



Sabbath
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POWERFUL WORDS



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Editorial

Reen Swindle



Here we are at the end of another year; another year closer to the coming of the Lord. What if this coming one is “THE” year? Are you ready? Am I ready? If 2016 is “THE” year (and I am not setting dates or times), then that means we have only months (maybe) to get our lives in order. Do you realize that the seemingly simplest thing could actually make us un-ready? Something as simple as giving in to a bowl of lentil stew. “There is too much yielding to desire and inclination for present enjoyment. There is not that earnest

We must guard our hearts against the pull of worldliness

soul hunger for spiritual strength and heavenly wisdom. Temptations are yielded to, the appetite is gratified, and there is a separation from God. . . .You remember the case of Esau. He passed the crisis of his life without knowing it. What he regarded as a matter worthy of scarcely a thought was the act that revealed the prevailing traits of his character. It showed his choice,

showed his true estimate of that which was sacred and which should have been sacredly cherished. He sold his birthright for a small indulgence to meet his present wants, and this determined the after course of his life. To Esau, a morsel of meat was more than the service of his Master.”— Letter 5, 1877.

In his article this month, “Words, Powerful Words”, Dan Olson points out the danger of using our gift of speech in ways not pleasing to God. We are careless about “little” things – words, glances, actions – that we don’t think matter, but in fact determine our destiny. This attitude is directly linked to the “once saved, always saved” theology, in that we seem to believe we can continue on in our self-indulgent ways and God is still going to accept us into heaven someday. We forget that there are no insignificant things in this world, or even in this universe, and God is keeping track of it all.

The comfort we can have in all our wrong inclinations is that we have a Saviour we can turn to and humbly ask forgiveness for our failures. He is fully aware of our weaknesses and

failings to live up to our Christian profession; He made us; He knows us far better than we can ever know ourselves; He knows every inclination of our hearts. We must believe His promises, even tho Satan or other people will try to turn us from those saving words. He still loves us, even tho we sometimes sin. “God will not be unmindful of our struggles to maintain the truth. When we place every word that proceeds out of the mouth of God above worldly policy, above all the assertions of erring, failing man, we shall be guided into every good and holy way.” CT 487.

“...guided into every good and holy way.” Doesn’t that give you hope? Doesn’t that uplift your heart to know that with the strength of the Lord we will be put back on the right path if we confess our sins? We don’t have to remain in a lost condition – we can be back under His protective care; He will guide us. But it is our choice. God never takes away our free choice. He does not over-ride our will, even if we choose to turn our backs on Him and break His heart all over again by continuing to choose sin over righteousness. Nothing in this world is worth selling your birthright for. We must guard our hearts against the pull of worldliness and “Let not Christ weep over you as He wept over Jerusalem, saying, “How often would I have gathered thy children together, as a hen doth gather her brood under her wings, and ye would not! Behold, your house is left unto you desolate.”” Luke 13:34,35; COL 237.

Reen Swindle, copy-editor of Our Firm Foundation magazine, is an artist who lives in the beautiful Smoky Mountains. She enjoys walking, reading, research, creative work and caring for several rescued dogs.



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Our Firm Foundation



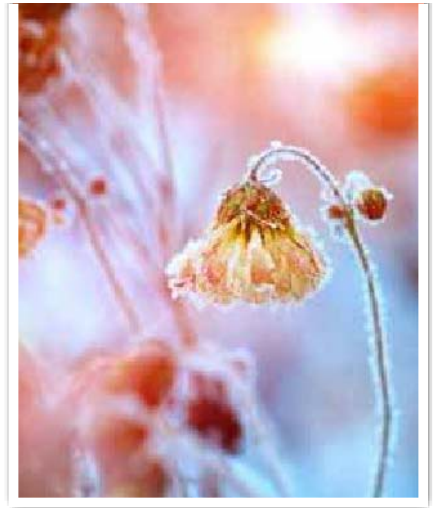
in Australia. Sixty million people died because of the words people chose to use. That's just one of many, many wars that have been started with just words.

I looked up on the Internet to see how many have been killed in all the wars that we know of – this is only going back to the 1800s. The numbers are absolutely staggering; 243 million people have died in these wars. Why? Because of the words that were chosen. According to the website I looked up, these numbers are just a rough estimate. They said they could only estimate because of all the terrible things that happen to people that are not even part of the actual fighting of the war – the famine, the diseases that develop during, and years after, a war. So, many innocent people die because of the words that have been used. They estimate that these numbers would almost double. That's almost 500 million people. Can you even imagine that? That's like wiping out every man, woman and child in the entire nation of the USA . . . just because of the words we choose to say.

Now remember, that's only going back to the 1800s. Imagine what the number would be if we went back to the beginning of time. The numbers would be off the charts. Can you imagine the lives that could have been saved if only someone would have thought before they spoke? "Wait a minute – if I say it like that, what will be the result? Will it have a positive impact, or will it have a negative impact? Is it possible that the words I choose could start a war? Will the words I choose help them or destroy them?"







talk and act like Him? Do we not call ourselves Christians? To be a Christian means to be like Christ. But if we don't know Him, how can we be like Him?

Isaiah says we are to be His witnesses. "Ye are My witnesses, saith the Lord, that I am God." Isa. 43:12. How can we be a witness for Him if we don't get to know Him first. We can't be a witness if we don't know anything about Him, and the only way to get to know Him is to spend time with Him, right? We become what we behold. If all we behold are worldly things, then we become worldly. If we behold Jesus, we become like Him. That is the only way.

The Bible talks about drinking His blood and eating his flesh.

"Then Jesus said unto them, 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." John 6:53-57.

So what does it mean to drink His blood and eat His flesh? I tried to explain this in my own words but failed miserably. It's always so much better coming from God, so here is a quote that explains what it means to eat His flesh and drink His blood:



and our characters. God requires more deep, personal holiness on our part. Only by revealing His character can we co-operate with Him in the work of saving souls."

We must spend time in the Word

God will always give us the help we need. But there is something we must do in order for that to be possible. We need time with Jesus. If when we get out of bed in the morning and all we do is hurry along to get ready for the day, and don't spend time with Jesus, what, then, can we expect? If we don't take the time to study and pray, how will we know how Jesus handled the things that will come our way every day?

Isn't our goal to be like Him? To





body without blood; it is dead. It may have the appearance of spiritual life; it may perform certain ceremonies in religious matters like a machine; but it has no spiritual life. So the hearing of the word of God is not enough. Unless we are taught of God, we shall not accept the truth to the saving of our souls. It must be brought into the life practise.”

The tongue is a powerful tool. Let us all look to Jesus and learn from Him; learn from Him how to tame this powerful instrument He has given us to use.

Carefully consider every word you speak

Let’s listen to what Paul said in Ephesians, chapter 4, verse 29: “Let no corrupt communication proceed out of your mouth.” Again, remember our words will always do one or the

other – they will be used to destroy, or they will be used to save. Every word we speak needs the most careful consideration so they will not hurt those who are weak in the faith. We choose between one or the other.

When someone that we have known and have been associated with dies, and sleeps in the grave, can we look back at our dealings with them with a clear conscience? Are we sure that every word we have spoken to him or her has been without guile? What has been our influence on them? Can we look back to our dealings with this person and say we are not guilty of any harsh words or actions towards this person? After they are gone it’s too late to recall any harsh words or actions we had towards them.

One last quote from Testimonies for the Church, page 549: “Then let us take heed to our ways, that we do not offend God with our lips. Let all coldness and variance be put away. Let the heart melt into tenderness before God, as we recall His merciful dealings with us. Let the Spirit of God, like a holy flame, burn away the rubbish that is piled up at the door of the heart, and let Jesus in; then His love will flow out to others through us, in tender words and thoughts and acts. Then if death parts us from our friends, to meet no more till we stand at the bar of God, we shall not be ashamed to have the record of our words appear.”

We all have a choice; all of us, every moment of every day, have to choose the words we use. Let’s make sure the words we choose will help the person we are speaking to, not tear them down.



Dan is the Maintenance Director of Hope International. He loves the Lord and uses every opportunity to tell others about His wonderful God. He

enjoys the work of ministry in his capacity and plans on working until the Lord comes.



In His Hand

God holds the future in His hand,
O heart of mine, be still!
His love will plan the best for thee,
The best, or light or dark it be:
Then rest ye in His will.

God holds the future in His hand,
Why should I shrink or fear?
Through every dark and cloudy day—
Yea, all along my pilgrim way—
His love will bless and cheer.

God holds the future in His hand,
And I can trust His love,
The past declares His faithfulness;
His eye will guide, His heart will bless,
Till I am safe above.

—Unknown



A Call to Stand Apart

By Ellen G. White

HOW TO PRAY

“And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward. But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly. But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking. Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him. After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. Thy kingdom come, Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen. For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.”
Matthew 6:5-15.



Prayer is the opening of the heart to God as to a friend

Through nature and revelation, through His providence, and by the influence of His Spirit, God speaks to us. But these are not enough; we need also to pour out our hearts to Him. In order to have spiritual life and energy, we must have actual intercourse with our heavenly Father. Our minds may be drawn out toward Him; we may meditate upon His works, His mercies, His blessings; but this is

not, in the fullest sense, communing with Him. In order to commune with God, we must have something to say to Him concerning our actual life.

Prayer is the opening of the heart to God as to a friend. Not that it is necessary in order to make known to God what we are, but in order to enable us to receive Him. Prayer does not bring God down to us, but brings us up to Him. When Jesus was upon the earth, He taught His disciples how to pray. He directed them to present their daily needs before God, and to cast all their care upon Him. And the assurance He gave them that their petitions should be heard, is assurance also to us.

Christ's humanity made prayer a necessity and a privilege

Jesus Himself, while He dwelt among men, was often in prayer. Our Saviour identified Himself with our needs and weakness, in that He became a suppliant, a petitioner, seeking from His Father fresh supplies of strength, that He might come forth braced for duty and trial. He is our example in all things. He is a brother in our infirmities, “in all points tempted like as we are;” but as the sinless one His nature recoiled from evil; He endured struggles and torture of soul in a world of sin. His humanity made prayer a necessity and a privilege. He found comfort and joy in communion with His Father. And if the Saviour of men, the Son of God, felt the need of prayer, how much more should feeble, sinful mortals feel the necessity of fervent, constant prayer.

The darkness of the evil one encloses those who neglect to pray. The whispered temptations of the enemy entice them to sin; and it is all because they do not make use of the privileges that God has given them in the divine appointment of prayer. Why should the sons and daughters of God be reluctant to pray, when prayer is the key in the hand of faith to unlock heaven's storehouse, where are treasured the boundless resources of Omnipotence? Without unceasing prayer and diligent watching we are in danger of growing careless and of deviating from the right path. . . .

The heart must be open to the Spirit's influence, or God's blessing cannot be received

There are certain conditions upon which we may expect that God will hear and answer our prayers. One of the first of these is that we feel our



need of help from Him. . . . The heart must be open to the Spirit's influence, or God's blessing cannot be received. . . .

Another element of prevailing prayer is faith Jesus said to His disciples, "What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them."
Mark 11:24. . . .

When we do not receive the very things we asked for, at the time we ask, we are still to believe that the Lord hears and that He will answer our prayers. . . . When our prayers seem not to be answered, we are to cling to the promise; for the time of answering will surely come, and we shall receive the blessing we need most. . . . God is too wise to err, and too good to withhold any good thing from them that walk uprightly.

Through unceasing prayer, life from God flows into our life

When we come to ask mercy and blessing from God we should have a spirit of love and forgiveness in our own hearts. How can we pray, "Forgive us our debts, as we forgive our debtors," and yet indulge an unforgiving spirit? Matthew 6:12. If we expect our own prayers to be heard we must forgive others in the same manner and to the same extent as we hope to be forgiven.

Unceasing prayer is the unbroken union of the soul with God, so that life from God flows into our life; and from our life, purity and holiness flow back to God. . . . We should pray in the family circle, and above all we must not neglect secret prayer, for this is the life of the soul.

Keep your wants, your joys, your sorrows, your cares, and your fears before God. You cannot burden Him; you cannot weary Him. He who numbers the hairs of your head is not indifferent to the wants of His children. "The Lord is very pitiful, and of tender mercy." James 5:11. His heart of love is touched by our sorrows and even by our utterances of them. Take to Him everything that perplexes the mind. Nothing is too great for Him to bear, for He holds up worlds, He rules over all the affairs of the universe. Nothing that in any way concerns our peace is too small for Him to notice. . . .

We are to pray in the mind and spirit of Jesus

Jesus said, "Ye shall ask in My name: and I say not unto you, that I will pray the Father for you: for the Father Himself loveth you." . . . John 16:26, 27. . . . But to pray in

the name of Jesus is something more than a mere mention of that name at the beginning and the ending of a prayer. It is to pray in the mind and spirit of Jesus, while we believe His promises, rely upon His grace, and work His works.

God does not mean that any of us should become hermits or monks and retire from the world in order to devote ourselves to acts of worship. The life must be like Christ's life—between the mountain and the multitude. He who does nothing but pray will soon cease to pray, or his prayers will become a formal routine.

If we would but think of God as often as we have evidence of His care for us we should keep Him ever in our thoughts and should delight to talk of Him and to praise Him. We talk of temporal things because we have an interest in them. We talk of our friends because we love them; our joys and our sorrows are bound up with them. Yet we have infinitely greater reason to love God than to love our earthly friends; it should be the most natural thing in the world to make Him first in all our thoughts, to talk of His goodness and tell of His power. . . .

Our devotional exercises should not consist wholly in asking and receiving

Let us not be always thinking of our wants and never of the benefits we receive. We do not pray any too much, but we are too sparing of giving thanks. We are the constant recipients of God's mercies, and yet how little gratitude we express, how little we praise Him for what He has done for us. . . .


Our God is a tender, merciful Father. His service should not be looked upon as a heart-saddening, distressing exercise. It should be a pleasure to worship the Lord and to take part in His work. . . . We must gather about the cross. Christ and Him crucified should be the theme of contemplation, of conversation, and of our most joyful emotion. We should keep in our thoughts every blessing we receive from God, and when we realize His great love we should be willing to trust everything to the hand that was nailed to the cross for us.

CSA 26-28



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.

Prayer



Prayer makes the darkest cloud withdraw;
Prayer climbs the ladder Jacob saw,
Gives exercise to faith and love,
Brings every blessing from above.

Restraining prayer, we cease to fight;
Prayer makes the Christian's armor bright;
And Satan trembles when he sees
The weakest saint upon his knees.

—William Cowper



Hope for Health

Quote From USA Today, January 11, 1999: "Most people who eat the Standard American diet have about 5-10 lbs. of matter stored in the colon. It's said that, according to the autopsy, John Wayne had 40 lbs. of impacted fecal matter in his body at death. Elvis, reportedly had 60 lbs."

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- Magnesium - Helps to prevent constipation by relaxing your colon walls when you are under stress.
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For stronger cleansing or to relieve constipation: Increase to 4 capsules, 3 times daily on an empty stomach.

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What Jesus Said About Himself

By H.M.S. Richards





reconciling the world unto himself.” 2 Cor. 5:19. He reconciled man to God by His power, His love, His mercy, His companionship, His truth, His light, and His salvation.

What about the pre-existence of the Son of God? Did His life really begin at Bethlehem? His own words settle that question forever. Here they are in John 17:5. “And now, O Father, glorify thou me with thine own self with the glory which I had with thee before the world was.” That is clear, is it not? He was with the Father before the world was. He was with the Father in Glory. Verse twenty-four gives us the same truth. Here the Saviour says, “Thou lovedst me before the foundation of the world.”

Jesus Christ is the eternal Son of God, the second person of the Holy Trinity, God manifested in the flesh, the living Saviour. His birth in Bethlehem was not His beginning. He was never created. His “goings forth have been from of old, from everlasting.” (Micah 5:2.) The Bible says that “God . . . created all things by Jesus Christ.” Eph. 3:9. The starry heavens are the work of His hands. The earth is His, for He made it. We are told that “all things were made by him; and without him was not any thing made that was made.” John 1:3.

Only He who is God could, by becoming man, save man from sin

The Bible teaches us that Jesus is “the image of the invisible God, the firstborn of every creature: for by him were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities, or powers: all things were created by him, and for him: and he is before all things, and by him all things consist.” Col. 1:15-17.

Consist means “to hold together”. The entire universe would explode into a chaos of atoms and electrons but for the power of Jesus Christ. His hand guides them in their ceaseless



the anxiety and trouble they had been to in seeking for Him for three days, He replied, “How is it that ye sought me? Wist ye not that I must be about my Father’s business? And they understood not the saying which he spake unto them.” Luke 2:49, 50. In the words and way in which He claimed God as His Father, His contemporaries, those who heard Him, understood Him to mean that He Himself was divine in nature.

In the fifth chapter of John we have a record of a great miracle that our Lord performed. He healed a man on the Sabbath day – and what day would be more appropriate for an act that so greatly glorified God? Some, however, took exception to this and accused Him of breaking the Sabbath. “But Jesus answered them, My Father worketh hitherto, and I work.” John 5:17. Here Jesus was saying that the creative and sustaining activity of His Father and of Himself had known no cessation from the beginning up to that very time. Therefore, because of this saying, his critics “sought the more to kill him, because he not only had broken the Sabbath [that is, in their own estimation], but said also that God was his Father.” Verse 18. In fact, the original makes it even stronger, as it might be translated that God was Christ’s own Father. This, of course, made Him equal with God. That’s the way Christ’s hearers understood it, and they were right in gathering this to be His meaning, not merely from the words “My Father” but also from His claim of full right and authority to act as His Father did – in the same sphere of ceaseless activity and creative power. Anyone who reads the verses which follow will see clearly that our Lord Jesus Christ claimed to be the Son of God in an entirely different way from that in which we become the sons of God through faith.



Do we degrade the Son of God?

We find another saying of our Lord Jesus Christ on this subject in John 10:30, where he declared, “I and my



honour the Father. He that honoureth not the Son honoureth not the Father which hath sent him." John 5:22,23. That is what Jesus said about the honor due unto Himself.

And now one final saying of our Lord regarding His claim to deity. It is found in that wonderful eighth chapter of John, in which our Saviour declared Himself to be the Light of the world. To those who saw Him and heard His messages and saw His deeds, He declared, "Your father Abraham rejoiced to see my day: and he saw it, and was glad." John 8:56.

These critics of His came back at Him with this: "Thou art not yet fifty years old, and has thou seen Abraham?" Verse 57. Then follows our Saviour's august reply, in which He assumes the title of deity: "Verily, verily, I say unto you, Before Abraham was, I am." Verse 28.

Some time ago I stood in a little room in a house on Tenth Street in Washington, D.C., a room that is so small that it hardly has space for the great bed which occupies it. At 7:25 on the morning of April 15, 1865, U.S. Secretary of War Edwin Stanton rose from the side of that bed where he had been kneeling, pulled down the window blinds to look at the still form of the one lying there, said, "Now he belongs to the ages." It has been said that this is the briefest and the best biography of Abraham Lincoln.

But of only One is it really true that He belongs to the ages – He who said of Himself, "I am Alpha and Omega, the beginning and the end, the first and the Last" (Rev. 22:13), He who by divine appointment and decree not only belongs to the ages, but to who the ages belong. Of Him the rhetorical question is asked, "Who shall declare his generation?" Acts 8:33. And the answer is, His "goings forth have been from of old, from everlasting [margin, "from eternity"]." Micah 5:2. Christ belongs to all ages because He is of no age. He is "the same yesterday, and to day, and for ever." (Heb. 13:8.)

see. What do you say: “Truly this was the Son of God.” Matt. 27:54.

And now we call our Saviour’s cousin John the Baptist. What do you think of Him? “Behold, the Lamb of God, which taketh away the sin of the world.” John 1:29.

And you, John, the beloved apostle, what do you record? He is “the root and the offspring of David, and the bright and morning star.” Rev. 22:16.

And you, the Apostle Peter – you who denied Him, but wept with tears of repentance and then confessed Him in your changed life – what is your testimony? “Thou art the Christ, the Son of the living God.” Matt. 16:16.

Now comes the great Apostle Paul, covered with scars received in his warfare for truth, who sealed his witness with his blood. What do you say? “I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord.” Phil. 3:8.

And now the angels of heaven gather near, those shining armies of the heavenly land. What is your witness today? “Unto you is born this day in the city of David a Saviour, which is Christ the Lord.” Luke 2:11.

Last of all, as we bow our heads in worship, we call upon our Father which is in heaven, He who knoweth all things and is blessed forevermore. What do You declare to us regarding Jesus Christ, whom You sent to this dark world to be a Saviour and a Light? From the lips of Infinite Truth comes this divine testimony: This is my beloved Son, in whom I am well pleased.” Matt. 3:17.

What do you say? What must I say? Shall we not say, and say it from the heart:

**“This is Jesus,
the Son of God and
Son of man –
our Saviour,
my Saviour”?**





Hope for Health

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- Tissue damage/poor skin tone/skin problems
- Joint/bone/cartilage injuries

OUR COMFORT CREAM FORMULA INCLUDES 3 POWERFUL INGREDIENTS: COMFREY ROOT EXTRACT, OLIVE OIL, AND BEESWAX! THE FORMULA IS SIMPLE, YET HIGHLY EFFECTIVE! TRY IT, AND SEE!!

- 100% pure and highly concentrated Comfrey Root Extract:
- Reduces pain, inflammation, and discomfort from sprains, strains, and bruising. Particularly helpful in accelerating recovery of broken bones and painful joints.
- Cold Pressed, Extra Virgin Olive Oil
- Soothes irritations, hydrates the skin, and relieves itching and the effects of stings and burns. In the ancient world, olive oil was seen as a soothing and pain-relieving ointment, even straight out of the bottle. It was used to soothe the painful joints and muscles, and to hasten skin recovery.
- Olive oil was also used as a vehicle for other herbal applications (like in our Comfort Cream). The ancients felt that applying medicine was as powerful as swallowing it. We may not see our skin as an entry point into our bodies, but it is. Just like nicotine patches transmit nicotine into the body, herbal preparations can be introduced via the same route! The ancients knew this and took advantage of it. First they infused the ingredients in oil. This means they placed the herb (such as comfrey) in a bowl of olive oil and let it infuse for a period of time. They then applied the infused oil to the body, with the benefits of the herb having been absorbed by the oil and transferred to the skin! Olive oil is a particularly good "vehicle", or mover of compounds into the body, as it soaks right into the skin. Apply a patch of olive oil on your arm and within a few hours it will have been absorbed entirely. Olive oil does not evaporate, so you know where it has gone! Keep this in mind as you use other lotions, balms, and soaps. The

skin is very adept at absorbing what we put on it. Make sure you're putting only pure and natural products on your body's largest organ!!

- Olive oil is extremely safe and gentle, delicate enough for even a baby's sensitive skin!
- Olive oil contains phytosterols, which are quite similar to cortical steroids, the products commonly used to reduce inflammation. Likewise, these phytosterols are natural anti-inflammatories, which is why olive oil applied topically, or to the skin, can help an inflamed, painful joint feel better.
- 100% Natural Beeswax
- Beeswax is known to lock in moisture, strengthen cells, and protect the skin from damaging environmental factors. Beeswax effectively softens the skin and creates a long-lasting protective coating against the elements. It is also a naturally nourishing moisturizer. Beeswax's anti-inflammatory, antibacterial, anti-allergenic, and germicidal antioxidant properties make it beneficial for skin regeneration and wound repair.

Studies have shown that comfrey root can cause cells to divide at an increased rate, thus stimulating cell growth and tissue repair. This is why it is so beneficial for improving skin conditions and the overall look and tone of the skin!

DID YOU KNOW?

Traditionally, comfrey was known as "knot bone" and "bruise wort" for its ability to help hasten recovery of broken bones, sprains, strains, and bruises. In addition to helping the bones, it can also reduce the occurrence and severity of scar tissue. Cosmetic companies make use of comfrey's valuable skin benefits by adding it to bath oils, shampoos, conditioners, and skin creams.

Price:

4 oz. jar\$16.99

Suggested Adult Usage:

- Apply as needed to affected areas (up to 4-6 times daily).

****Should not be applied to deep wounds.**

We have many other health products besides these advertised. Please call for a free catalog of all our health care supplements. 1-800-468-7884

To Order Call Today: 1-800-468-7884

or Visit us on the web at: www.hopeforhealthusa.com

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

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



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



Hope for Health products because we know how effective they are. And yet, even with all the testimonies we receive from customers, even with all the scientific evidence we have, we are often met with resistance.

However, the one exception is Ultra Fighter. This is one product that most people are willing to try because when you are down with a bug missing work or school you are usually willing to try anything. We have had a not-exaggerated 99.5% success rate with these usual “not herbal-believers”—they then become some of our biggest advertisers because they tell everyone how great and how effective Ultra Fighter is/was! If you have been

“It Works! 5 Stars! Any time I feel anything coming on, such as body aches, I immediately start taking Ultra Fighter and it ends it! I do not even give any symptoms a chance to set in. I do not wait and see. Works great for my husband and me.” – Arby

“Love It! 5 Stars! Whenever I’m on the verge of sickness Ultra Fighter saves the day. I went a long while without getting any type of sickness until I made the mistake of running out. I plan not to let that happen again.” – Jerry

“FANTASTIC! 5 Stars! I used Ultra Fighter when I was coming down with a bug. After 2 days of taking the Ultra Fighter my symptoms were all but GONE!!” – K.F.

natural healing agent!” – Charlie

“Excellent product! 5 Stars! My husband and I both came down with terrible bugs. Our sore throats were almost entirely gone within 48 hours of beginning Ultra Fighter. We will never be without this.” –S.C.

“Does what it claims to do! 5 Stars! Ultra Fighter is an excellent product to take if you feel you might be coming down with something. It completely stops the sickness from developing. I have used it and find it to be exactly what it claims to be, it stops an illness from developing.” – A.P.

“Ultra Fighter is king! 5 Stars! This is the best I have ever found in fighting seasonal illnesses.” – J.W.



Any exterior harmful bacteria or any other agent that enters our body is prevented from causing any damage to the body because the immune system deals with it. The immune system is the bouncer at the door keeping out the “bad guys”! We live in a world filled with billions and billions of germs. Every time we inhale a breath of air, every drop of water we drink, every bite of food we eat, every surface we touch, we are potentially exposed to billions of germs. If our bodies are not protected, we are vulnerable to attack by this army of germs! A strong immune system will be able to fight against all these germs and keep you protected.

The immune system is made up of

it is an excellent illustration. When something dies, its immune system (along with everything else) shuts down. In a matter of hours, all sorts of bacteria, microbes, and parasites invade the body. None of these things is able to get in when your immune system is working, but the moment your immune system stops, the door is wide open. Once you die it only takes a few weeks for these organisms to completely dismantle your body and carry it away, until all that’s left is a skeleton. Obviously, your immune system is doing something amazing to keep all of that dismantling from happening when you are alive! So, long story short, be kind to your

system. T cells have been described as soldiers who search out and destroy the targeted invaders. Echinacea puts a stop to bacteria that tries to multiply and grow in your body. It puts an end to infections and enhances recovery time! Studies have shown time and time again that Echinacea can reduce the chance of “catching” infectious illnesses by almost 60 percent!

This comes as a result of the T-cells sending out the infantry to stand guard. Echinacea keeps your body away from the harm that can come from invading bodies such as viruses and bacteria. Unlike antibiotics that are designed to kill specific types of bacteria, Echinacea helps the immune



will acquaint your body with this type of infection so it is ready to stop the infection from happening again. Isn't that an amazing concept! The immune system has a memory, it keeps a record of the infections that want to harm you and it builds up a defense for these known invaders.

The next ingredient should also be quite familiar to you if you are a cook. Garlic tastes yummy in many recipes, however, when used in its raw form it becomes a powerful aid to your immune system.

Odorless garlic

Not having the pungent odor associated with garlic, it enables people to reap the numerous garlic benefits.

the National Institute has developed a \$20.5 million program to study plant-derived compounds in common foods, including garlic that may have inhibitor effects. Scientists speculate that one reason garlic may contain inhibitor properties is its ability to help the body inactivate and eliminate aberrant cellular substances without damage to other body parts. That is amazing news! If your body is eliminating, getting rid of aberrant or abnormal cells, you may avoid all manner of serious illnesses that plague our society!

Next in our line-up of ingredients is: Burdock root

Burdock root contains powerful

however if you are suffering from stress, you may come to rely on it to relax and calm you. The key benefit of ganoderma mycelium is that it is more easily processed and its nutrients are more easily digestible. Ganoderma mycelium is rich in polysaccharides. Polysaccharides are the active elements that fight viral infections, strengthen your immune system, and get your body set up to operate efficiently and effectively.

These four heavy-hitter ingredients found in Ultra Fighter are pumping up your immune system's arsenal and taking down ANY kind of foreign invaders. At the same time inflammation is being reduced, your body is being relaxed, your blood is



has also been used to eliminate coughs and respiratory system congestion, because it also contains resin. Resinous substances in plants have expectorating, warming, and antimicrobial action.

The next ingredient is:
Turmeric

If you are sick, you may have a wide range of symptoms that often includes aches and pains. The herb Turmeric present in Ultra Fighter may help to relieve painful joints and other inflammatory conditions. Turmeric also contains a wide range of antioxidants, antiviral, antibacterial, antifungal properties.



harmful substances and foreign invaders

- Supports healthy skin
- Reduces pain and inflammation
- Protects against free radical damage

As a side note, Hope for Health sells **Odorless Garlic**, **Red Clover**, **Turmeric** and **Olive Leaf Extract** as separate individual products. Please request a catalog if you would like further information.

Continuing on with our list of ingredients:

Astragalus root

This root is often combined with other herbs, such as in Ultra Fighter, to strengthen the body against illness.



Grapefruit Seed Extract

This is obviously the liquid extracted from the fruit and seeds of grapefruit, a sub-tropical citrus tree that grows in abundance throughout many countries. The extract from grapefruit seed was first documented for its medicinal uses in 1972 by Dr. Jacob Harich, a physicist who noticed its traditional use as a disinfectant. Many traditional societies, from South America to Europe, to Asia, have used the extract to clean the skin, hair, and home surfaces. These societies also valued the extract as a powerful antiviral and bacterial.

Another recent study from *The Journal of Alternative and*



The next ingredient is Neem Oil, which boasts this line-up of benefits:

- Antibacterial
- Anti-parasitic
- Anti-fungal
- Anti-inflammatory
- Analgesic

You may remember the amazing herb, Pau d'Arco from our presentation on ArcoDrops a few months ago.

Pau d'Arco is considered to be an analgesic, antioxidant, anti-parasitic, antimicrobial, antiviral, astringent, anti-inflammatory, antibacterial, antifungal, and laxative. It is anti-everything! It has a long tradition of helping with respiratory conditions, coughs, fevers and various infectious health problems. It has even been used for snakebites!

found naturally in coconut and breast milk. Fatty acids are acids produced when fats are broken down. They are considered "good fats". These acids are not highly soluble in water, and they can be used for energy by most types of cells. According to the Health Sciences Institute, caprylic acid is known to have numerous health benefits such as helping oxygen move through the bloodstream and it is necessary for strong organs and tissues.

Another health benefit is its ability to treat the overgrowth of yeast-like fungus that can live and grow in your intestines. Many of you have struggled for years with yeast overgrowth, which may cause problems such as brain fog, fatigue, sugar cravings, gas and bloating, recurrent vaginal or bladder infections. Your struggle may be over!



Dr. Kaye Olson and all of the Hope for Health staff are ready and willing to answer any product or health questions you may have. We are also happy to consult with you regarding your diet and lifestyle changes. Please call 828-649-0278.

If you wish to order or would like a free copy of our informative catalog that includes Ultra Fighter, as well as all of our Hope for Health products, please call 1-800-468-7884.

Thank you for checking out this presentation on the benefits of Ultra Fighter from Hope for Health!



Pope: World expects believers to work together for peace

By CAROL GLATZ,
Catholic News Service | Published
November 12, 2015

VATICAN CITY (CNS)—

The world expects all people of religious faith to work with everyone for a better future, Pope Francis told representatives of major religions.

CNS PHOTO/STEFANO RELLANDINI, REUTERS

Pope Francis poses for a selfie with a member of the interreligious community during his weekly audience in St. Peter's Square at the Vatican Oct. 28.

End Time Perspective 1: Dan. 8:25 “And through his policy also he shall cause craft to prosper in his hand; and he shall magnify [himself] in his heart, and by peace shall destroy many: ...”

End Time Perspective 2: “Paul speaks of a class to whom the Lord’s appearing will come unawares. “The day of the Lord so cometh as a thief in the night. For when they shall say, Peace and safety; then sudden destruction cometh upon them, . . . and they shall not escape.” GC88 371.

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The Origin of Evil a Mystery

The angels had been created full of goodness and love. They loved one another impartially and their God supremely, and they were prompted by this love to do His pleasure. The law of God was not a grievous yoke to them, but it was their delight to do His commandments, to hearken unto the voice of His Word. But in this state of peace and purity, sin originated with him who had been perfect in all his ways. The prophet writes of him: “Thine heart was lifted up because of thy beauty; thou hast corrupted thy wisdom by reason of thy brightness.” Sin is a mysterious, unexplainable thing. There was no reason for its existence; to seek to explain it is to seek to give a reason for it, and that would be to justify it. Sin appeared in a perfect universe, a thing that was shown to be inexcusable.



God had a knowledge of the events of the future, even before the creation of the world. He did not make His purposes to fit circumstances, but He allowed matters to develop and work out. He did not work to bring about a certain condition of things, but He knew that such a condition would exist. The plan that should be carried out upon the defection of any of the high intelligences of heaven—this is the secret, the mystery which has been hid from ages. And an offering was prepared in the eternal purposes to do the very work which God has done for fallen humanity.

The entrance of sin into heaven cannot be explained. If it were explainable, it would show that there was some reason for sin. But as there was not the least excuse for it, its origin will ever remain shrouded in mystery.

God did not create evil. He only made the good, which was like Himself. . . .



began to think that his wisdom was not derived from God, but was inherent in himself, and that he was as worthy as was God to receive honor and power.

Though God had created Lucifer noble and beautiful, and had exalted him to high honor among the angelic host, yet He had not placed him beyond the possibility of evil. It was in Satan's power, did he choose to do so, to pervert these gifts. He might have remained in favor with God, beloved and honored by all the angelic throng, presiding in his exalted position with generous, unselfish care, exercising his noble powers to bless others and to glorify his Maker. But, little by little, he began to seek his own honor, and to employ his powers to attract attention and win praise to himself. He also gradually led the angels over whom he ruled to do him service, instead of devoting all their powers to the service of their Creator.

Little by little, Lucifer came to indulge the desire for self-exaltation. . . . Though all his glory was from God, this mighty angel came to regard it as pertaining to himself.

God Sets Forth Christ's True Position

Before the great contest should open, all were to have a clear presentation of His [God's] will, whose wisdom and goodness were the spring of all their joy.

The King of the universe summoned the heavenly host before Him, that in their presence He might set forth the true position of His Son, and show the relation He sustained to all created beings. . . . Before the assembled inhabitants of heaven the King declared that none but Christ, the Only Begotten of God, could fully enter into His purposes, and to Him it was committed to execute the mighty counsels of His will.

The great Creator assembled the heavenly host, that He might in the presence of all the angels confer special honor upon His Son. The Son was seated on the throne with the Father, and the heavenly throng of holy angels was gathered around them. The Father then made known that it was ordained by Himself that Christ, His Son, should be equal with Himself; so that wherever was the presence of His Son, it was as His own presence. The word of the Son was to be obeyed as readily as the word of the Father. His Son He had invested with authority to command the heavenly host. Especially was His Son to work in union with Himself in the anticipated creation of the earth. . . .





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Campaign Against Christ

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deception was done in so great
 ess exalted positions supposed
 that he was the Ruler of heaven.

Angels that were loyal and
 true sought to reconcile this
 mighty, rebellious angel to the
 will of his Creator. They justified
 the act of God in conferring
 honor upon Jesus Christ, and
 with forcible reasoning sought
 to convince Satan that no



execute. He had been near
 the great Creator, and the ceaseless beams of
 glorious light enshrouding the eternal God,
 had shone especially upon him. Satan thought
 how angels had obeyed his command with
 pleasurable alacrity. Were not his garments
 light and beautiful? Why should Christ thus
 be honored before himself?

The angels joyfully acknowledged
 the supremacy of Christ, and prostrating
 themselves before Him, poured out their love
 and adoration. Lucifer bowed with them,
 but in his heart there was a strange, fierce



less honor was his now than before the Father had proclaimed the honor which He had conferred upon His Son. They clearly set forth that Jesus was the Son of God, existing with Him before the angels were created; and that He had ever stood at the right hand of God, and His mild, loving authority had not heretofore been questioned; and that He had given no commands but what it was joy for the heavenly host to execute. They urged that Christ's receiving special honor from the Father, in the presence of the angels, did not detract from the honor that he [Satan] had heretofore received.

Lucifer Plants Seeds of Deception Among the Angels

He [Lucifer] gained the sympathy of some of his associates by suggesting thoughts of criticism regarding the government of God. This evil seed was scattered in a most seducing manner; and after it had sprung up and taken root in the minds of many, he gathered the ideas that he himself had first implanted in the minds of others, and brought them before the highest order of angels as the thoughts of other minds against the government of God.

Lucifer . . . at first so conducted his temptations that he himself stood uncommitted. The angels whom he could not bring fully to his side, he accused of indifference to the interests of heavenly beings. The very work which he himself was doing, he charged upon the loyal angels. It was his policy to perplex with subtle arguments concerning the purposes of God. Everything that was simple he shrouded in mystery, and by artful perversion cast doubt upon the plainest statements of Jehovah. And his high position, so closely connected with the divine government, gave greater force to his representations.

The very first effort of Satan to overthrow God's law—undertaken among the sinless inhabitants of heaven—seemed for a time to be crowned with success. A vast number of the angels were seduced.

God's government included not only the inhabitants of heaven but of all the created worlds; and Satan thought that if he could carry the intelligences of heaven with him in rebellion, he could also carry with him the other worlds.

Here, for a time, Satan had the advantage; and he exulted in his arrogated superiority, in this one respect, to the angels of heaven, and even to God himself. . . . [Lucifer] had disguised himself in a cloak of falsehood, and for a time it was impossible to tear off the covering, so that the hideous deformity of his character could be seen. He must be left to reveal himself in his cruel, artful, wicked works.



our firm **FOUNDATION**

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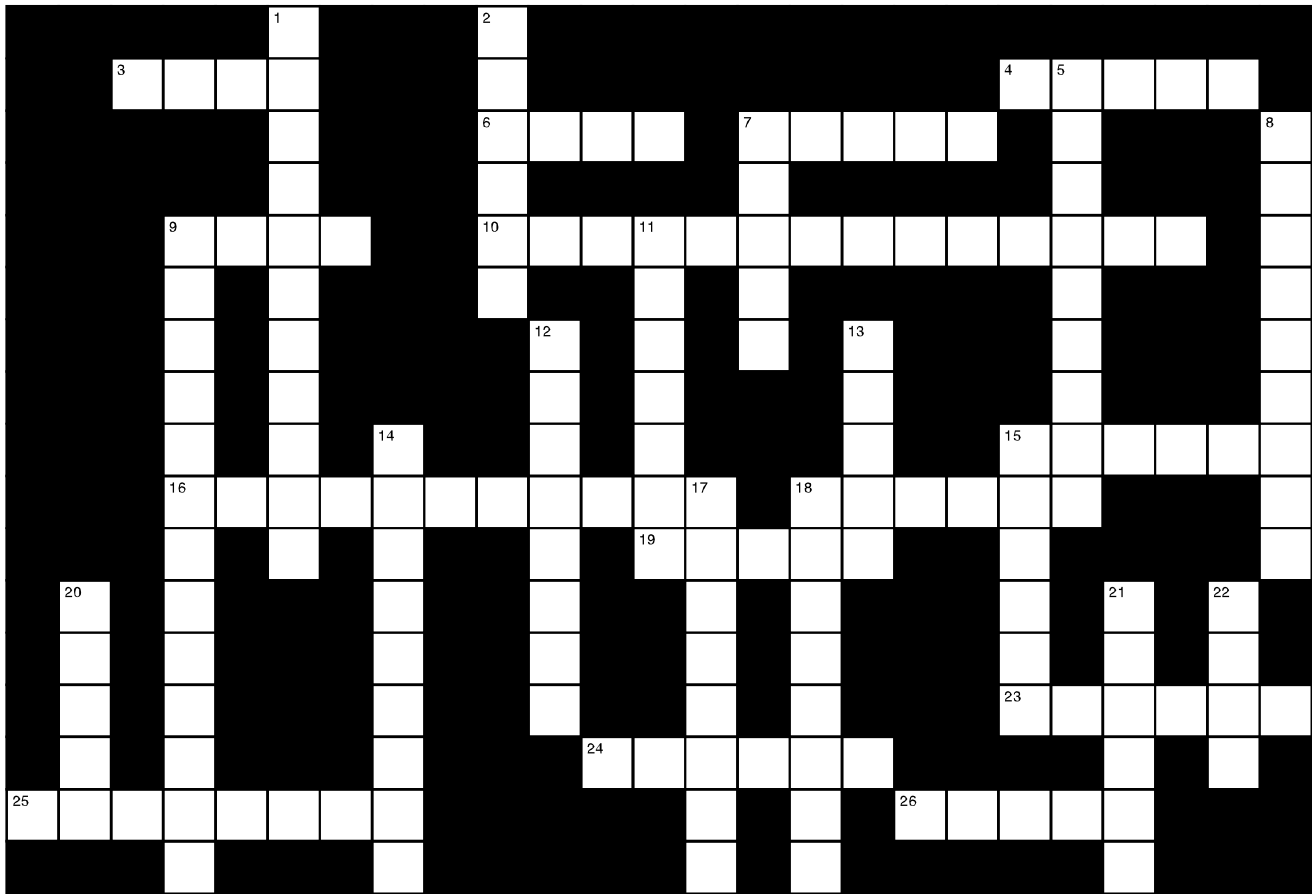
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Christian Crossword



ACROSS

3. Which brother of James has a book in the Bible?
4. What is the subject matter of Hebrews 11?
6. What is the subject of I John chapter 4?
7. Melchisedec was the king of _____?
9. "Consider the ravens; for they neither sow nor _____."
10. Name a work of the flesh.
15. "Every _____ should confess that Jesus Christ is Lord."
16. Jesus said, "He that believeth on me hath _____ life."
18. "Preach the word; be instant in _____."
19. "The _____ of our Lord Jesus Christ be with you all."
23. Who should the sick call upon in the church?
24. "The kingdom of heaven is like unto _____."
25. What slave did Paul bring to Philemon's attention?
26. "Know ye not that we shall _____ angels?"

DOWN

1. "Avoid foolish questions, and _____."
2. "Let us therefore come _____ unto the throne of grace."
5. "Set your _____ on things above."
7. How many baskets were left after feeding the 4000?
8. "Be not forgetful to entertain _____."
9. "Have on the breastplate of _____."
11. "Rejoice evermore. Pray without _____."
12. "Not _____ in business; fervent in spirit; serving the Lord."
13. How many times was Paul shipwrecked?
14. Name one character trait of a bishop.

15. "But the _____ can no man tame."
17. Who felt their widows were not treated well?
18. "There shall come in the last days _____."
20. How many loaves fed the 4000?
21. "Honour widows that are widows _____."
22. "The _____ of the Lord endureth forever."

Answers from Christian Crossword published in the November 2015 issue of Our Firm Foundation

