed with you and for you, and yet can you not comprehend that I am the way, the truth, and the life, and that in my life I have unfolded to you the character of my Father? I am the brightness of my Father’s glory, I am the express image of his person. ‘Believest thou not that I am in the Father, and the Father in me? the words that I speak unto you I speak not of myself; but the Father that dwelleth in me, he doeth

the works. Believe me that I am in the Father, and the Father in me; or else believe me for the very works’ sake. Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father.’”

Jesus was consecrated to his office by God himself

The time had come for Jesus to stand in contradiction to the work of Satan, to rebuke and oppose his power. At the beginning of his ministry, John was baptizing in the Jordan, and Christ came to him to receive the baptismal rite. As



man's example he took the step in conversion requisite for the repenting, believing sinner; and the heavens were opened unto him, and he saw the Spirit of God descending like a dove, and lighting upon him, and lo, a voice from heaven saying, "This is my beloved Son, in whom I am well pleased." He was consecrated to his office by God himself. He was anointed by the Spirit, invested with the authority, and endowed with the attributes, of God; and his mission was to reveal the Father to the world.

We are to be the instruments through which the Lord speaks

As Christ was to reveal the Father, so those who believe in Jesus are to reveal Christ to the world in spirit and character; they are to be good, and to do good. Wherever Jesus went, he taught his disciples concerning the kingdom of God; he turned every event into an occasion of usefulness, and his followers are to do the same.

After the ascension of Christ, his disciples were left to carry forward the work which he had been doing. They were to be the instruments through which the Lord should speak, and many were to believe on their word, and engage in the work that Jesus had done when he was upon earth. God's appointed agents are to study carefully the lessons which Christ taught his disciples. They are to contemplate his precious instruction, and to imitate the holy characteristics of his teachings; if they fail to do

this, they fail to represent Christ as he represented the Father. There is need of fervent and frequent prayer that we may understand the import of his instruction, and carry forward the work he has given us to do. We are to bear in mind that it is only a small proportion of what Jesus taught and did that has been recorded.

Ye shall receive power

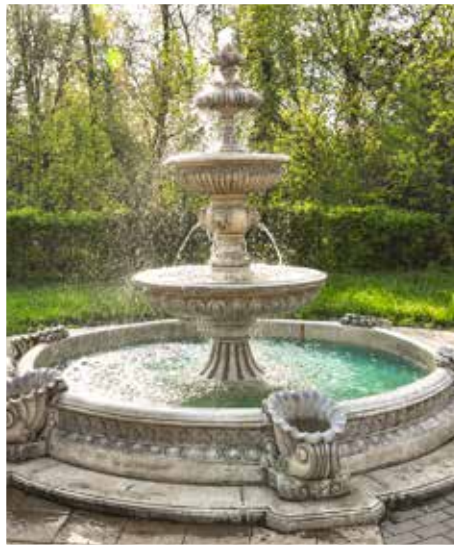
That the disciples of Christ might be prepared for the great work which they were to do, Jesus had instructed them to tarry in Jerusalem until they should be endowed with power from on high. On the day of Pentecost, as they were assembled together, and with one accord were seeking for the fulfillment of his promise, the Spirit of God descended, and the hearts of those who believed were filled with the Holy Ghost. The most signal evidence of the power of God was manifested, and thousands were converted in a day. Our Saviour has provided that those who go forth to fulfill his commission of preaching the gospel to the world, shall not go without the divine

unction. He has said, "But ye shall receive power, after that the Holy Ghost has come upon you; and ye shall be witnesses unto me both in Jerusalem, and in all Judea, and in Samaria, and unto the uttermost part of the earth." If men would come to God and make an entire surrender to him in full assurance of faith, they would have grace to do the great work committed to them.

Every laborer for Christ must have the assurance that he has the favour and presence of God with him

When Moses was called out to lead the children of Israel, he prayed earnestly to the Lord, and said: "See, thou sayest unto me, Bring up this people; and thou hast not let me know whom thou wilt send with me. Yet thou hast said, I know thee by name, and thou hast also found grace in my sight. Now therefore, I pray thee, if I have found grace in thy sight, show me now thy way, that I may know thee, that I may find grace in thy sight; and consider that this nation is thy people. And he said, My presence shall go with thee, and I will give thee rest. And he said unto him, If thy presence go not with me, carry us not up hence. For wherein shall it be known here that I and thy people have found grace in thy sight? is it not in that thou goest with us? so shall we be separated, I and thy people, from all the people that are upon the face of the earth. And the Lord said unto





Moses, I will do this thing also that thou hast spoken; for thou hast found grace in my sight, and I know thee by name. And he said, I beseech thee, show me thy glory. And he said, I will make all my goodness pass before thee, and I will proclaim the name of the Lord before thee; and will be gracious to whom I will be gracious, and will show mercy on whom I will show mercy.”

Seeking the Lord in faith, co-workers with God may have all they ask for

The Lord did not rebuke Moses as presumptuous because he asked greater and greater favors at his hand. Every laborer in the cause of God should have firm, earnest faith and determined purpose, that he may know that he has the favor and presence of God with him. Co-workers with God may obtain all that they ask for if they will but seek the Lord with faith. In the time of Christ, many of his disciples remained ignorant of the very thing that it was their privilege to know. Jesus sought to teach them of spiritual things. He reproached his disciples because of their dullness of comprehension. If it had been impossible for them to comprehend the things he uttered, he would not thus have reprovved them. They might have exerted their mental powers to a greater extent, and stimulated their souls, by

prayer and faith, and so have been enabled to understand the mysteries of godliness. Jesus saw that they did not lay hold of the real meaning of the great truths that he presented, and he compassionately promised that the Holy Spirit should recall these sayings to their minds, and revive in their remembrance many of the truths which they had lost. He tried to impress upon them the fact that he had opened before them great truths, the value of which they had failed to comprehend. After his resurrection, when he opened to them the scriptures concerning himself, he said unto them, “These are the words which I spake unto you, while I was yet with you. . . . Then opened he their understanding, that they might understand the Scriptures.” Although Christ had been with them, and they had heard his exposition of the prophecies, they had failed to comprehend the great plan of the atonement, and they needed the power of the Spirit of God to make plain to their minds its deep significance.

The sum of all science is to be found in the excellency of the knowledge of Christ

When the Holy Spirit fell upon the disciples of Christ, they saw their



Saviour in a light in which they had never seen him before. Gladness and peace came to their souls. Jesus had told them what would be the result of the operation of the Holy Spirit. He had said, “He shall glorify me.” Through the agency of the Holy Spirit, the soul is sanctified by obedience to the truth, and Jesus says, “I am the way, the truth, and the life.” He unfolded to man the important lesson that the sum of all science is to be found in the excellency of the knowledge of Christ. This knowledge can be incorporated into everyone’s experience. The Scriptures declare, “This is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent.”

The knowledge of God and Christ lies at the foundation of all knowledge

Through the study of the Bible, moral power is developed; and while the mind is put to the task of comprehending its truths, the intellect expands; as the image of Christ, the Author of all truth, brightens to the vision, the understanding becomes enlarged to comprehend more fully the elevated character of the standard of perfection. Those who study the Bible in the right manner, drink from a fountain which is inexhaustible. The teaching of Christ is simple, and yet the greatest and best disciplined minds are charmed with his profound and comprehensive utterances. In all his lessons, Jesus presented to men the worthlessness of ceremonial





obedience. He sought to impress men with the spirituality of the law, unveiling its vital principles, and making plain its eternal obligations. The righteousness of the law was presented to the world in the character of Christ, and the holy, benevolent, and paternal attributes of God were revealed in his dealings with mankind. He explained the solemn relation which existed between man and God, between man and his fellow-man. He taught the necessity of prayer, repentance, faith, virtue, and perfection of character.

The Holy spirit enlightens, renews, and sanctifies the soul

Through Christ, moral power is brought to man that will change the entire affections, and enable man to work with a will for the cause of God. Where all the power of mind and body was before concentrated to work the works of evil, by the Spirit of God a revolution is brought about. The



Holy Spirit enlightens, renews, and sanctifies the soul. Angels behold with inexpressible rapture the results of the working of the Holy Spirit in man. By the revelation of the attractive loveliness of Christ, by the knowledge of his love expressed to us while we were yet sinners, the stubborn heart is melted and subdued, and the sinner is transformed and becomes a child of God. Love is the agency which God uses to expel sin from the human soul. By it he changes pride into humility, enmity and unbelief into love and faith. He does not employ compulsory

measures; Jesus is revealed to the soul, and if man will look in faith to the Lamb of God, he will live.

Jesus has given this invitation, "Come unto me, all ye that labor and are heavy laden, and I will give you rest." In coming to Jesus, we reveal our faith. The law condemns the sinner, and by

this condemnation he is led to see the necessity of a Saviour. He seeks refuge in Jesus, and the Son is glorified and exalted as the Redeemer of the world; he is the sinner's substitute and surety.

Christ is our model of perfection in all things

No man can keep the law of God apart from Christ, and God will not accept his unaided efforts. The nature of man is in opposition to the divine will, depraved, deformed, and wholly unlike the character of God expressed in his law. Man is accepted through the righteousness of Christ, through obedience to God's law. God imputes beauty, excellence, and perfection

to man through the merits of his Son, and thus places the highest honor upon Christ by making him the pattern by which he works to fashion the character of all believers. Christ is presented to men that they may catch his temper, his perfection; and as the model is complete and perfect in every part, so, as man is conformed to the image of Christ, he is made complete in him; for aside from Christ there never can be righteousness in the human heart.


When the Spirit was poured out from on high, the church was flooded with light, but Christ was that light; the church was filled with joy, but Christ was the subject of that joy. When the Spirit is poured upon his people in this day, Christ's name will be upon every tongue, his love will fill every soul; and when the heart embraces Jesus, it will embrace God; for all the fullness of God dwells in Christ. When the beams of Christ's righteousness shine upon the soul, joy, adoration, and glory will be woven with the experience.

ST, June 9, 1890



GOSPEL TO ALL NATIONS

By James Edson White



**This gospel of the kingdom shall
be preached in all the world for a
witness unto all nations;
and then shall the end come.
Matthew 24:14**

No great judgment has ever been brought upon the earth without a warning being given to those concerned upon whom it would fall. Before the flood the world was warned by Noah. Jonah was sent to Nineveh. Angels from heaven carried the message of impending doom to Sodom and Gomorrah. Isaiah and Jeremiah foretold the Babylonish captivity of the Jews, and the Saviour warned the Jews of the final overthrow of their city and nation.

Only a few will receive the message and be converted

Our heading contains the statement that before the coming of Christ and the setting up of His everlasting kingdom, the gospel, or good news pertaining to it, shall go to all the nations of the world. It is a world-wide message.

This text does not state that all the world will be converted. The Scriptures clearly show that but few will accept the message; but all will have the opportunity of hearing it, and preparing to meet their Lord if they desire to do so. In the great judgment day the unprepared will stand without excuse; for to earth's remotest bounds this gospel will be proclaimed, and this fact will be a witness against those who reject it.

Already this gospel of the soon coming of our Lord has gone to nearly all the nations of the earth. Believers in it are to found among all denominations and in many pulpits. Missionaries are going to all lands, to the islands of the sea, and penetrating into the interior of countries heretofore unapproached by civilization. The Bible is printed and circulated in almost every known language, and God has forces already at command with which to close this message of Matthew 24:14 in a very short time. All this is but another evidence that the coming king is at the door.

THE DAY AND HOUR

**But of that day and hour
knoweth no man.
Matthew 24:36**

This text is often used to prove that nothing can be known in regard to the nearness of the coming of Christ. But what does the Bible say? Matthew 24 gives certain signs that are to occur in the heavens. Then the statement is made: "When ye shall see all these things, know that it is near, even at the doors." Verse 33.

Hence we may know when our Lord's appearing is "near, even at the doors", but we cannot know the "day and hour". The exact time the Lord has kept in His own hands. People have, from time to time, claimed to know the exact date of the coming of

Christ. The Lord says we shall not know this; hence when any one makes such a claim, it is positive evidence that he is wrong.

We cannot know the day and the hour of Christ's return

But, says one, the apostle Paul writes: "Of the times and the seasons, brethren, ye have no need that I write unto you. For yourselves know perfectly that the day of the Lord so cometh as a thief in the night." 1Thessalonians 5:1, 2.

This is taken to prove that the matter has been fully settled, and so there is no need of giving it any further attention. But notice carefully what Paul says further of this subject: "But ye, brethren, are not in darkness, that that day should overtake you as a thief." Verse 4.

There is a class, however, upon whom this day will come as a thief. "For when they shall say, Peace and safety, then sudden destruction cometh upon them; ...and they shall not escape." Verse 3.

Those who are studying God's Word, and are treasuring every ray of light from its pages, will not be left in darkness

This light will show them when "it is near, even at the doors". Hence in Mark 13:35 the Lord commands us to "watch". For what?—For evidences in His Word that His coming is near, so that His people may know, and be



prepared to receive Him "with joy" when He appears.

But to those who are not watching, who cry "peace and safety", and say that we can know nothing about it, the King will come as a thief, and their end will be destruction.

Of this class are those spoken of by the Saviour: "But and if that evil servant shall say in his heart, My lord delayeth his coming; and shall begin to smite his fellow-servants, and to eat and drink with the drunken; the lord of that servant shall come in a day when he looketh not for him, and in an hour that he is not aware of, and shall cut him asunder, and appoint him his portion with the hypocrites: there shall be weeping and gnashing of teeth." Matthew 24:48-51.



It is important that we know when the coming of the Lord is near

Special preparation is necessary for that event; and if we neglect the warning given, that great day will overtake us as a thief, and we shall share the recompense of the ungodly.

But by those who have been watching and waiting for their Lord, that day will be hailed with joy, and the glad cry will go up as they see the sigh of the Son of man in the clouds of heaven, "Lo, this is our God; we have waited for Him, and He will save us: this is the Lord; we have waited for Him, we will be glad and rejoice in His salvation." Isaiah 25:9.

JESUS KNOWS

How glad I am that Jesus,
My blest Redeemer, knows
Each little pang that grieves me,
My sorrows and my woes.
And, oh, what waves of glory
Sweep o'er my raptured soul,
As I list the blessed story,—
“Christ Jesus makes thee whole”!

When in the midst of sorrow,
Of weakness, and of pain,
I know the falling raindrops
Must ripe the yellow grain,
And, though hot tears of anguish
May fill my cup of gall,
I know that in his “bottle”
My Jesus counts them all.

And so I say: “Dear Saviour,
Thou knowest what is best.
In sorrow's saddest hour
Thou givest me perfect rest;
And, oh, I will trust thee ever,
Nor murmur nor repine,
That in the blest hereafter
Thou may'st call me thine.”

—Mrs. L.D. Avery-Stuttle

Health Gem

EVANGELISTIC TEMPERANCE—HOW TO LIVE

By A.T. Jones



As we can live only by breathing, it certainly follows that we can live rightly only when we breathe rightly; our physical life will be full, bright, and strong only when we breathe fully, brightly, and strongly. And when, physically, we live fully, brightly, and strongly, we can also live a spiritual life that is full, bright, and strong. Read this: “By giving heed to proper instruction, by following health principles in regard to the expansion of the lungs and the culture of the voice, our young men and women may become speakers that can be heard, and the exercise necessary to this accomplishment will prolong life.” CE 132.

Pursue a right course of action in health

This touches the point; yea, it tells the whole story. And again we may say, it is not enough simply to expand the lungs. You can expand the lungs in such a way as to make them only an invitation to consumption; yet in the right way, you can also expand the lungs so that it will be impossible for consumption to get hold of you. When this is done, then even if you should take cold, and it should even reach and settle upon your lungs or in your throat, you need not be afraid; it cannot stay, neither can it stop you in your work. The life and living vigor of the whole system will drive it speedily away. O, the Lord wants us to live!

“There is need that among our ministers careful attention should be given to the culture of the voice, or many will lie down in untimely graves. The Lord is not glorified by the reflections that are cast upon him, when men attribute to him their sufferings; for the Lord has no pleasure in the suffering and death of his people. He would have them pursue a right course of action, carefully looking after their bodies that they may be in health, and know how to keep the habitation in order.

Men have destroyed their health through lack of knowledge

Now, do not get the idea that this is an intricate thing, hard to understand, and difficult to get hold of, so that you must have a whole lot of unscientific instruction to get it. It is not that at all. It is all as simply

as any other part of the religion of Christ. Listen to this: “If we neglect to heed the simple laws by which we may preserve health, and fail to cultivate right habits, the Lord will not work a miracle to heal our disorders, while we continue to transgress his laws. Men are sleeping in their graves that the Lord would have had live. They destroyed themselves through lack of knowledge.”

What kind of laws are these?— Simple laws. That is just what they



are. Do not allow yourself, not allow anybody else for you, to make them anything else than simple. You will see this more fully as we follow this subject further:

“Some of our most talented ministers are doing themselves great injury by their defective manner of speaking. While teaching the people their duty to obey God’s moral law, they should not be found violating the laws of God in regard to health and life. Ministers should stand erect, and speak slowly, firmly, and distinctly, taking a full inspiration of air at every sentence, and throwing out the words by exercising the abdominal muscles.



If they will observe this simple rule, giving attention to the laws of health in other respects, they may preserve their life and usefulness much longer than men in any other profession.” GW 147.

Then let us quit dying!

Well, then, is it not almost a disgrace for any Seventh-day Adventist minister, except the oldest, to die, especially to die of lung or throat troubles and he professing to be a health reformer, too! If we did not have these things, if God had not spoken on these subjects, and set them so plainly before us, and so



repeatedly, too, it would not be so bad. But with all these things made so plain, and these good wishes of the Lord so fully expressed, it is awful to have our ministers dying, when to take the Lord’s way, the ministers may “preserve their life and usefulness much longer than men in any other profession.” Then let us quit dying! This expression is not out of place, either; for men often think they are all right, and not dying, when the truth is that they are dying all the time. Read again: “The chest will become broader.”

What! the chest will become

broader by exercising the abdominal muscles?—Yes, of course. That is the only way the chest can become broader in the right way, in the way to have health. Now there is no contradiction nor inconsistency here. I am not explaining, yet, just how this will be. It is all true, though. You believe it, and practise it, and you will find it so. However, we are searching now for what is the right way to breathe; how to practise it we shall study afterward.

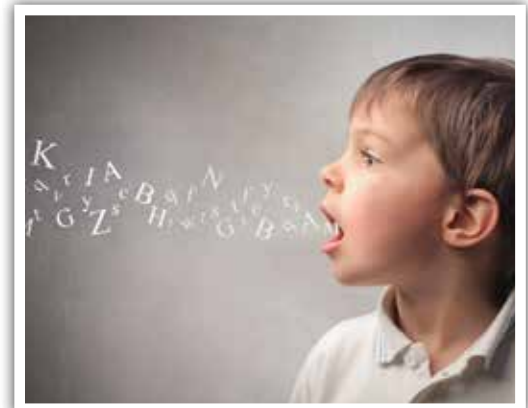
“The chest will become broader, and by educating the voice, the speaker need seldom become hoarse, even by constant speaking.” The throat is the place in the body to become weary from speaking; the lungs, never. The abdominal muscles may become tired sometimes, and the back also, and even other parts of the body, with long or strong speaking, but the lungs and throat will be all right. Only use them as God intended them to be used, and they will outlast all the rest of the system.

“Instead of becoming consumptives by speaking, our ministers may, by care, overcome all tendency to consumption.”

Good. Then why should any Seventh-day Adventist minister have any tendency to consumption, much less have consumption itself? And even some of our doctors have tendency to consumption; yea, some have actually died of consumption, in the face of this direct instruction from the Lord, too! How long shall these things be? Instead of being delicate, and sunken-chested, and weak-lunged, the Lord wants us to be healthy, full-chested, strong-lunged, and proof against disease instead of being subject to it. And why is not this true of all the people as well as of the ministers? Why should our sisters be sunken-chested, stoop-shouldered,



and weak-lunged, and subject to lung troubles, any more than our brethren or our ministers?—They should not. The Lord wants women to have as good health as he wants men to have. And these excellent things that we have been reading are just as much for women as for men, and are just as true of women as they are of men. Then, sisters, you stand erect, and use the abdominal muscles in deep breathing and in expanding the chest. You, too, can throw out your words by exercising the abdominal muscles. Then, if you have any tendency to consumption, you will soon be all right,—in more ways than simply your lung troubles, too,—you will “overcome all tendency to consumption”. This is a great deal; it is a blessed promise.





Choose now, and diligently follow, the right way

“I would say to my ministering brethren, unless ministers educate themselves to speak in accordance with physical law, they will sacrifice life, and many will mourn the loss of ‘those martyrs to the cause of truth’; when the facts in the case are, that by indulging in wrong habits, they did injustice to themselves and to the truth which they represented, and robbed God and the world of the service they might have rendered. God would have been pleased to have them live, but they slowly committed suicide.” That is to Seventh-day Adventists who die of consumption. It is an awful thing when a person, in very desperation, commits suicide by a sudden act. But how much more awful it is for a person—and of all people a

Seventh-day Adventist, too—slowly to commit suicide,—to keep it up, and follow it up persistently for years, till it is finally accomplished! That is terrible. Who, then, will continue to do it? O, rather, who will not cease entirely to do it, by choosing now, and diligently following, the right way?

PLEASE read carefully the following sentence, and consider how much of you is involved in right breathing. See how certainly breath, by proper breathing, is “the breath of life”: “He breathes only from the top of his lungs. It is seldom that he exercises the abdominal muscles in



the act of breathing. Stomach, liver, lungs, and brain are suffering for the want of deep, full inspirations of air, which would electrify the blood and impart to it a bright, lively color, and which alone can keep it pure and give tone and vigor to every part of the living machinery.”

How much of a person suffers from failing to exercise the abdominal muscles in breathing! Think of it,—“stomach, liver, lungs, and brain”! Take these things away from a man, and how much is he worth? Put it in another way: Take away from man the proper and free use of these organs, and what is he in comparison to what God

intended that he should be?—He is as nothing compared to what God made him to be. And yet the “stomach, liver, lungs, and brain” of thousands of people—some of them Seventh-day Adventists, too—are suffering because they do not now how to breathe correctly. Study up on these things. God has given us these organs to be kept in health, and to be used to glorify him. But it is not health to have the stomach, liver, lungs, and brain suffering.

Now to sum up:

Question—What is right breathing?

Answer—“Exercising the abdominal muscles.”

Question—What is wrong breathing?

Answer—“The use of the top of the lungs.”

Question—What is the right way and manner of speaking?

Answer—“By using the abdominal muscles.”

Question—What is the wrong way?

Answer—“To use the top of the lungs and the throat.”

Question—Where are the words to come from?

Answer—“Let your words come from deep down.”

Question—Where shall they not come from?

Answer—“Not from high up. Not from the throat, nor from the upper extremity of the vocal organs.”

Question—What is to do the work?

Answer—“The abdominal muscles.”

Question—What is not to do the work, not to be worn?

Answer—“The lungs and throat, the vocal organs.”

That you may see yet more plainly how important this is, we quote a statement clipped from one of the



leading papers of the United States (1898)—a Christian and temperance paper, too. Under the heading, Physical Culture for Children, it says: “I would begin when a child is two years old, and teach her [her, mark it. You will readily see that there is a point in so teaching her rather than him] to stand poised from the hips, and slightly forward, chest up, abdomen contracted, toes turned out at an angle of sixty degrees, and neck erect, so that the collar-bone should be horizontal. . . . Then I would teach her to breathe slowly, inflating the chest upward and outward, not downward, keeping the abdomen contracted.”

Think of it,—chest up, abdomen contracted, toes turned out, neck erect, breathe slowly, inflating the chest upward and outward, not downward! To take a grown person who is breathing rightly, and put him or “her” through that drill, would be torture to him or “her”. A child two years old breathes rightly just as she is; she breathes naturally, as God made her to breathe. But lo! this proposes to take “her” at that age, and train “her” into this absolute perversion and inversion of nature.

If a child, taken at that age and trained in that way, should chance to survive the dreadful ordeal, she will be shaped, when she gets her growth, *directly opposite* to what God made her to be,—she will be shaped like an inverted cone, like a common ink-bottle upside down,—and will be a living invitation to consumption. It is plain to see, however, why such directions are given as physical culture for children. Some devotee of fashion invented this plan so as to have the women wasp-waisted, as fashion dictates. People will take the girl at two years old, and train, or rather, torture, her into this shape, so she will have as small a waist as possible.

These same people will praise the Venus of Milo, and then take their children and train them in exactly an opposite shape,—opposite, too, to the shape which God made them to bear.

Study these things carefully, prayerfully

Now, in the way the Lord made us, as we have already seen in these studies, the vital organs—the heart and lungs—are in the upper part of the body, and are fenced in strongly with the large, powerful upper ribs, which are further strengthened and braced by the breast-bone; but the breast-bone does not extend all the



way down as far as the ribs number. The lower ribs are loose at the front ends. This makes them pliable, and therefore they are called “floating” ribs. Now which is it easier to move—the ribs that are so strongly braced as to be almost immovable, or the ribs that are left free and floating purposely to be moved?—There is only one possible answer. Therefore, does not nature itself, and common sense, too, teach that breathing should be downward instead of “upward and outward,” as this extract says? Nothing more than this simple consideration is needed to demonstrate that this method of physical culture for children, or anybody else, is contrary to nature. And by every passage which



we have quoted, we know that it is contrary to revelation.

The general shape of the thorax, of the inside of the chest, and of the vital organs contained therein, is that of a cone right side up; that is, the small end up, and the large, broad part down. But the method given in the extract under consideration would develop just the reverse of that. This would put the broad part up and the point down. Do you not see that this reverses nature, and makes the shape just the opposite of what God made it? Nothing more is needed to demonstrate that such a method of breathing is contrary to nature and revelation, to reason and common sense. And here we leave the subject for the present. Study these things carefully, consider them prayerfully, apply them conscientiously, and glorify God by having good health.

March 8, 1898 ATJ, ARSH 153



News Watch

Shares Worthless
Stocks tumble assets
anxiety deepens
Interest rates
liquidity
RECESSION FORECAST

► On March 12, John Boehner, the Speaker of the House of Representatives, sent an open invitation to Pope Francis, as head of state of the Vatican to address a joint meeting of the U.S. Congress issued on Francis' installation as leader of the Catholic Church.



Photo credit: www.shutterstock.com/gallery; Philip Chidell



End Time Thought:

The idea that Pope Francis, the head of the Catholic Church might stand on the dais of the House of Representatives and address the Congress, Nation and World should be a specter of Revelation 13 to everyone who professes to understand and believe what Bible prophecy declares will be the nature and work of the United States at the time of the end.

Editor's thought: Prophecy is rapidly fulfilling—The deadly wound is rapidly healing. Are we getting the message out?



Hope for Health

So you think that fat today has become almost a dirty word in relation to good health? Think again! While it is true that excessive amounts of fat are harmful to our bodies, the fact is, you still need some fat in order to function properly each day.

LECITHIN

Lecithin is a type of fat called a phospholipid which is found in each body cell, and its function is to maintain each cell's membrane structure. If adequate amounts of phospholipids are not present, our body's cell membranes lose their ability to nourish and protect the cells.

Lecithin cannot be manufactured by our bodies and therefore adequate amounts have to be obtained from our diets. It is found naturally in egg yolks, corn and soybeans, and soybean lecithin is the richest cholesterol-free source of lecithin.

What are the benefits of Lecithin?

Interestingly, Lecithin has been called "nature's emulsifier" due to it having a detergent-like effect on fat in the body, keeping it suspended in the bloodstream and stopping it from settling on cell membrane walls. It also acts as a solvent for cholesterol, triglycerides and other fats and therefore helps maintain and support healthy cardiovascular systems.

People on diets love lecithin because of this emulsifying effect on fat in the body. When lecithin intake is combined with an appropriate exercise program, it helps burn fat more quickly.

As lecithin also helps brain cells develop, it is important in the function of transmission of

nerve impulses in the brain, and plays a role in the neurotransmitters which govern short-term memory. It is regarded as a true brain food!

Lecithin also assists with the absorption of nutrients from the blood stream into the body's cells. Without sufficient lecithin our cell membranes harden and malabsorption (imperfect absorption of food material by the small intestine) is the end result. Chemicals from such everyday hazards such as food additives and pesticides, environmental pollutants, heavy metals and medications cause hardening of the cell's membrane. So, increasing our lecithin intake is a wise choice in today's world.

A major benefit of lecithin is that it forms part of the myelin sheath which surrounds and insulates our nerve fibers. Without this sheath, our nerves function less efficiently, and so people suffering from stress and depressed mood conditions, as well as far more serious problems concerning the myelin sheath, have immensely benefited from increased lecithin intake. Hyperactive conditions in both adults and children have also been found to benefit significantly from the use of lecithin.

Hope for Health's Lecithin Can Help:

- Maintain and support healthy cholesterol levels
- Assist the body in absorption of nutrients from the blood stream into the body's cells

- Brain cells develop
- Act as a lubricant for the joints
- Aid maintenance of pancreatic and kidney tissue as well as the bowel lining
- Burn fat, stopping it from settling on cell membrane walls

Customer Testimonials:

"I started taking Hope for Health's Lecithin and within 2 weeks I dropped 1 inch around my belly. I will definitely continue to take this product and watch the inches fall off! Very happy and pleased." – P.T.

"I added Lecithin to my nutritional regime a few weeks ago and I have noticed my skin has become so soft and smooth, especially my hands." – R.G.

Price:

100 capsules \$12.99

Suggested Adult Dosage:

- Take 1 capsule three times a day with food.

*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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Combining nature, faith, and love to bring healing to the world.

Ellen White's *Vision*

Recreation

By E. G. White

I was shown that Sabbathkeepers as a people labor too hard without allowing themselves change or periods of rest. Recreation is needful to those who are engaged in physical labor and is still more essential for those whose labor is principally mental. It is not essential to our salvation, nor for the glory of God, to keep the mind laboring constantly and excessively, even upon religious themes.

With the question of recreation, the surroundings of the home and the school have much to do. In the choice of a home or the location of a school these things should be considered. Those with whom mental and physical well-being is of greater moment than money or the claims and customs of society should seek for their children the benefit of nature's teaching and recreation amidst her surroundings.

Recreation Is Essential to Best Work

The time spent in physical exercise is not lost. . . . A proportionate exercise of all the organs and faculties of the body is essential to the best work of each. When the brain is constantly taxed while the other organs of the living machinery are inactive, there is a loss of strength, physical and mental. The physical system is robbed of its healthful

tone, the mind loses its freshness and vigor, and a morbid excitability is the result.

Care needs to be exercised in regard to the regulation of hours for sleeping and laboring. We must take periods of rest, periods of recreation, periods for contemplation. . . . The principles of temperance have a wider range than many think.

Students Need Relaxation

Those who are engaged in study should have relaxation. The mind must not be constantly confined to close thought, for the delicate mental machinery becomes worn. The body as well as the mind must have exercise.

Attention to recreation and physical culture will at times, no doubt, interrupt the regular routine of schoolwork; but the interruption will prove no real hindrance. In the invigoration of mind and body, the fostering of an unselfish spirit, and the binding together of pupil and teacher by the ties of common interest and friendly association, the expenditure of time and effort will be repaid a hundredfold. A blessed outlet will be afforded for that restless energy which is so often a source of danger to the young. As a safeguard against evil, the preoccupation of the mind with good is worth more than unnumbered barriers of law and discipline.

Office Workers Who Needed Days for Recreation

I saw that but few realize the constant, wearing labor of those who are bearing the responsibilities of the work in the office. They are confined within doors day after day and week after week, while a constant strain upon the mental powers is surely undermining their constitutions and lessening their hold on life. These brethren are in danger of breaking suddenly. They are not immortal, and without a change they must wear out and be lost to the work.

We have precious gifts in Brethren A, B, and C. We cannot afford to have them ruin their



health through close confinement and incessant toil. . . .

They have had scarcely any variation except what fevers and other sickness have given them. They should have a change frequently, should often devote a day wholly to recreation with their families, who are almost entirely deprived of their society. All may not be able to leave the work at the same time; but they should so arrange their work that one or two may go, leaving others to supply their places, and then let these in their turn have the same opportunity.

I saw that these brethren, A, B, and C, should as a religious duty take care of the health and strength which God has given them. The Lord does not require them just now to become martyrs to His cause. They will obtain no reward for making this sacrifice, for God wants them to live.

Seek Means for Innocent, Instructive Recreation

There are modes of recreation which are highly beneficial to both mind and body. An enlightened, discriminating mind will find abundant means for entertainment and diversion, from sources not only innocent, but instructive. Recreation in the open air, the contemplation of the works of God in nature, will be of the highest benefit.

I believe that, while we are seeking to refresh our spirits and invigorate our bodies, we are required of God to use all our powers at all times to the best purpose. We may associate together as we do here today, [NOTE: PORTION OF AN ADDRESS TO A COMPANY OF ABOUT TWO HUNDRED, ENJOYING A SEASON OF RECREATION AT LAKE GOGUAC, NEAR BATTLE CREEK, MICHIGAN, IN MAY, 1870.] and do all to the glory of God. We can and should conduct our recreations in such a manner that we shall be fitted for the more successful discharge of the duties devolving upon us, and that our influence shall be more beneficial upon

those with whom we associate. Especially should it be the case upon an occasion like this, which should be of good cheer to us all. We can return to our homes improved in mind and refreshed in body, and prepared to engage in the work anew, with better hope and better courage.

God's Invitation to Youth

God's invitation comes to each youth, "My son, give Me thine heart; I will keep it pure; I will satisfy its longings with true happiness." God loves to make the youth happy, and that is why He would have them give their hearts into His keeping, that all the God-given faculties of the being may be kept in a vigorous, healthful condition. They are holding God's gift of life. He makes the heart beat; He gives strength to every faculty. Pure enjoyment will not debase one of God's gifts.



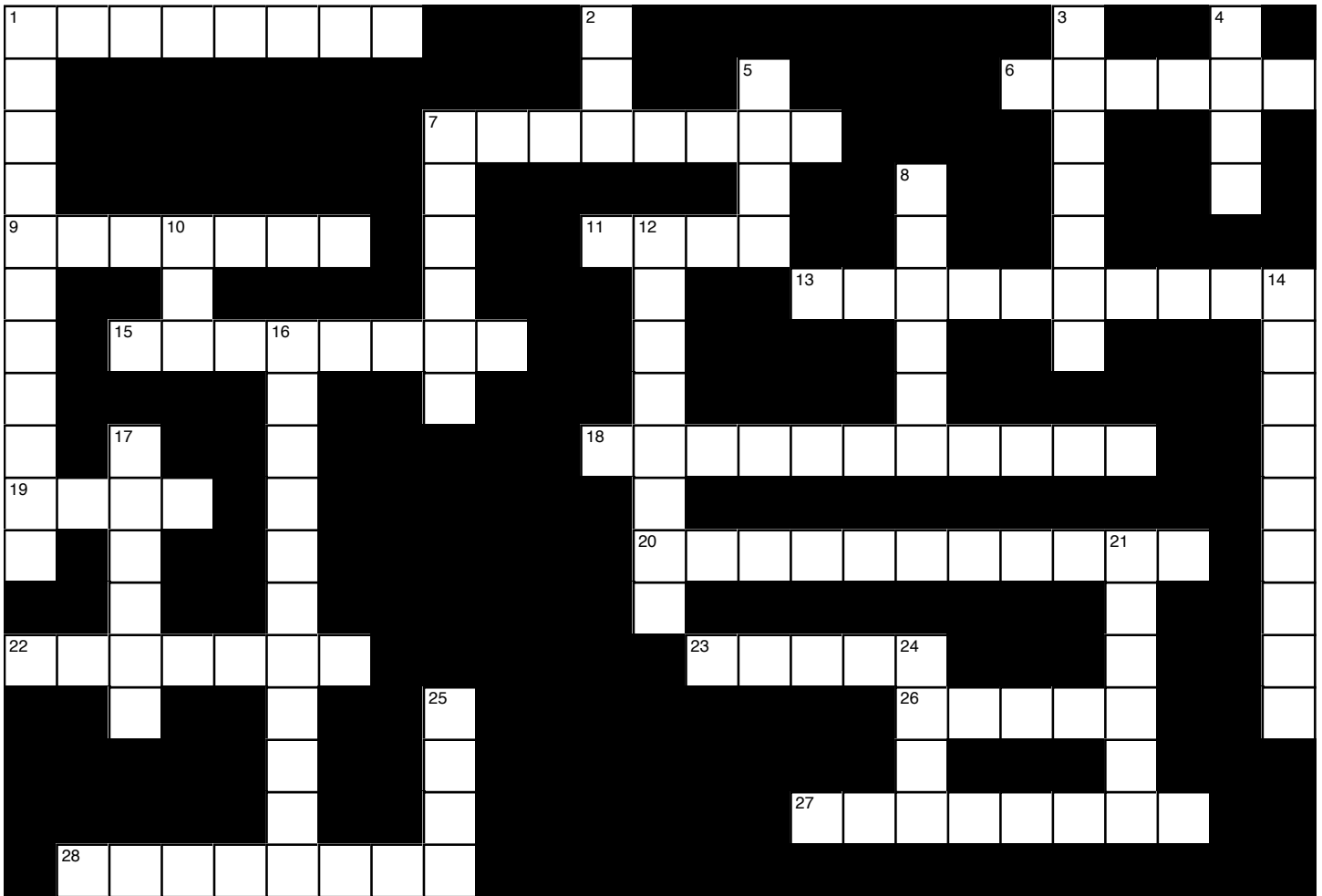
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Christian Crossword



ACROSS

1. The prophet who gave a 70-year prophecy for Israel in Babylon
6. A ruler of the synagogue that came to Jesus
7. The uncle of queen Esther
9. The number of sons Ahab had in Samaria
11. The first king of Israel
13. The king that allowed Nehemiah to go to Judah
15. The wife of Moses
18. To whom did Hezekiah display all that was found among his treasures
19. The twelfth month on the Jewish calendar
20. Saul asked this man to thrust him through with his sword
22. Haman's native background
23. A prophet, the son of Beeri, in the days from Uzziah to Hezekiah
26. A man of Old Testament times that was at the transfiguration
27. Isaiah advised this king that the Lord extended his life
28. Queen Esther's true name

DOWN

1. The father of Jehoram, the king of Judah
2. Cain dwelt in the land of ___ in the east of Eden
3. The angel that came to David to explain a vision
4. A brother of James that wrote a book of the New Testament
5. The seventh plague
7. The sister of Moses
8. The prophet sent by God to tell David not to build God's house
10. An early high priest with two wicked sons

12. One of Saul's sons
14. He was furious when the wall was being rebuilt by Nehemiah
16. David went to this people for his protection
17. The mother of Samuel
21. He made an ax head float through calling on God
24. Isaiah's father
25. A man who "walked with God"

Answers from Christian Crossword published in the April 2014 issue of Our Firm Foundation

