

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*

ARE YOU SATISFIED?

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As I work on this editorial many thoughts come into my mind. I am sitting on a bed in my daughter's and son-in-law's condominium in Dillon, Colorado. I have just returned from a walk outside. It is a beautiful day, and the mountain peaks around Dillon and the Dillon Reservoir show up with a beauty that thrills my heart.

Yesterday, my two daughters, my son-in-law, my 7 year-old granddaughter, and a friend of my daughter went on a bicycle ride from Dillon to Frisco, another small town. The total round trip was 12 miles with up and down hills on the way. I made it without too much difficulty at my age, 73—my Seventh-day Adventist lifestyle, including my vegan diet, and walking my dogs every morning in our beautiful property in the mountains of western North Carolina has been a true Godsend.

I think back to my conversion experience of over thirty-six years

Will you value the Sabbath as it should be valued when Sunday laws come?

ago and how God came into my life in such a miraculous way. God is interested in each person and wants all to be saved, but He never forces anyone—He woos everyone, but the choice is ours. And God does not expect us to have a blind faith. He has given us the Bible with the experiences of others to encourage our experience. I was inspired and converted by the testimonies of others, but I was strengthened in my faith by Bible prophecy—especially the prophecies of Daniel and Revelation.

I know we have a time of trouble before us, but I am encouraged by those that have lived in such times

before us—not only those who were persecuted for their faith, but also those that founded the United States and established the Declaration of Independence.

There were fifty-six men who signed the Declaration of Independence. Twenty-four were lawyers and jurists. Eleven were merchants, nine were farmers and large plantation owners; men of means, well educated. But they signed the Declaration of Independence knowing full well that the penalty would be death if they were captured.

Five signers were captured by the British as traitors, and tortured before they died. Twelve had their homes ransacked and burned. Two lost their sons in the Revolutionary army, another had two sons captured. Nine of the fifty-six fought and died from wounds or hardships of the Revolutionary War.

Carter Braxton of Virginia, a wealthy plantation trader, had his ships swept from the seas by the British Navy. He sold his home and properties to pay his debts and died a pauper.

Thomas McKeam was so hounded by the British that he was forced to move his family almost constantly. He served in Congress without pay, and his family was kept in hiding. His possessions were taken from him, poverty was his reward.

Vandals or soldiers looted the properties of Dillery, Hall, Clymer, Walton, Gwinnett, Hayward, Rutledge, and Middleton.

At the battle of Yorktown, Thomas Nelson, Jr. noted that the British general Cornwallis had taken over the Nelson home for his headquarters. He quietly urged General George Washington to open fire. The home was destroyed and Nelson died bankrupt.

Frances Lewis had his estate and properties destroyed. The enemy jailed his wife, and she died within a few months.

John Hart was driven from his wife's bedside as she lay dying. Their 13 children fled for their lives. His fields and his grist mill were laid to waste. For more than a year he lived in forests and caves, returning home to find his wife dead and his children vanished. A few weeks later he died from exhaustion and a broken heart. Norris and Livingston suffered similar fates.

Such were the stories and sacrifices of the American Revolution. These were not wild-eyed, rabble-rousing ruffians. They were soft-spoken men of means and education. They had security, but they valued liberty more.

What about each of our readers? Will you value the Sabbath as it should be valued when Sunday laws come? You will not be able to buy or sell unless you have received the mark of the beast, and eventually you may be under risk of death. Do you trust God as you should? Will you risk all to follow Jesus?

Jesus is looking for a people that will be safe to save in the earth made new! Sin shall never again raise its ugly head. Sin and sinners will be destroyed forever.



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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

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About Hope International:

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We are accepting article-length manuscripts (3000 words) for possible publication in *Our Firm Foundation*. We prefer that submissions be submitted in Word .doc format as a computer file. Include a digital picture and a short bio. Please address all correspondence to Editor, *Our Firm Foundation*, 151 Ascension Lane, Marshall, NC 28753, or by email to editorial@hopeint.org.

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ARE YOU SATISFIED?

By Joe Olson



This might seem as if it is a rather simplistic question, but please bear with me for just a few moments. I'd really like to have us look at our level of happiness; and to see, or know, how happy we are involves our level of satisfaction.

Even high-ranking Haman was not satisfied

Can we be truly happy if we are not satisfied? And what makes us satisfied or unsatisfied? Why are some people satisfied with less, while others are not satisfied unless they have it all? This thought came to me while reading the

Book of Esther. The Book of Esther deals with three main characters. Esther, of course; Mordecai, her uncle; and Haman. Haman is not satisfied in this story. And you would not think that would be the case. There is an attempted coup in the kingdom. There was a planned assassination of Ahasuerus the king. The attempt is foiled, the people involved removed, and new officers installed. One of those put into position was Haman. Haman was made the second highest leader in the Medo-Persian empire. "After these things did king Ahasuerus promote Haman the son of Hammedatha the

Agagite, and advanced him, and set his seat above all the princes that were with him." Esther 3:1. He was second only to the king himself!

Mordecai would not bow down to Haman

Now, you would have thought that Haman would have been satisfied with his position and power. He was married. He had lots of children. He had friends. He was not sick. He was very, very rich. And he was the most powerful man, outside of the king, in the entire then-known world! He ruled, under the king, all of the 127 provinces of the empire. That empire extended from India to Ethiopia. But he was not satisfied. He had plenty of power. He had lots of money. He had prestige and influence that no other could compare with. For all intents and purposes, he had it all! But... he was not satisfied. You see... there was a man... one man... who would not bow down to him. Mordecai would not bow to Haman. "And all the king's servants, that were in the king's gate, bowed, and revered Haman: for the king had so commanded concerning him. But Mordecai bowed not, nor did him reverence." Esther 3:2.





Haman could not get his mind off the fact that Haman refused to worship him

There were literally millions and millions of people in the Medo-Persian empire. And as far as we are told in the scripture, there was only one, out of the multiplied millions, who did not bow down to Haman. Now, in the scope of all things eternal, how important was this? I mean, really... how could this possibly matter? Haman did not have the reverence of this one, single, solitary person. And that lack of reverence, from this one man, made him miserable; he can't stand it. "And when Haman saw that Mordecai bowed not, nor did him reverence, then was Haman full of wrath." Esther 3:5. He is beside himself with anger and frustration and distress. Over this one man. Over Mordecai not bowing to him.

Haman has literally everything that anyone could wish for or desire... as far as worldly things go. No one, outside the king himself, has all that Haman has. What more could be added to his life that might make him happier? Why was he not satisfied? Could this one man really make that much of a difference in his life? Would Mordecai's bowing to him add any more to his treasures of silver? Would he have any more prominence in the court? Would the king value his

opinions more? Would his wife love him more? Of course not!

Haman was being used as a pawn by the devil

Now, to be fair to Haman, we have to look at the rest of the story. You see, he was being used as a pawn by the devil. If you remember the history of the Jews, their country and temple have been destroyed many years earlier. Nebuchadnezzar, the Babylonian king, came in and basically wiped out the Israelite nation. Of those who were not killed, many of the best and brightest were taken captive to live in Babylon or the

surrounding provinces. The temple was destroyed. The city was destroyed. The nation was dispersed throughout the Babylonian kingdom. This was all done because the Jews refused to obey God. God did all He could to get them to go in the right direction. They refused over and over and over again. As a last resort, God said there would be destruction and they would be taken captive for 70 years. Satan, desiring to ruin any prospect of God's people reflecting His image, could not be happier. Actually... that's not true. He could be happier. He would be happier if there was not a single, solitary Jew, or follower of the true God, left on the earth. THAT would satisfy him. And so he put together a plan to do just that.

Haman was hand-picked by Satan to destroy God's people

Satan needed just the right man to put this plan into action. Haman is the man he chooses. But how can he inspire Haman to kill an entire nation of people? How can he get this man to commit genocide? He gets Haman to focus... on Mordecai. Satan knows that Mordecai is a faithful Jew. Mordecai is a follower of the true God. And Mordecai will not bow down to a man. He bows only to the God of heaven.

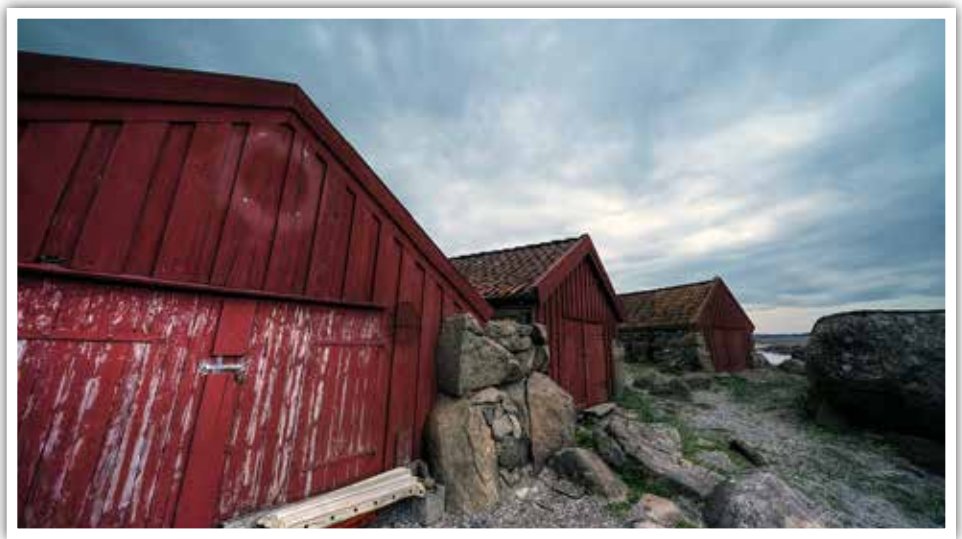
Satan takes advantage of Mordecai's faith and points Haman in Mordecai's



direction. When Mordecai does not bow, Satan makes sure that Haman notices. Satan whispers into Haman's ears just as he spoke to Eve in the garden. And he gets him to forget about all the other blessings he has. Everything is nothing to him... as long as Mordecai refuses to bow. Everything fades to insignificance to this one, overwhelming desire. He MUST have Mordecai bow to him. There can be no satisfaction, no joy, no peace, no happiness... until he obtains this one thing... Mordecai's reverence. All Haman has is eclipsed by this one thing he does not have. And the devil gives Haman a plan to destroy all the Jews in all 127 provinces of the Medo-Persian empire.

Haman wants the entire nation murdered, and is willing to pay to have it done

Haman is ready to commit genocide, because one, single man will not bow to him. Satan has convinced Haman that he cannot be satisfied until Mordecai and all of his nation is dead. Please keep in mind that this all started from one man not bowing to him. Haman has gone from wanting Mordecai's reverence to wanting an entire nation of people murdered. Not only does he want them all dead... he is willing to pay for it! Esther 3:9 - "If it please the king, let it be written that they may be destroyed: and I will pay ten thousand



talents of silver to the hands of those that have the charge of the business, to bring it into the king's treasuries."

Please note that Haman did not offer ten thousand silver coins... he offered ten thousand *talents* of silver! A "talent" is a measure of weight. My Bible says that the weight of a talent is approximately 130 pounds. Not ounces... pounds. To give you an idea of what that value would be today, an ounce of silver is about \$20.00 right now. Sixteen ounces to a pound would make that \$320.00 a pound. If one talent is 130 pounds, that would mean a talent of silver would be valued today at \$41,600.00. Haman offered 10,000 talents of silver. That's \$416,000,000 dollars! Four hundred and sixteen MILLION dollars! This is how far Satan took Haman. This is

what Haman was willing to do to get his satisfaction. We go from wanting reverence from one man to 416 million dollars to kill an entire nation of people. *What in the world?*

The devil is constantly attempting to redirect our thinking

What about you? Are YOU satisfied? Ask yourself... "Am I satisfied?" I'm not suggesting that you might not want improvements in your life. I'm asking if you are satisfied with what you are, what you have, where you are going. Are you happy with what money you make? Are you happy with your position in life? Do you feel satisfied with your Christian walk? Again, I am not referring to a desire to do more and be better. I am referring to the joy that comes with accomplishing what you have in life and are satisfied with it. Are you happy with your house, your car, your life? You see, we are always able to do more and get more and be more. But... are you satisfied with what you have... what you are... right now?

The devil often does the same thing to us that he did with Haman. He is constantly trying to take all of our joy away. He never wants us to be happy. He is habitually pointing us to that one man that does not reverence us. Oh, it may not be reverence that we are looking for, like Haman was. But we all have something that the devil can



point out to us and say, "If only you had that," whatever "that" might be. And this is how Satan gets us to do his will.

Satan has a special temptation for each one of us

He will point out to us that we need that nicer car or house or TV. Then, he gets us to work harder but pray less and study less and spend less time with the kids. He will point out how this woman or that man does things better than your wife or husband and we start wandering. And everyone is different. But Satan has a temptation for each one. For some, it is more education... it can never be enough. We are just not satisfied. For some it is money. For others it is power or prestige. And the devil does his best to keep us unsatisfied. We spend our lives being tempted to think, just like Haman, that if only we had one more thing, one more dollar, one more hour in the day. What about the way we look? Are we satisfied with that? Are we happy with blonde hair or do we need brown? Are we satisfied with blue eyes or do we want green? Do we weigh what we want to weigh? Is our body sculpted the way we want? Are we ever satisfied with what we are? And my question is whether or not the devil will ever leave us alone. Did he ever leave Haman alone? He made Haman so crazy that he was willing to kill an entire nation. Does he do that



to us? Does he make us so dissatisfied that no matter what we have or who we are, we are never, ever happy with our lives?

The Bible talks about us being satisfied...

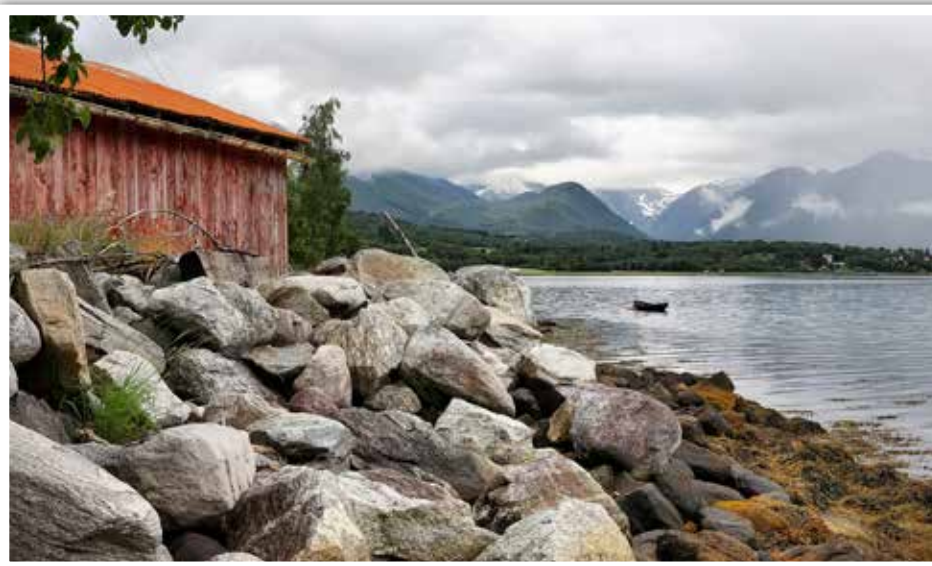
"The meek shall eat and be satisfied..." Ps. 22:26. When we are children of the Almighty God, we should be satisfied. "They shall be abundantly satisfied with the fatness of thy house; and thou shalt make them drink of the river of thy pleasures." Ps. 36:8. Whatever God blesses us with, we are supposed to be abundantly satisfied. "My soul shall be satisfied as with marrow and fatness; and my mouth shall praise thee with joyful lips." Ps. 63:5. We are to see how good the Lord is to us and we are to be satisfied. "And

ye shall eat in plenty, and be satisfied, and praise the name of the LORD your God, that hath dealt wondrously with you: and my people shall never be ashamed." Joel 2:26. According to Joel, when we think of how wondrously the Lord has dealt with us, we will be satisfied and will praise His name!

The devil wants us to be dissatisfied

But please notice that our satisfaction comes from recognizing what God HAS done for us and IS doing for us. Our heavenly Father provides everything we need. We are important to Him and He would never cast us away or forget about us. That's what Jesus was trying to say in Luke 12:27-28; "Consider the lilies how they grow: they toil not, they spin not; and yet I say unto you, that Solomon in all his glory was not arrayed like one of these. If then God so clothe the grass, which is to day in the field, and to morrow is cast into the oven; how much more will he clothe you, O ye of little faith?"

The devil does not want us to be satisfied or happy... ever. So, he does to us what he did to Haman. He tries to take our minds off of all the other blessings we have and tries to get us to focus on what we do not have. But, for the Christian, we have everything if we have God. Yet, there are many, many Christians who seem unsatisfied with their lives. But, how can that be? How can children of the heavenly king



be unhappy? The exact same way that Haman, with all he had, was unhappy. He lost all his joy because Satan was able to get him to focus his attention from all he had. We must not let Satan do that to us.

If we are God's children, we should be the happiest people alive!

Have we given our hearts to Jesus? Then we are children of the heavenly King. Do we keep God's holy Sabbath day? Then we are His people because He said that was the sign that we are His. Do we believe that He is sending His Son to come back here to bring us home? Then we are His children. And if we are His children, we should be the happiest people alive! Satan will point out that we don't pray enough. He will say we don't give enough. He will say we don't live the health message well enough. We don't do enough evangelism, enough witnessing, enough sharing. It is the devil that tries to take away our joy and happiness and satisfaction.

Do you think that every person who goes to heaven was a life-long vegan? Do you think that everyone has memorized at least half the Bible? What about their prayer life...Do you think every Christian prays two hours a day? Of course not! Then why do we let the devil take away our satisfaction with our Lord? We have given our hearts to Jesus. Let's bask

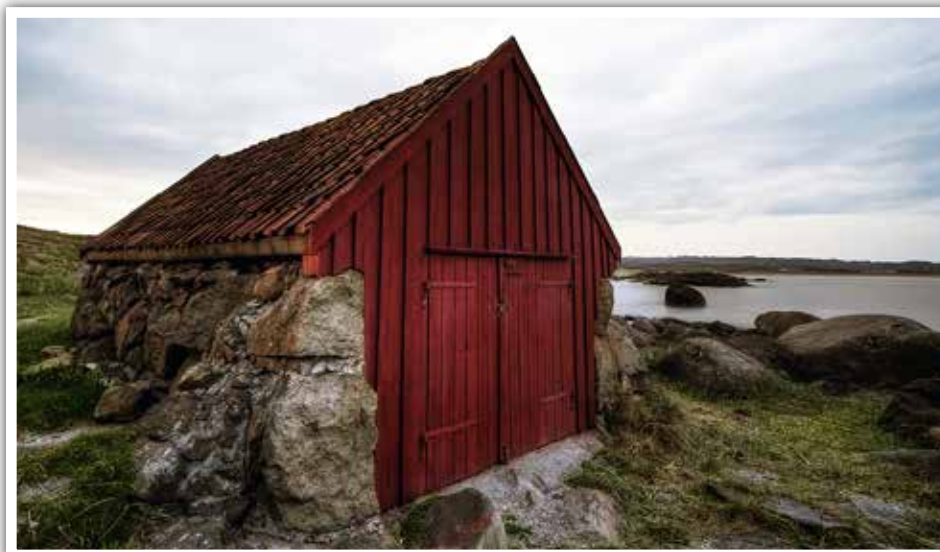


in the happiness that He gives to us. "...happy is that people, whose God is the LORD." Ps. 144:15. We have asked Jesus into our lives! The Bible says those people are happy! "Happy is he that hath the God of Jacob for his help, whose hope is in the LORD his God:" Ps. 146:5. We keep the holy Sabbath of the Creator God. We keep all of the commandments because we love our Lord. "... he that keepeth the law, happy is he." Prov. 29:18. If the Bible says we are happy when we do these things, then why do we feel unhappy? Same reason as Haman. With all the blessings God has given us, with His protection, His mercy towards us, His forgiveness, His Son... we should be the most happy and satisfied of all people. But we let the devil tempt us into thinking that we

cannot be truly happy or satisfied until we have this, or have gotten that, or until we accomplish the other. We let the devil take our joy.

We must keep our focus on our Lord and Saviour!

We are getting so near the end of this world's probation. We are to be the witnesses to God's love and mercy and goodness. We are the true children of the heavenly King! We, of all people, cannot be unsatisfied. We have eternal life... with a God who loved us so much He gave us His only Son to die for us! This MUST cause us to praise Him with a joy and happiness unequalled in this world! The devil knows we have this. Just like with Haman, the devil knows that we have everything. Let's not let Satan take our focus from what is truly important. God loves us. We have chosen to be His children. There can be nothing more satisfying than to be the children of the Creator of the universe! Let's put our focus back on the only One and the only thing that truly satisfies! Our Lord and Saviour, Jesus Christ.



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



THE SABBATH

By F. A. Reynolds

Holy Sabbath! Day of rest!
By our great Creator blest;
Sweet its quiet hours of peace,
Sign of Sabbaths ne'er to cease!

He who made the earth and sea,
Who created you and me—
Who devised salvation's plan,
He, the Sabbath made for man.

“Call the Sabbath a delight,”
Spend its precious moments right;
“Thou shalt prosper,” He hath spoken,
He, whose word can ne'er be broken.

Lord, we thank thee, and adore
Thy loving kindness more and more;
Make our Sabbaths a delight,
Rightly spent, as in thy sight!

Faith in God's Power

IN THE FACE OF IMPOSSIBLE ODDS

By Emmanuel Machakaire

The story of David and Goliath is one of the best known stories of the Bible. The story begins this way in: "Now the Philistines gathered their forces for war and assembled at Socoh in Judah. They pitched camp at Ephes Dammim, between Socoh and Azekah. Saul and the Israelites assembled and camped in the Valley of Elah and drew up their battle line to meet the Philistines. The Philistines occupied one hill and the Israelites another, with the valley between them." | Samuel 17:1-3. Suddenly a very big man steps forward from the camp of the Philistines. For the Israelites this was the biggest man they've ever seen. First Samuel describes him in detail. He stands six cubits and a span. That doesn't mean anything to us but if you convert it to our system of measurement, it means he was 9 feet 9 inches--about 3 meters tall. We're told other interesting things about him. His name, of course, is Goliath. He's clad from head to toe in armor. He wore a bronze helmet and a bronze coat of armor that weighed nearly 125 pounds, which is about 56kgs. He wore bronze shin guards and had a bronze javelin slung over his back. His spear was like a weaver's beam, meaning it was a thick shaft of wood, like a small log. The head of the spear had an iron point weighing 17 pounds, which is about 7kgs. Ahead of him marched a soldier carrying a shield large enough to protect his entire body.

Goliath proposes a one-on-one battle

Having gotten their attention, this is what Goliath says, "Why do you come out and line up for battle? Am I not a Philistine, and are you not the servants of Saul? Choose a man and have him come down to me. If he is able to fight and kill me, we will become your subjects; but if I overcome him and kill him, you will become our subjects and serve us.' Then the Philistine said, 'This day I defy the ranks of Israel! Give me a man and let us fight each other'" Verses 8-10.

What Goliath proposes is the ancient tradition of single combat. A little game of one-on-one, winner take all. One man from your side, one from mine. He would represent the Philistines, and someone would represent the Israelites. They would fight to the death and the army of the winner would win the entire battle. This plan saved time and potentially avoided useless bloodshed, but it only worked if someone accepted the challenge.

Saul and all of Israel were terrified at the prospect of facing Goliath

When Goliath says, "Am I not a Philistine?" the Hebrew text actually reads, "Am I not the Philistine?" Meaning, "I'm the baddest man the Philistines ever had. If you want to find out how bad I am, just come on down and fight me." Arrogance drips off every word. Now what would you do? Would you go and fight Goliath? Maybe you're 5' 8", 5' 10" tops, 25 years old, a hard-scrabble farmer from Hebron. Would you go and fight Goliath? It would be suicide. At least that's the way the men of Israel felt. Verse 11 says, "Saul and all Israel were dismayed and terrified." Even Saul was terrified. Why? Because now he's on his own. He wanted to do his own thing so God said, "Fine, go do it." And the Spirit of the Lord had left him. Without the Spirit of the Lord, Saul has nothing with which to face the giant.





God had lifted the divine shield for Saul and now he is filled with terror.

And so the challenge went unmet. Goliath went back to his camp. But it's not over, not by a long shot. Verse 16 tells us that Goliath came out 40 days straight, twice a day, morning and evening, to challenge the men of Israel. Each day it was the same: No one would answer the challenge. God's people were losing the battle before it started.

Giants defeat us because they make us feel small

It only takes one giant to stop you as long as you look at life from the human level. Our lens picks up a giant ahead and suddenly he fills the whole screen until the giant is all we can see. The problem is not how big the giant is, it's how small he makes us feel. So small that we don't have a chance. Giants defeat us not because they're big but because they make us feel small.

By this time, David is back tending the sheep at Bethlehem while his three oldest brothers are in the army. David's father Jesse wants to get a report from the battlefield so he decides to send David with some food for his brothers. Actually, it's a hefty load—five pounds of roasted grain, ten loaves of bread, ten cheeses. It's 18 miles which is about 28 km from Bethlehem to the Elah Valley. David runs all the way. He gets there just as Goliath is making his daily rounds for the 40th time. This is pretty old stuff by now. Goliath comes out, makes a few threats, curses the men of Israel, and then goes back to his lines. But this time things will be different.

Unlike Israel, David saw Goliath from God's perspective

David hasn't heard a thing about Goliath and his challenge. He's just excited to be on the battlefield and away from those sheep. So he asks, "What's going on? Why doesn't somebody take care of that loud-mouth?" Look at the answer in verse 25: "Do you see how this man keeps

coming out? He comes out to defy Israel. The king will give great wealth to the man who kills him. He will also give him his daughter in marriage and will exempt his father's family from taxes in Israel." It's not a bad deal except for the part about Saul's daughter. She was no prize. But notice David's answer. It's the key to the whole story. "What will be done for the man who kills this Philistine and removes this disgrace from Israel? Who is this uncircumcised Philistine that he should defy the armies of the living God?" (I Samuel 17:26). Wait a minute, did you get that? "The armies of the living God." Not "the armies of Saul" or "the armies of Israel." That makes all the difference in the world. The soldiers are saying, "Do you see that guy? He's like a mountain out there. You wouldn't last five seconds." David, don't you see him? Yes, David sees him. But he also sees something else that nobody in the army of Israel had seen. David saw that Goliath was not only defying Israel, he was defying Israel's God. David looks at life differently. Israel





will deliver me from the hand of this Philistine.” I Samuel 17:36-37. Behind these brave words lies an important truth: Every giant in your path is also in God’s path if you are going in God’s direction. If you are in the will of God, the giants who fight you are actually fighting God. That’s why God sends giants in our path on a regular basis: First, to see if we will run or fight. Second, to allow us an opportunity to honor our God.

Off he goes into battle with his staff and sling. As he heads down the slope, he pauses at the creek bed to pick up five smooth stones.

By this time David is coming near Goliath. Behind his shoulder, the whole army is watching. “Go get him, David. You can do it.” As he walked, Goliath got bigger and bigger and bigger. On the other side, somebody spots David, and the Philistines start laughing. Another fellow starts taking bets on how long it will take Goliath to break him in two.

Goliath never knew what hit him

But before they could fight, there was one more thing they had to do. In single combat, the fighters would first yell at each other, sort of an Old Testament version of trash talking. So Goliath says to David, “Come on over here and I’ll feed you to the birds and the beasts.” Notice how David answers back in verses 45-47. This is one of the greatest statements of faith in all the Bible: “You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty, the God of the armies of Israel, whom you have defied. This day the Lord will hand you over to me, and I’ll strike you down and cut off your head. Today I will give the carcasses of the Philistine army to the birds of the air and the beasts of the earth, and the whole world will know that there is a God in Israel. All those gathered here will know that it is not by sword or spear that the Lord saves; for the battle is the Lord’s, and he will give all of you into our hands.” David is saying, “I

saw Goliath—that brazen giant—as an immovable object. David saw him from God’s point-of-view. “He’s blocking the way of God. Let’s go get him.”

David was no match for Goliath but when that uncircumcised Philistine took on God, he got in over his head. This is a man who sees Goliath from above. It’s all a matter of perspective. David’s screen was filled with God and therefore everything else was whittled down to proper size. He saw Goliath but he also saw God. And that made all the difference.

If you are in God's will, every giant in your path is also in God's path

But before he goes after Goliath, he’s got to convince the doubters. The first one is his older brother Eliab who questions David’s motives: “Why have you come down here? And with whom did you leave those few sheep in the desert? I know how conceited you are and how wicked your heart is; you came down only to watch the battle” I Samuel 17:28. Eliab’s problem is that, he’s a coward. He can’t stand the thought that his kid brother could do something he couldn’t do. David answered in the words of younger brothers and sisters everywhere: “Now what have I done?” (verse 31).

Word comes to Saul that at last a man has been found. When Saul finds out it’s David, he can’t believe it. David in his eyes is just a kid. No chance in the world he could beat Goliath. He tells David, “You are only a boy, and he has been a fighting man from his youth.” David’s answer is classic: “Your servant has killed both the lion and the bear; this uncircumcised Philistine will be like one of them, because he has defied the armies of the living God. The Lord who delivered me from the paw of the lion and the paw of the bear





young shepherd dared to see life from the top down. David arrived early in the morning as a shepherd boy; by sundown he is a national hero. For that one act of bravery, he was enshrined forever in history. Never again would he be overlooked. Never again would he be taken for granted.

A giant is anything that blocks the way God wants us to go

What would qualify as a giant today? Sometimes we will find ourselves in situations similar to the one in which David found himself—in a valley, alone, facing a giant. But it's not likely that we will find ourselves up against a literal giant like Goliath. How, then, does this story fit our lives?

The point to remember is the one David made in verse 26, again in verse 36, and again in verse 45: In defying the armies of Israel, Goliath was actually defying the God of Israel. What appeared to be a purely military conflict turns out to be a spiritual conflict as well. We may face exactly that kind of conflict today. In fact, there are numerous warnings in the New Testament to expect opposition from the world, the flesh and the devil. Consider Acts 14:22, "We must go through many hardships to enter the kingdom of God." I Peter 5:8 warns us to "be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour." Remember Paul's sober words in II Timothy 3:12, "Everyone who wants to live a godly life in Christ Jesus will be persecuted." We need not think of persecution in a narrow or limited sense. The whole Christian life is one battle after another and most of us will face a whole army of giants before the story is fully told. To answer the basic question, a giant is any situation in our path which blocks the way God wants us to go. It might be a person who opposes us or it might be a combination of circumstances which when taken together block us from doing what God wants done.

In that sense, many of us face a giant right now. It may be an impossible situation at work or at home. It may be a

come to you in the name of all that my God is. Watch out, Goliath. My God is bigger than you and he's gonna lay your body down." With that, David suddenly starts to run. As he runs, he puts a stone in his sling and cocks his arm. As David released the stone from his sling the stone came in right between Goliath's eyes and lodged in his forehead. Goliath never knew what hit him. Such a thing had never entered his mind before. One moment he's watching David run, the next everything goes black. And with a mighty crash he falls to the ground...stoned out of his mind. Literally. Verse 50 emphasizes how it happened: "So David triumphed over the Philistine with a sling and a stone; without a sword in his hand he struck down the Philistine and killed him."

By sundown, David had gone from being a shepherd boy to a national hero

David had promised to cut off the giant's head but he didn't have a sword. So he borrows Goliath's and starts hacking away. Meanwhile, the soldiers on both sides can't believe what they've just seen. From the north end of the valley, the men of Israel are cheering, whooping, hollering. On the other side, sheer panic. Here come the Israelis. There go the Philistines. It was a slaughter. The road back to Gath was littered with dead Philistines. Then the Jews went back to the battlefield and plundered their tents. It was the most one-sided duel in history and Israel's greatest military victory. All because of one man, who saw life from God's perspective. A whole nation saved, revived, and energized because a



financial difficulty or a broken relationship or a terminal sickness. Giants by definition are enormous, threatening, intimidating. They fill the screen until we can see nothing else.

Our giants will not go away until we face them

Why does God put giants in our path? Primarily because men grow up on the battlefield and we will never grow up until we dare to go out and face Goliath head on. As long as we turn tail and run when the giant rears his ugly head, we'll have to face him tomorrow and tomorrow and tomorrow. He won't go away until we stand up and fight him. Whenever we stand up to a giant and fight him in the name of the Lord, mighty miracles begin to take place. God wants us to grow up and we can't until we go out and fight in the name of the Lord of Hosts. Though it may sound strange to say it, giants are absolutely necessary for our spiritual growth.

What lesson was God trying to teach David? You might say it many ways but at the heart it was the lesson of faith. David had to learn what faith in God could do. Unarmed faith in God conquers giants. Faith in God's power in the face of impossible odds brings victory.

Faith is not waiting for an assurance. Faith is not waiting until all your doubts are gone. If you wait for that, you'll wait forever. Faith is seeing the giant, understanding the odds, believing that God wants him dead, and then taking that first step of faith.

Faith is not talking about the giant, analyzing the giant, or praying about the giant. Big talk will never slay Goliath. Faith is taking that first step and stepping forward in the name of the Lord of Hosts. Therefore, you know that if the giant is defeated, it is because God has done it through you.



Don't just sit back and be passive when you encounter a Goliath

The reason this story is in the Bible is because there are still giants in the land and God is looking for some Davids. "You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world." I John 4:4 (NKJ).

Are you facing a situation that seems impossible? Even if you don't see how things will work out, remember, you are created to overcome. As a child of the Most High God, the Greater One lives on the inside of you. There are seeds of faith planted in your heart. Begin to declare, "I am bigger than this problem. I am created to overcome. I am destined to live in victory, because the Greater One lives inside of me."

Friend, when you start speaking like that, all of heaven hears you and gets behind you. That's why it's so important to stir up the fire that God has placed on the inside of you. Don't just sit back and be passive. That obstacle may look impossible, but God wouldn't have allowed it in your life if He didn't already know that you could overcome it! Quit looking at your difficulties as obstacles that are going to hold you back and start looking at them as opportunities that are going to push you forward into the life of faith and victory He has in store for you!

"Blessed is the man who makes the Lord his trust..."
Ps.40:4 (NIV).



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



Hope for Health

Your kidneys are bean-shaped organs, each about the size of your fist. They are located near the middle of your back, just below the rib cage. Most of us have two of them and they are the most commonly transplanted organs.

You may not think about them often but every day your kidneys are working hard for you!

Now it is your chance to give them all the SUPPORT they need!

Kidney Support

Your Kidneys:

- Make urine
- Remove wastes and extra fluid from your blood
- Help you make red blood cells
- Keep your blood pressure in balance
- Help keep your bones healthy
- Control your body's chemical balance

Why Do the Kidneys Need Support?

If the kidneys are unable to do their job of filtering the blood from the waste products of food and tissues, these toxins build up and may destroy the healthy cells and tissues. As well as filtering the blood of waste products, the kidneys also release three important hormones. These hormones have very important functions. Erythropoietin stimulates the bone marrow to make red blood cells, rennin regulates the blood pressure and calcitriol helps maintain calcium. It is important to keep the kidneys as clean as possible for optimum function. Hope for Health's Kidney Support may help you get this big job done!

Mucus can be a big problem for the kidneys as it can clog the filtering system. Mucus occurs because of a response to allergies and the ingestion of substances that are not beneficial to our bodies such as junk food, too much sugar, medications and food that is either too hot or too cold. There is good news however, if you have been abusing your kidneys in one of these ways - help is here!

Think of your kidneys like a pasta strainer or filter - you might say they are a sophisticated waste reprocessing machine. Your kidneys keep some things in your body that you need and gets rid of other things that you don't. Some of the waste is the result of chemical reactions. Some is just stuff your body doesn't need because it already has enough. The waste has to go somewhere! Keep this vital machine running smoothly with Kidney Support!

Hope for Health's Kidney Support Contains a Powerful Blend of Herbs:

Uva Ursi - Is also known as bearberry because bears like eating the fruit. It contains a considerable amount of tannins (up to 40 percent) making it one of nature's most powerful astringents! It may reduce swelling (inflammation), as well as strengthening and imparting tone to the urinary passages. This herb has been used since the 2nd century as a general tonic for weakened kidneys. Scientific research has found that Uva Ursi's antimicrobial properties, which may help fight infection, and diuretic properties, are of great value in keeping the kidney free of problems.

Juniper Berries - A report from Shiraz University of Medical Sciences, published in "Pharmacognosy Research" in 2010, found juniper berries possess impressive antioxidant effects and the ability to sweep up damaging free radicals, thereby offering substantial protection for the kidneys!

Marshmallow - The herb, not the white fluffy food - contains flavonoids that have anti-inflammatory properties. The flavonoids are able to reduce inflammation while the mucilage (like glue) holds them in place and prevents further damage. The mucilage remains unaltered until it reaches the colon, which is why marshmallow works well on most inflammatory digestive disorders.

Buchu - This soothing herb is a diuretic and is antimicrobial, which indicates its use in combination with other relevant herbs for many conditions affecting the urinary tract.

Cranberry - You may know that cranberries are an excellent source of vitamin C, but another amazing discovery was made in the early 1920s, by American scientists. Cranberries cause people to have more acid in their urine. Because bacteria cannot survive in an acidic environment, the researchers speculated that cranberries might help control/eliminate infections of the urinary tract.

Horsetail - It is known for its anti-inflammatory, antibacterial, antimicrobial, antioxidant, coagulant, demulcent (relieving inflammation or irritation), diuretic and astringent activity. According to the University of Maryland Medical Center, a study shows that due to the diuretic activity of Horsetail, it has been shown to be beneficial for the elimination of uric acid kidney stones.

Nettle - Another effective diuretic, nettle helps inhibit most types of kidney stones as well as infections. By keeping water flowing through the kidneys and bladder, nettle may help keep crystals from forming into stones and washes bacteria away.

Blueberry Leaves - A study in the June 2009 issue of the "Journal of Medicinal Foods" shows that blueberry leaves control the activity of free radicals because the leaves have high antioxidant content. The study further reports that blueberry leaves may repair damage already done by free radicals. It can also slow the growth of unhealthy cells due to the antioxidant compounds blocking the metabolic pathways that lead to unhealthy cells.

Bromelain - It has admirable qualities including improving protein digestion and reducing inflammation. With countless studies about bromelain, the benefits of this anti-inflammatory enzyme are ever increasing and recognized now more than ever.

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

ONE TAKEN, ANOTHER LEFT

By James Edson White

**"TWO WOMEN SHALL BE GRINDING AT THE MILL;
THE ONE SHALL BE TAKEN, AND THE OTHER LEFT."**

MATTHEW 24:41

When our Lord returns to this earth, He will find two classes of people. One class will have complied with the overtures of the gospel, and so will be accepted. The other class will have refused the offers of mercy, and will be rejected.

Some will doubtless be deceived as to their true condition up to the very coming of Christ to earth. He says: "Many will say to Me in that day, Lord, Lord, have we not prophesied in Thy

name? and in Thy name have cast out devils? and in Thy name done many wonderful works? And then will I profess unto them, I never knew you: depart from Me, ye that work iniquity." Matthew 7:22, 23.

HAVE YOU REALLY DONE THE LORD'S WILL?

There will therefore be a class of professed Christians who will be rejected by the Lord. The testimony

on this point is plain: "Not every one that saith unto Me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of My Father which is in heaven." Matthew 7:21.

We may belong to the church; our profession may be as high as heaven; but these things will not be considered in the great judgment-day. The question that will decide destinies for eternity is, Have you done "the will of My Father?"

DOES GOD KNOW YOU?

The Bible is God's written will to us. It is His explanation to us of the only way by which we can be saved. In the judgment-day our actions will be compared with the Book of Instruction, and our cases will be decided accordingly. If we have accepted the overtures of mercy as offered through Christ, and have done the will of the Father, an "abundant entrance" to the final reward will be granted to us. If we have chosen our own way, or have followed the teachings of men instead of the Word of God, the sentence will be, "I never knew you: depart from Me."





PROFESSING TO BE CHRISTIAN AND CHURCH MEMBERSHIP WILL NOT SAVE US

Those who do the will of God belong to the kingdom of God. All who do not obey God belong to the kingdom of Satan, no matter how moral and upright they may be outwardly. Of such Christ says, "He that is not with Me is against Me; and he that gathereth not with Me scattereth abroad." Matthew 12:30. There is no neutral ground; we are either gathering with Christ, or we are scattering abroad with Satan.

A profession of religion and membership in the church will not save us, nor make our influence right here upon the earth. The Jews had a profession, the highest the world has ever known, and their church requirements were very rigid; but their principles of service were wrong, and they crucified the Lord of life.

OUR CHARACTER MUST BE RIGHT BEFORE GOD

The Jews claimed that they were the children of Abraham; that they were heirs to the promises made to him, and so, of course, that they were perfectly safe. But John the Baptist told them not to make that claim as it would not hold; for their hearts were not right before God, who, the Saviour declared, was "able of these stones to raise up

children unto Abraham." Matthew 3:9. The securing of eternal life is an individual work, regardless of birth, church relationship, or any profession we may make.

Neither does God judge from outward appearance. It is not our acts alone that will be taken into account. "For the Lord seeth not as man seeth; for man looketh on the outward appearance, but the Lord looketh on the heart." 1 Samuel 16:7. Our character must be right before God can give us the final reward. Our thoughts and desires often influence our character more than do our words and actions.

THE KINGDOM OF CHRIST OR THE KINGDOM OF THE ENEMY?

The force and application of the words of Matthew 24:40, 41, are very clear: "Then shall two be in the field; the one shall be taken, and the other left. Two women shall be grinding at the mill; the one shall be taken, and the other left."

No matter how close the association may be, God knows those who are truly His. Two men may work side by side in the field, in the shop, or in the office. Both may have their names on the same church record. The one may have made his peace with Heaven, while the other, by disbelief of the truth sent from the Lord, will stand among the rejected.

The old custom of grinding the family supply of flour is also taken to show the closeness of the final test. Two women join together to do their grinding. The one may be a member of God's kingdom on earth, and so be fitted for the wonderful home Christ is preparing, while the other may still belong to the kingdom of the enemy.

"THEY SHOULD DELIVER BUT THEIR OWN SOULS"

The godly character of our most intimate associates, even though they may be the best loved of our own household, will not save us. Each individual must make his own peace with Heaven. For "though these three men, Noah, Daniel, and Job, were in the land, "they should deliver but their own souls." Ezekiel 14:14. "The son shall not bear the iniquity of the father, neither shall the father bear the iniquity of the son: the righteousness of the righteous shall be upon him, and the wickedness of the wicked shall be upon him. But if the wicked will turn from all his sins that he hath committed, and keep all My statutes, and do that which is lawful and right, he shall surely live, he shall not die." Ezekiel 18:20, 21.



GOD'S DEMANDS UPON HIS SERVANTS

By Ellen G. White

Water is necessary to life, and Christ uses it as an emblem of salvation. Let God withhold water from our earth, even for a little time, and what a state of wretchedness would result. A wild cry of indescribable woe would come from the suffering inhabitants. How much more terrible would be the result, if the light of truth, which is essential to the health and life of the soul, were withheld! Many in this world of mortality are perishing for the water of life. The loss of the natural life is not so lamentable; but the loss of that life which is eternal, which measures with the life of God, is terrible to contemplate; this is an eternal loss. Then why is there so great indifference? Why are those who have a knowledge of Jesus Christ resting at ease?

AS WE BELIEVE AND RECEIVE THE THE WORDS OF JESUS THEY BECOME PART OF OUR SPIRITUAL LIFE

“Verily, verily, I say unto you, He that believeth on me hath everlasting life. I am that bread of life. Your fathers did eat manna in the wilderness, and are dead. This is the bread which cometh down from heaven, that a man may eat thereof, and not die. I am the living bread which came down from heaven; if a man eat of this bread, he shall live forever; and the bread that I will give is my flesh, which I will give for the life of the world.” “Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you. Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day. For my flesh is meat indeed, and my blood is drink indeed. He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him. As the living Father hath sent me, and I live by the Father; so he that eateth me, even he shall live by me.” “Many therefore of his disciples, when they had heard this, said, This is an hard saying; who can hear it? When Jesus knew in himself that his disciples murmured at it, he said unto them. Doth this offend you? What and if ye shall see the Son of man ascend up where he was before?” Now mark the explanation of this statement clothed in such mystery: “It is the Spirit that quickeneth;





Christ says to his followers, “Ye are the light of the world.” Having a knowledge of the truth ourselves, we must practice its principles, or it will be only a curse to sink us deeper in perdition. We must not only be prayerful, and anxious to know what is right, but we must love to do the right.

God is life, and love, and light. The gospel of truth, emanating from God, must be appropriated by his followers, as the branch appropriates the nourishment in the sap flowing from the true vine. The mind and heart will then be, not only enlightened, but cleansed and purified. All who are abiding in Christ will do the work of Christ.

the flesh profiteth nothing; the words that I speak unto you, they are spirit, and they are life.”

The earnest invitation comes down along the lines to our time, “Whosoever will, let him take of the water of life freely;” and it embraces all—young and old, rich and poor, learned and ignorant, bond and free.

WHAT ARE WE DOING TO SAVE OUR FELLOW MEN?

May these words be carefully pondered, for they are of deep import. First, we can have no living connection with Christ unless we eat his flesh and drink his blood. We are to come into as close relationship to Christ as the branches bear to the vine; for as the sap, flowing through the parent stalk, is taken up by the branches, and nourishes them, so every word that proceeds from God gives life to the child of God. “The words that I speak unto you, they are spirit, and they are life.” All who are doers of the word will be one with Christ, and will walk with God, as did Enoch.

Christ has identified his interests with those of suffering humanity; and he has shown how much he estimates the worth of the soul, in that he left all the glory and honor he had enjoyed in heaven, and for our sakes became poor, that we through his poverty might be made rich. He came to our world to suffer reproach, mockery, rejection, and crucifixion, that he might bring salvation within the reach of all—the rich and the poor, the high and the low. What, I ask you, are we who have been so highly favored by the Son of God, doing toward accomplishing the work left us to do,—that of bringing the light to others, that they may have eternal life? What are we doing to save our fellow men? The Saviour declares, “He that believeth on the Son hath everlasting life; and he that believeth not the Son shall not see life; but the wrath of God abideth on him.”

THE MIND AND HEART WILL BE CLEANSED AND PURIFIED WHEN WE REMAIN ATTACHED TO THE VINE

Without Christ the soul is “dead in trespasses and sins”, and unless it shall become one with Christ, and be quickened by the grace of God, it must be lost. It is important for each individual to know that he is abiding in Christ. If we are indeed in Christ, we shall have a deep, settled purpose to do all that is in our power to reveal the truth to those who are far off, and to those who are near.





WHAT ARE WE DOING TO PROCLAIM CHRIST TO THE WORLD?

What sacrifices are we making to second his efforts? Who is putting forth every effort to bring the light of truth to others, that they may be enriched by its imperishable treasure? Millions of human beings are perishing for the water of life; and what excuse will many have to give in the judgment for their love of ease and amusement, and for indulging in self-gratification? They put forth no personal effort, neither do they give of the money which the Lord has intrusted to their keeping for the very purpose of blessing their fellow-men and bringing salvation to the doors of those who are ignorant of truth and righteousness. A free gospel, and yet bound away from hungering souls for want of money and self-denying, self-sacrificing workers! The Rock of salvation was smitten for you to drink. For Christ's sake, drink, and he will be in you a well of water, springing up into everlasting life. If you drink, and your soul is refreshed, you will want others to drink, that they may be refreshed. Your hearts will be softened, your souls invigorated.

WHY ARE WE SO ENGROSSED IN TEMPORAL INTERESTS AT THIS TIME?

The world and the churches are breaking God's law, and the warning must be given, "If any man worship the beast and his image, and receive his mark in his forehead or in

his hand, the same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation." With such a curse hanging over the transgressors of God's holy Sabbath, should we not show greater earnestness, greater zeal? Why are we so indifferent, so selfish, so engrossed in temporal interests? Is our interest separated from Jesus? Has the truth become too pointed, too close in its application to our souls; and like the disciples of Christ who were offended, have we turned away to the beggarly elements of the world? We spend money for selfish purposes, and gratify our own desires, while souls are dying without a knowledge of Jesus and the truth. How long shall this continue?

CAN YOU SHOW YOUR HOLY PEDIGREE?

All should have a living faith,--a faith which works by love, and purifies the soul. Men and women are ready to do anything to indulge self, but how little are they willing to do for Jesus, and for their fellow-men who are perishing for the want of the truth! Claim not to be a member of the royal family unless you can show your holy pedigree,--that you are eating Christ's flesh and drinking his blood, and are a partaker of the divine nature. Let us see what Jesus, our Redeemer, has said: "No man can serve two masters; for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon. Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? Behold the fowls of the air; for they sow not, neither do they reap, nor gather into barns; yet your Heavenly Father feedeth them. Are ye not much better than they? Which of you by taking thought can add one cubit unto his stature? And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin; and yet I say unto you, that even Solomon, in all his glory,



was not arrayed like one of these. Wherefore, if God so clothed the grass of the field, which today is, and tomorrow is cast into the oven, shall he not much more clothe you, O ye of little faith? Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (for after all these things do the Gentiles seek); for your Heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”

NOW IS THE TIME TO LAY UP TREASURE IN HEAVEN

“Sell that ye have, and give alms; provide yourselves bags which wax not old, a treasure in the heavens that faileth not, where no thief approacheth, neither moth corrupteth; for where your treasure is, there will your heart be also. Let your loins be girded about, and your lights burning; and ye yourselves like unto men that wait for their Lord, when he will return from the wedding; that when he cometh and knocketh, they may open unto him immediately. Blessed are those servants, whom the Lord when he cometh shall find watching; verily I say unto you, that he shall gird himself, and make them to sit down to meat, and will come forth and serve them. And if he shall come in the second watch, or come in the third watch, and find them so, blessed be those servants. And this know, that if the good man of the house had known what hour the thief would come, he would have watched, and not have suffered his house to be broken through. Be ye therefore ready also; for the Son of man cometh at an hour when ye think not.”

MAY THE HOLY SPIRIT TAKE POSSESSION OF YOUR HEARTS

Has not the time come when we should begin to cut down our possessions? May God help you who can do something now to make an investment in the bank of heaven. We do not ask a loan, but a free-will offering,-

-a return to the Master of his own goods which he has lent you. If you love God supremely, and your neighbor as yourself, we believe you will give tangible proofs of the same in free-will offerings for our mission work. There are souls to be saved, and may you be co-workers with Jesus Christ in saving these souls for whom Christ has given his life. The Lord will bless you in the good fruit you may bear to his glory. May the same Holy Spirit which inspired the Bible take possession of your hearts, leading you to love his word, which is Spirit and life. May it open your eyes to discover the things of the Spirit of God. The reason there is so much dwarfed religion today is because people have not brought practical self-denial and self-sacrifice into their lives. We must needs be stimulated by calling to mind the life of the martyrs and holy men of God, who appreciated the truth above gold, silver, and earthly possessions, and even above life itself. They had vigorous faith and piety, unbending principle, for they were eating daily of Christ's flesh, and drinking his blood. They read the word of God; they meditated upon it, and believed it. They obeyed that word, and were therefore practical Christians. Such will hear, “Well done, good and faithful servant,” from the lips of the Master. Our nourishment must be drawn from the Bible, and such sustenance will be as enduring as eternity.

RH, January 8, 1889



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.

Be Of Good Cheer

By N. W. Vincent

Why murmur at trials, temptations, or woes
Why droop, all discouraged, at pain?
On clouds that are black the bright rainbow will glow;
Each loss will be followed by gain.

Experience, joy, hope and patience will bring,
Christ's love in our hearts shed abroad;
For triumph and grace we God's praises will sing,
More strong in the might of the Lord!

The days of our mourning will soon sweetly end;
All tears will be wiped from our eyes,
When together with Christ we to heaven ascend,
To receive at his hand the fair prize.



Hope for Health



Aloe Vera would have to be the MOST impressive of all herbs. There is nothing on this planet that offers the variety of amazing benefits as this herb. It is most known for its astounding effect in accelerating recovery from wounds and burns (including radiation burns). But... there is much much more that Aloe offers!

Aloe Vera

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- Maintain healthy cholesterol levels.
- Raise blood oxygenation and repair "sludgy" and "sticky" blood.
- Reduce joint and muscle pain.
- Ease inflammation.
- Assist in preventing kidney stone formation.
- Digestive and stomach disorders.
- Alkalize our bodies and assist in balancing overly-acidic dietary habits.
- Prevent and reduce yeast-type infections.
- Boost cardiovascular performance and physical endurance.
- Soothe the intestines and lubricate the digestive tract.
- Improve constipation issues.

Customer Testimonials:

"After only two weeks of taking Hope for Health's Aloe Vera, the pain and inflammation in my knees has all but disappeared!" ~A.Y.

"I have my husband take Aloe Vera everyday. He used to have bowel problems, but NOT anymore - thanks to this fantastic product!" ~H.L.

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Scientists have also concluded after many years of investigating, that aloe will support the growth of healthy cells and boost the immune system. A molecule in the aloe stimulates the body to produce macrophages, which means "big eater" - the macrophages digest unwanted substances in our bodies!

Patients with blood sugar problems who have taken Aloe Vera for 3 months have experienced a significant drop in fasting blood sugar levels. It also has shown to help to maintain healthy cholesterol levels.

Fun Fact:

Aloe Vera has been used for so long as a natural remedy that it is actually referenced SIX times in the Bible!

Price:

100 capsules\$9.99

Suggested Adult Usage:

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The wonderful thing is that this natural product is 100% compatible with the human body. Taking Aloe regularly and continually may produce many health benefits and cessation of troubling symptoms.

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Health Gem

If pure air be not breathed and cleanliness attended to, we shall have disastrous results. – Health Journal.

BREATHING IMPURE AIR

From *Health, and How to Live* – Compiled by James White, 1865

IT is not, however, in private rooms and offices only, that the occupants are exposed to the breathing of impure air, but also in churches and factories, where persons congregate in large numbers. There has always seemed to me to be a very irreligious air in our houses of public worship. These are sacred places, - temples, as they used to be termed, - where people expect, or which they visit as if they did expect, to meet the Divine Presence, and be blessed by it. Just what fatuity has rested upon Christians up to this time to induce them to believe that between nature and revelation, there exists a feud, showing itself in actual hostility, and that, in order to be pious, they must take sides with revelation against nature, I know not; but that they act as if they were under special obligations to be unnatural in order to be religious, is as obvious to a close observer as any thing can be. This feeling works itself out in every direction; and in none can it be more plainly seen than in the way in which religious persons, on a Sabbath day, relate themselves to health and its laws.

Why meeting-houses should be built so that congregations shall be compelled to breathe impure air all the time, and, as is now-a-days becoming fashionable, be shut out from the sunlight, and deprived of its healthy and exhilarating effects,



seems strange to a candid and sincere mind; yet not one church in a hundred can be found so constructed as to enable its occupants to have

any thing like pure air to breathe, or fair opportunity to enjoy the sunlight. They huddle themselves together in close pens like sheep, and do but little else than breathe each other's breaths, and listen with a very superficial devotion to the services of the hour; going away as little impressed thereby as is possible, and not one in five hundred of them partaking of the anointing of the minister, which, if he is a good man, will have been given him by God for their especial benefit.

For the transmission of spiritual life from one man to another the conditions of both persons must be in conformity to physical law

Really, I do not suppose that the ministers of the gospel, who undertake to represent the divine will, to expound the divine word, and exhibit the divine life, to the people among whom they are placed, are successful in communicating their own spiritual gifts to one in a hundred of those, who, from Sabbath to Sabbath, gather in the churches of our land. This is very deplorable; for just to the degree that a public representative of the divine will and the divine life finds himself unable to communicate his gifts to those who need them, in the relation an unhappy one, and fraught with injurious results both to himself and the people of his charge. No man can ever have a great spiritual

endowment conferred upon him by the Divine Wisdom for a given end, who is not himself the worse for that endowment, if he finds himself unable to accomplish the end. Power of any kind bestowed upon a human creature for any purpose, has, if anything prevents it from being used for such purpose, an ill tendency; and he who carries it about is necessarily the worse for having it imposed upon him. Every minister who stands in the pulpit, and cannot reach the hearts of his people, is made unhappy in spirit thereby.

One of the laws which God has established for the transmission of spiritual life from one man to another, is that the conditions of both such persons shall be in conformity with physical law. If a minister be a sickly man, suffering under bodily infirmity, and seeks to communicate from the pulpit, not simply the divine will, but the divine affection, he is, by the very nature of things, a less efficient agent for this purpose than he would be if his conditions were those of perfect health. Neither his brain nor his heart can become a medium for the transmission of the divine bestowments, as they would if his physical nature were rightly related to health. If his congregation is made up chiefly of invalids, and he is a robust man, they can never receive such impressions from him as they could if they were in health. If both the minister and the people are free from any bodily sickness, and yet gather themselves together under such circumstances, and in such relations to their physical comfort, or to the operation of any of the laws of physical health, as to render these more or less inefficient, they, by these very conditions, rear barriers to their own receptivity, that may be found



impregnable and impassable. This is very plainly seen in other directions. If a man becomes intoxicated by having introduced alcoholic poison into his blood, so as to effect his brain, the presence of such poison is a complete bar to his reception of any thing like spiritual impressions from on high, and is so regarded. God's spirit not only does not work in the heart of a drunken man, but, while he is drunk, it cannot.

Two great ills flowing from the breathing of impure air

Suppose, then, that a congregation come together with a view of being spiritually benefited, and the relation of the air they breathe to the blood that circulates in their veins is such as seriously to impair its electric, magnetic, and nutritive conditions; how, in such a condition of this great vital fluid, can they hope, for a moment, to have anything like healthy conditions of brain? And, if they cannot have these, how can they have their emotional natures rendered particularly susceptible to divine impressions? A man breathing carbonic-acid gas in a church, instead of atmospheric air, can in no wise be so related to the perception of truth, or the reception of the divine love, as he would or could be if his physical conditions were changed, and he were permitted to breathe atmospheric air instead of carbonic-acid gas. There are, then two great ill results flowing from the breathing of impure air in houses of worship; one, that the health of those who breathe it is impaired thereby, and the foundation laid in many instances for positive disease; and the other, that the spiritual conceptions of the persons breathing such air are greatly blunted, if not, for the time being, destroyed.

In just 10 minutes the air can be made foul in a closed meeting room

It is very seldom that a hundred persons can be gathered together without having a considerable number of them suffering under more or less advanced stages of pulmonary disease. Recollect that scrofula is a household disease, to be found in almost every family. Recollect, also, that the ultimate manifestation of scrofula is pulmonary consumption, and that the intermediate stages of its progress show more or less involvement of the pulmonary organs. From this point, one can judge of the correctness of my statement, that very few congregations of a hundred persons can be found, without having a considerable number of them laboring under pulmonary consumption, in its early or advanced stages, by the practical exhibitions made upon such occasions. How seldom is it that a congregation assembled together on the Sabbath is not disturbed by the coughing and expectoration of one, two, three, or half a dozen of its members, in various parts of the house! Shut up all the windows, close all the doors, rarefy the air so that there shall be but slight opportunity for getting oxygen into the lungs, and then set this congregation of one hundred or five hundred, as the case may be, to breathing. In ten minutes, the air becomes foul; the oxygen is more or less consumed; carbonic vapor from the lungs mingles with the body of gaseous fluid to be taken in at every respiration; and so do the consumptive particles emitted from the lungs of those having the disease. God only knows how many persons have begun to be consumptive from just such exposure as this, when



attendant on his worship. There are various ways of committing murder; and there are also various ways of committing suicide. The wickedness of such a mode as this is heightened by the outward sacredness given to the action by the occasion. It is as much worse for a man to violate the laws of life and health when he is engaged in some special act of piety, than it would be were he not so engaged, as it is for him to be a hypocrite instead of being simply disingenuous.

I confess that I have a liking for public worship: I feel that to myself it might always be a means of great benefit. But I hold in such disfavor the arrangements made for its enjoyment, because of the disregard of the laws of life and health manifested under the present order of things, that only when important occasions urge upon me to do it, do I venture into a house of public worship. School-houses used formerly to be built without any reference whatever to the necessity of having pure air; but a better state of things is gradually coming to exist, and improved ventilation is now secured. Girls suffer much more than boys, both in factories and in schools, under the influence of causes predisposing to consumptive disease, by reason of the very foolish and wicked fashion which obtains throughout Christendom in respect to their style of dress.

The privy must especially be kept clean

It is sometimes the case that children, if not particularly instructed to the contrary, find their way to that most unhealthy and undesirable attachment to a household, the privy, for purposes or amusement and play. It is well that parents should

be thoughtful about the matter; for, from want of knowledge how to deodorize the mass of defecation that accumulates in the privy vault, the air of such a place becomes exceedingly unhealthy, and furnishes as effective an influence in deranging the healthy conditions of the blood, and determining any latent poison that may be in the system into active exercise, as any mass of decomposable matter could possibly do. Young children, therefore, should not be permitted to make such a place a point for assemblage for any purpose other than that which nature institutes; and then they should be taught to make their stay there as short as circumstances will permit. Privies might be built so that there would be little or no effluvia into the body of the house; but carelessness prevails in this matter, and will continue to prevail, until a very much better philosophy, in regard to the means of preserving health and preventing disease, obtains on the part of those who have it in charge. - Jackson on Consumption.

VENTILATION OF CHURCHES

THE particles of matter which compose the human body are constantly changing. None of us possess to-day exactly the same bodies that were ours yesterday. A portion of their substance has been cast off and replaced by new. In the muscles, the bones, all the tissues which enter into our structure, particles which are worn out and can no longer subserve the purposes of life, are being taken up and passed in fluid form into the blood, by the circulation of which they are carried to those organs whose



office it is to separate them from it and excrete, or throw them out of the system. These organs are the lungs, liver, kidneys, the lining membrane of the intestines and the external skin. This waste is made good by new particles, which are also carried by the blood to every minute portion of the body, wherever it circulates, and appropriated as they are needed. It is thus that food nutrifies and builds up the body after passing through the various processes of digestion, and being converted into blood. But the lungs act a not less important part in the animal economy as organs of nutrition, than the stomach.

Atmospheric air is absolutely necessary to the continuance of life because a portion of its substance is being constantly taken into the system through the lungs, digested as it were, and assimilated. Without it a man can live but a very short time. When we consume air in this way we do not create a vacuum. We expire air from the lungs as often as we inspire it; but that which is expired is quite different in its nature from that which is inspired.

The oxygen, that property of air, which contributes to the support of life, is removed in large degree, and the place supplied by a gas which has no nutritive qualities whatever.

Lack of fresh air explains much of the drowsiness felt in church gatherings

The atmosphere in its natural state is exactly adapted to the wants of man. That is, the different gases which make it up are mixed in just such proportion as is adapted when breathed by him to keep him alive and in health. For he cannot live and breathe pure oxygen. It has to be diluted, and is mixed with a gas which seems neutral in its

character, or to serve no other purpose than as a diluent. But the moment that the character of the air becomes changed it is unhealthful, and its unwholesomeness is in proportion to the change. If a person should go into a room filled with atmospheric air, and close it tightly, as soon as he had performed the act of respiration once, he would have changed the character of the air, but by no means to that degree that it would become changed in half an hour. He would gradually exhaust the oxygen till the quantity he could get by breathing would be too small to support life, and then he would die.

Here is an explanation of much of the drowsiness, stupidity and headache felt in church gatherings, and the lassitude and exhausted feeling felt afterward. Men are blamed for sleeping in church when the atmosphere of the place absolutely forbids their keeping awake, for some constitutions and temperaments more than others, yield with readiness to this influence. Men and women blame themselves for stupidity and indifference in meeting, when the quality of their blood is such from lack of air that it is impossible for them to be attentive and interested. Ministers are criticised for lack of originality of thought, force and earnestness in the delivery of their sermons, when the condition of their brains is such, for want of oxygenation of the blood which passed through them, that clearness



of thought cannot be had. No matter how talented a man may be abstractly, his mind and body are so related that while he goes directly counter to the laws which God has established for the sustainment of his body, it cannot be a good medium for his mind to operate through.

It is almost impossible to find a well-ventilated church

Intelligent congregations sit Sabbath after Sabbath in an atmosphere which it is a shame to breathe. And if they did not realize what they are doing, it would be absolutely wicked. Besides, it is filthy. From one to five hundred persons sit from two to three hours every Sabbath and breathe over and over again the impurities which are exhaled from each other's lungs and skin, without an opening so large as a knitting needle to allow their escape from the room. There is great need of reform in this matter. It is very easy, if there is no other means of ventilation, to drop each window a few inches from the top, thus securing a free circulation of pure air all through the house. - I wish every minister in the country would preach one sermon on the sinfulness of abusing God's gift of air, and then insist henceforward on having plenty of it to breathe during his public ministrations. By doing so he would remove one cause of ill health, and take a step toward teaching his people to honor God in their physical habits.

1865 JW, HHTL 203-210

News Watch

Shares Worthless
Worldwide
Crash!
Job
rat
Anxiety deepens
Interest rates
liquidity
Survival in doubt
RECESSION FORECAST
Review



Fire rages out of control in the Stanislaus National Forest Thursday, near border with Yosemite National Park. Associated Press in Fresno, California. Photograph: Andy Alfaro/AP

Time Magazine—August 18, 2014, page 6, Briefing—Light Box

Hills Ablaze—“A devastating wildfire rages near Yosemite National Park in Northern California on July 27. Brush fires occur every summer, but the blazes have become larger and more frequent as the state endures a record-breaking drought.”

End Time Perspective: “In fires, in floods, in earthquakes, in the fury of the great deep, in calamities by sea and by land, the warning is given that God’s Spirit will not always strive with men.—3MR 315 (1897).

2nd End Time Perspective: “How frequently we hear of earthquakes and tornadoes, of destruction by fire and flood, with great loss of life and property! Apparently these calamities are capricious outbreaks of disorganized, unregulated forces of nature, wholly beyond the control of man, but in them all God’s purpose may be read. They are among the agencies by which He seeks to arouse men and women to a sense of their danger. —PK 277 (c. 1914).

.....

Time Magazine—August 18, 2014, pages 8 & 9, Controversy Follows Kerry’s Middle East Trip

“Two weeks ago, U.S. Secretary of State John Kerry couldn’t wait for the opportunity to try to broker an end to fighting between Israel and Hamas in Gaza....Kerry managed to secure a cease fire on July 26....As the deal unraveled, rocket attacks from Gaza and Israel strikes on Hamas resumed amid the failure.”

End Time Perspective: “The tempest is coming and we must get ready for its fury by having repentance toward God and faith toward our Lord Jesus Christ. The Lord will arise to shake terribly the earth.”

From the same above magazine—other articles pointing to the coming tempest—“West Africa’s Ebola outbreak” page 9—“So far, the outbreak has killed 60% of those infected—the virus has no treatment or vaccine.” page 8—The Ukrainian military intensified its assault on territory controlled by pro-Russian rebels in the country’s eastern region following the downing of a Malaysian airliner on July 17, bringing the front lines of the three-month old conflict within miles of the crash site.



A Palestinian man stands looking as flames engulf the fuel tanks of the only power plant supplying electricity to the Gaza Strip after it was hit by overnight Israeli shelling, on July 29, 2014, in the south of Gaza City. Mahmud Hams—AFP/Getty Images

Ellen White's *Vision*

The Crisis Imminent

I am deeply exercised in mind in reference to the low standard of piety among our people. And when I think of the woes passed on Capernaum, I think of how much heavier will come the condemnation upon those who know the truth and have not walked according to the truth, but in the sparks of their own kindling. In the night seasons I am addressing the people in a very solemn manner, beseeching them to ask their own consciences; What am I? Am I a Christian, or am I not? Is my heart renewed? Has the transforming grace of God moulded my character? Are my sins repented of? Are they confessed? Are they forgiven? Am I one with Christ as he is one with the Father? Do I hate what I once loved? Do I now love what I once hated? Do I count all things but loss for the excellency of the knowledge of Christ Jesus? Do I feel I am the purchased possession of Jesus Christ, and that every hour I must consecrate myself to his service?

We are standing upon the threshold of great and solemn events

The whole earth is to be lightened with the glory of the Lord as the waters cover the channels of the great deep. Prophecies are being fulfilled, and stormy times are before us. Old controversies which have apparently been hushed for a long time will be revived, and new controversies will spring up; new and old will commingle, and this will take place right early. The angels are holding the four winds,

that they shall not blow, until the specified work of warning is given to the world; but the storm is gathering, the clouds are loading, ready to burst upon the world, and to many it will be as a thief in the night.

Protestantism is now reaching hands across the gulf to clasp hands with papacy

Many smiled and would not believe when we told them, twenty and thirty years ago, that the Sunday would be urged upon all the world, and a law be made to compel its observance, and force conscience. We see it being fulfilled. All that God has said of the future will surely come to pass; not one thing will fail of all that he has spoken. Protestantism is now reaching hands across the gulf to clasp hands with papacy, and a confederacy is being formed to trample out of sight the Sabbath of the fourth commandment; and the man of sin, who, at the instigation of Satan, instituted the spurious sabbath, this child of papacy, will be exalted to take the place of God.

Every movement in the universe is to prepare the world for the great crisis

All heaven is represented to me as watching the unfolding of events. A crisis is to be revealed in the great and prolonged controversy in the government of God on earth. Something great and decisive is to take place, and that right early. If any delay, the character of God and his throne will be compromised. The armory of heaven is open; all the universe of God and its equipments are ready. One word has justice to speak, and there will be terrific representations upon the earth, of the wrath of God. There will be voices and thunderings and lightnings and earthquakes and universal desolation. Every movement in the universe of heaven is to prepare the world for the great crisis.

Many of God's people are in trespasses and sins

Intensity is taking possession of every earthly element; and as a people who have had great light and wonderful knowledge, many of them are represented by the five sleeping virgins with their lamps, but no oil in their vessels; cold, senseless, with a feeble, waning piety. While a new



life is being diffused and is springing up from beneath and taking fast hold of all Satan's agencies, preparatory to the last great conflict and struggle, a new light and life and power is descending from on high, and taking possession of God's people who are not dead, as many now are, in trespasses and sins. The people who will now see what is soon to come upon us by what is being transacted before us, will no longer trust in human inventions, and will feel that the Holy Spirit must be recognized, received, presented before the people, that they may contend for the glory of God, and work everywhere in the byways and highways of life, for the saving of the souls of their fellow-men. The only rock that is sure and steadfast is the Rock of Ages. Those only who build on this Rock are secure.

We must have a decided, pointed testimony at this time

Those who are carnally minded now, notwithstanding the warnings given of God in his word and through the testimonies of his Spirit, will never unite with the holy family of the redeemed. They are sensual, debased in thought, and abominable in the sight of God. They have never been sanctified through the truth. They are not partakers of the divine nature, have never overcome self and the world with its affections and lusts. These characters are all through our churches, and as the result the churches are weak and sickly and ready to die. There must be no indifferent testimony borne now, but a decided, pointed testimony, rebuking every impurity, and exalting Jesus. We must as a people be in the attitude of expectation, working and waiting and watching and praying.

"Watch ye therefore and pray always"

This blessed hope of the second appearing of Christ needs to be presented often to the people, with its solemn realities; looking for the soon appearing of our Lord Jesus to come in his glory, will lead to the regarding of earthly

things as emptiness and nothingness. All worldly honor or distinction is of no value, for the true believer lives above the world; his steps are advancing heavenward. He is a pilgrim and stranger. His citizenship is above. He is gathering the sunbeams of the righteousness of Christ into his soul, that he may be a burning and shining light in the moral darkness that has enshrouded the world. What vigorous faith, what lively hope, what fervent love, what holy, consecrated zeal for God is seen in him, and what a decided distinction between him and the world! "Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man." "Watch ye therefore, for ye know not what hour your Lord doth come." "Therefore be ye ready also; for in such an hour as ye think not the Son of man cometh." "Behold, I come as a thief. Blessed is he that watcheth, and keepeth his garments." SpTA01b

Ellen G. White
Melbourne, Australia,
February 18, 1892



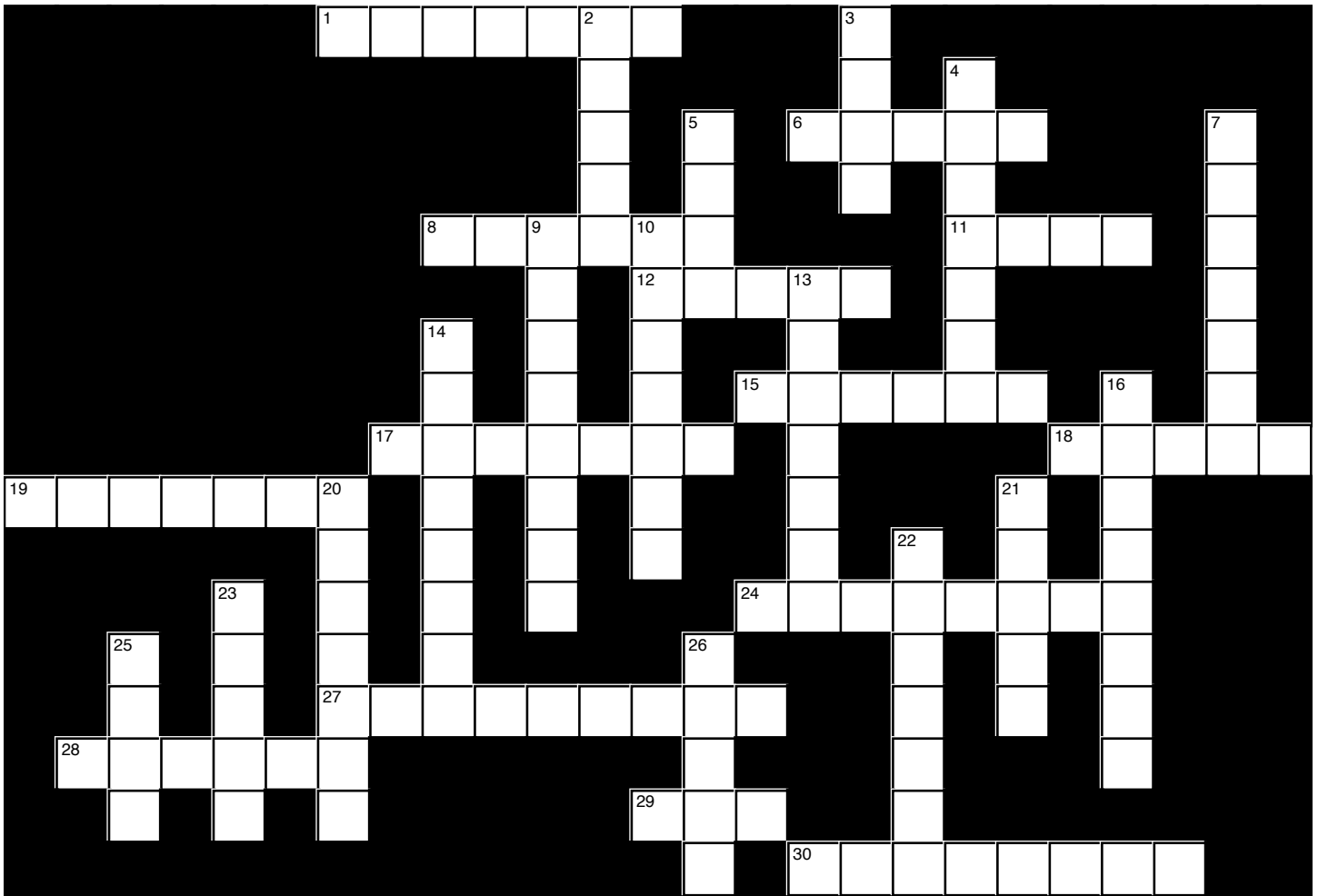
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Christian Crossword



ACROSS

1. An imperfection or bodily deformity excluding men from the priesthood
6. The oldest Phoenician city
8. He was cured of leprosy by dipping in the Jordan
11. A precious stone adorning the breast-plate of the high priest
12. A king of the Moabites that sought help from Balaam
15. 3,000 shekels of silver
17. One of the sons of Aaron
18. The father of Hur
19. A man baptized by Paul
24. The king of Babylon put out his eyes
27. Teaching written or spoken handed down from one generation to another
28. The place where the infant Redeemer was laid
29. Made by melting the combs of bees
30. A slave converted by the apostle Paul

DOWN

2. Commonly supposed to be another name of Jerusalem
3. An aggravated ulcer as in the case of Hezekiah
4. The author of Ecclesiastes
5. A town of Galilee near Capernaum
7. A tax imposed by a king on his subjects
9. A Levite in whose house the ark of the covenant was placed
10. A sister of David
13. A name applied to Haman and also to his father
14. Paul sailed from this port on his last missionary journey
16. The meaning of the name, Isaac

20. A staff or rod of authority
21. A Macedonian, Paul's fellow traveler and host at Corinth
22. The husband of Salome, the mother of James and John
23. A shed for a watchman in a garden
25. He stole a vineyard from Naboth
26. A king of Israel, the son of Ahab

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

