

our firm
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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*

*Who are the
Seventh-Day
Adventists?*

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I have a 6 acre property 4 ½ miles outside of Burnsville, North Carolina that has a small one bedroom home on it, which I have placed for sale. It is bordered on one side by the Toe River, where the North and South Toe come together. It is some 60 miles from where I live. I drive out to the property every once in a while to check on it and enjoy the walk around it. Recently, I was returning from that property when I was stopped by a highway patrolman. I wasn't speeding, so I wasn't sure why he was stopping me. He came up to the window on the right side of my car and asked for my driver's license and registration. He informed me that he was going to issue me a ticket for failure to have my seatbelt on.

I usually do buckle up, but with my mind set on the property in Burnsville I had completely forgotten. He was not sympathetic to my pleas, and he wrote me a ticket that I could either pay by money order through the mail,

Now is the time to have your "seat belt" on.

go to trial, or go to the courthouse to pay it. The fine for a seatbelt violation is \$25, but added to that are court costs of over \$150 whether you go to court or not. The total charges I would have to pay were \$179. We are on a limited income and a tight budget, so I wasn't sure what I would do.

I laid awake a few nights thinking about my different alternatives. I

spoke to one of my close friends about my ticket. His son is a highway patrolman. He told me that it was too bad I didn't get stopped in his son's area; his son only gives a warning ticket to someone my age the first time.

I thought more about going to trial and my other alternatives and also prayed about all this. I finally decided to go to the courthouse in Marshall, North Carolina and pay the ticket in person. As I entered the courthouse, they now had an officer at the entrance that checked every body for any metal they might have on them. This officer asked me what I was there for. "I came to pay a ticket," was my reply. He asked me what kind of ticket I had, and I told him. He then asked if it was my first seat belt ticket; I told him that it was. He suggested that I should go to the District Attorney's office on the second floor. That office was closed for lunch when I first arrived, but I returned after lunch time. The young attorney in the office asked me why I was there, and I informed him of my ticket. He asked me if it was my first seat belt ticket; I told him that it was. He asked for my ticket and made a copy of it. He said that he would take care of it—I did not receive any fine. I left quite happy. Since that time I have not missed hooking my seat belt when I get into any car. I was grateful to God that I had received a second chance.

God is coming soon. Have we hooked our seat belts? Are we safe to save so that sin will not raise its ugly head through us in the world made

new? In second Corinthians, chapter 6, verse 2, we read, "Behold, now is the accepted time; behold now is the day of salvation." Now is the time to have your "seat belt" on.

In the book, *Historical Sketches*, at page 233, are words spoken by Mrs. White in the Waldensian Valleys: "God does not give us the spirit of the Martyrs today for we have not come to the point of martyrdom. He is testing us by smaller trials and crosses. And at times, when it seems that the billows of temptation will go over our heads, let us remember that the eye of God is watching over us, and let us be willing to endure all the trials that He sees fit to send."

"God will accept nothing but purity and holiness; one spot, one wrinkle, one defect in the character, will forever debar them (us) from heaven, with all its glories and treasures." 2T453

Dear friends, how is your commitment to God today? He is coming soon. Are you ready? There will be no second chances like I received with my seat belt. Buckle up and be ready.



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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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Invitation to Writers

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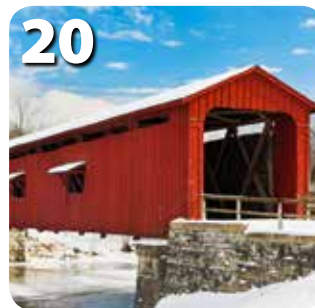
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Who are the Seventh-Day Adventists?

By Joe Olson

I have been asked this question for many years now...And these days, I have been asked to speak to the local pastor's congregation. I was praying about what I should speak on, and then the pastor mentioned that he and other church members did not know about Seventh-day Adventists, sooo... my prayer was answered. Also, I thought it might be good for all of you who are Seventh-day Adventists to share this message with others **you** know that might have similar questions.

As I prayed and thought and prayed again, I reminisced about my first experience, and my past reading of the history of earlier Seventh-day Adventists. When I talk to others about what Seventh-day Adventists believe and act like and do... I have been embarrassed at what some of our church members presently believe and live like. As the years go on, it seems like the devil is stealing a march on God's church.



Tell me what you think as I regale what our Seventh-day Adventist church members used to be like.

First off, our church members used to be **proud** that we were Seventh-day Adventists. We had a sign in our church yard that had an image of a world that pictured three angels flying around the world, signifying that we preach The Three Angels' messages (of Revelation) around the world. We were proud of our **name**... "Seventh-day Adventist!" We were stating to the world that we worship God on **His** holy day—the **Seventh** day and we were looking for the Advent, or coming of our Lord, Jesus Christ! Hallelujah! Now... we seem to be almost embarrassed about our name, but back in the day... we used to be proud of our heritage!

We used to be happy to be "peculiar" people. "But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvelous light:" 1 Pet. 2:9. We used to **believe** that! Seventh-day Adventists **believed** a **lot** more than we do now.

We exclusively used the King James Bible

Back in the day... even back in MY day... Seventh-day Adventists were

people of the Book! They used to know their Bibles! By the way... those were *King James* Bibles! There was **no** other translation for us to understand better. If we wanted to understand better... we prayed for the Holy Spirit to give us the light, and we **read**... a **lot**! As we read... we were convicted to obey our God. We kept the Sabbath day holy! We did **not** shop, do laundry or cook or buy meals on the holy Sabbath day. I remember that we would only drive our car if we had enough gas in our tank. You would go as far as you could... and if you ran out of gas, then we stopped until the Sabbath day was over, then you would buy more gas and go on. We would honor God's day of rest. We believed that if we honored God, He would honor us! Today... I don't know if that is what we believe.

Seventh-day Adventists used to believe that Jesus could **save** us! Hallelujah! We used to believe that Jesus is coming **AGAIN**! And again ... I'm not sure if we believe in that any more, either. We used to believe that Jesus could give us the power to quit sinning! Hallelujah! Today... not so much... or... so it appears. We used to pray on our **knees ALL** the time! Anymore, we can barely nod our heads. We used to do Bible studies and we **LOVED** prayer meeting! We looked



forward to Vespers and AY. .. if any of you younger people do not **know** what that means... ask your grandparents.

Visitation, studying and evangelizing were important

We used to visit jails and nursing homes and other people's homes! We took the time to get to **know** one another. We **ALL** tithed!... and we **ALL** would give our offerings every Sabbath! We looked forward to Mission Spotlight and we wanted to support our mission programs! We also shunned worldly entertainment like dancing and theater-going and card playing. We would rather die than be seen in a





gambling casino or bar or dance club! We tried to dress our best. We tried to dress like the Children of our Heavenly King! We would be as clean as we could be.

We were into gardening and did our best to live in the country places and we avoided town as much as possible. We all read the “Red” Books... again... if you younger kids don’t know what that means... ask your Grandparents. We shunned jewelry and avoided excessive make-up. Most of us wore no wedding rings! We did not desire divorce! We held our vows sacredly! Today... I didn’t even want

to mention it...But... it used to be a negative to be divorced!

And that is another point about Seventh-day Adventists. Back in the day... we ALL wanted to be Christians! We ALL wanted to be holy! We ALL wanted to quit sinning! We ALL wanted to be away from the world and we wanted to be in heaven! And... by the way... we did not want to be in heaven just because of living forever... We wanted to be in heaven because our Best Friend, **Jesus** would be there! Hallelujah! And we ALL wanted to be in ministry or missionary work or **something!** Nowadays... it seems to be the mindset to get a good-paying **job** than to get a job to help **evangelize** the world! Many of our children were raised to be missionaries... and at least, they were planning to be some kind of **medical** missionary worker. And if you had to work in medical work **on** the Sabbath day, you tried to get the Sabbath off, but if you **HAD** to work on the **Sabbath** Day, you would give your paycheck to God because you would not work and “**make**” money if you did have to work on the blessed **Sabbath**. I don’t know if **any** of the younger generation even **think** about that now.

No military and no rock music!

And... talking about thinking... we would NEVER... EVER think

about going into the military! How could you possibly plan on keeping the Sabbath Day in the military? I was in the military and **became** a Seventh-day Adventist! I came in to my commanding officer’s office and told him that I would be keeping God’s commandment about the Sabbath Day. Trust me... you would NEVER suggest to a young person to go into the military! NEVER! That is why my own children have NEVER considered entering into the military! If you are a Seventh-day Adventist...and a Sabbath Keeper... then why would you EVER entertain the idea of going into a job where you would KNOW there will be Sabbath problems!... Hello! I am not pointing any fingers... I am just pointing out the different mindset then... and now...This might help you younger people understand our older people. ☺ It might help you grasp why a lot of the older generation looks at the younger generation like they are crazy... or at least not seem to be thinking! **This** is why! We avoided rock music, or ANY other kind of music... unless it was gospel! We **avoided** sin, or **anything** that would **lead** us into sin! We knew Jesus was working for us in the heavenly Sanctuary and if **any** of you do not know what **that** means... again... ask your grandparents! Or... sign up for Hope’s DVDs! ☺





Ask your grandparents!

If any of you younger people are blessed with grandparents... Praise the Lord! If you are not... see if there are any **older** Seventh-day Adventists around and ask them if I am telling you the truth! We used to LOVE the Spirit of Prophecy. We LOVED that God had blessed us with the “lesser light!” We were proud that God had a prophet! We knew our pioneers—William Miller; Joseph Bates; Hiram Edson; James White; Ellen White; John Loughborough; Uriah Smith and so, so many more!

And even more!... we knew that

many of them were young people! The young people **ran** our church; young people who were in their 20s or 30s! Our whole denomination was **young**! Our church was vibrant and alive and inspired! They were determined to preach the truth! Now... we seem to want to avoid controversy and just be like **everybody** else! What has **happened**!

We remembered the name of the steamship paddle wheeler that we bought to help bring the gospel into the black community! How many of you know the **name** of the man who was burdened to do this work?

Again...

ALL Seventh-day Adventists had the 10-volume Bible Story books. We even had the 5-volume My Bible Friends. **ALL** of our children grew up on Uncle Dan and Aunt Sue! How many of you all know the names: Battle Creek... Loma Linda... Elmshaven? I know the older folks know... and they can tell you all about them! Did you know where Kellogg's Cereal came from? Post Toasties? Worthington? Cedar Lake? Little Debbie's? Actually, we were a little embarrassed about Little Debbie's. 😊

Have you heard about Desmond Doss? Unfortunately, we will only know from Hollywood! Surely, many of you know of the ship, Titanic! But how many of you know that the Titanic had the best, state-of-the-art exercise equipment on that ship and who designed that equipment? Be PROUD of your heritage! LEARN about your heritage! Be the example to our young and younger children! Take the time to TALK with our kids! Show them that we are **not** embarrassed of our God! Stand up for the truth!

And no secret rapture!

And speaking about the truth... ALL Seventh day Adventists knew about the prophecies in Daniel and the





Revelation! We knew about the state of the dead, and hell, and heaven, and evil angels, and good angels, and all that the Bible talks about!

We knew there was no “secret rapture” or “Left Behind.” We knew who the Anti-Christ was! We knew about the Dark Ages... the Reformation... the Waldensians, the Heugenots the Albigensians! If you do **not** know... again...And... IF you do not know and you do **want** to understand...Then sign up for our FREE DVDs! **Learn** from our history! **Beg** for the Holy Spirit to lead you and guide you! Ask Jesus right now to come into your heart and begin to follow the path that our Saviour has

trod! Hallelujah! You can also follow the path that our **older** generations have trod as well! You can be the **next** generation that **will** know... Hallelujah! Hallelujah! Be **proud** of who you **are**—children of the **King!**

Attend church simply to be counted!

One more... little story... and I will finish. I remember this old woman in my church. Her name was, “Eunice Walker.” She loved me and I loved her too. And after the years, she was getting older and older. You all know someone like that. It might be me one day! Eunice was so old, that she needed to be wheeled into the church with a

wheel chair. As time went on, she was getting frail...blind.. and even deaf. Yet, right there... on the **first** pew... would be Eunice Walker.

One day... After the church service was ended... I talked with Eunice. As it happened, it was the last time I ever talked with Eunice again. At least... for **now!** Hallelujah! Do you want to know what I asked that old, Seventh-day Adventist? I’ll tell you...I knelt down to her... holding her hand... speaking loudly... I said...“Eunice... you can’t **see** well... you can’t **hear** well... you can barely **get** into the church...” Then I asked her... “**Why** are you coming to church?” Would you like to hear what she said to me? This is the gospel truth I am telling you... This is not a made-up story. This is my **own** history...When I asked her this question, she looked right at me and said...“I am here to be **counted!**” One more time...If you do **not** know what **that** means ask your grandparents!



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

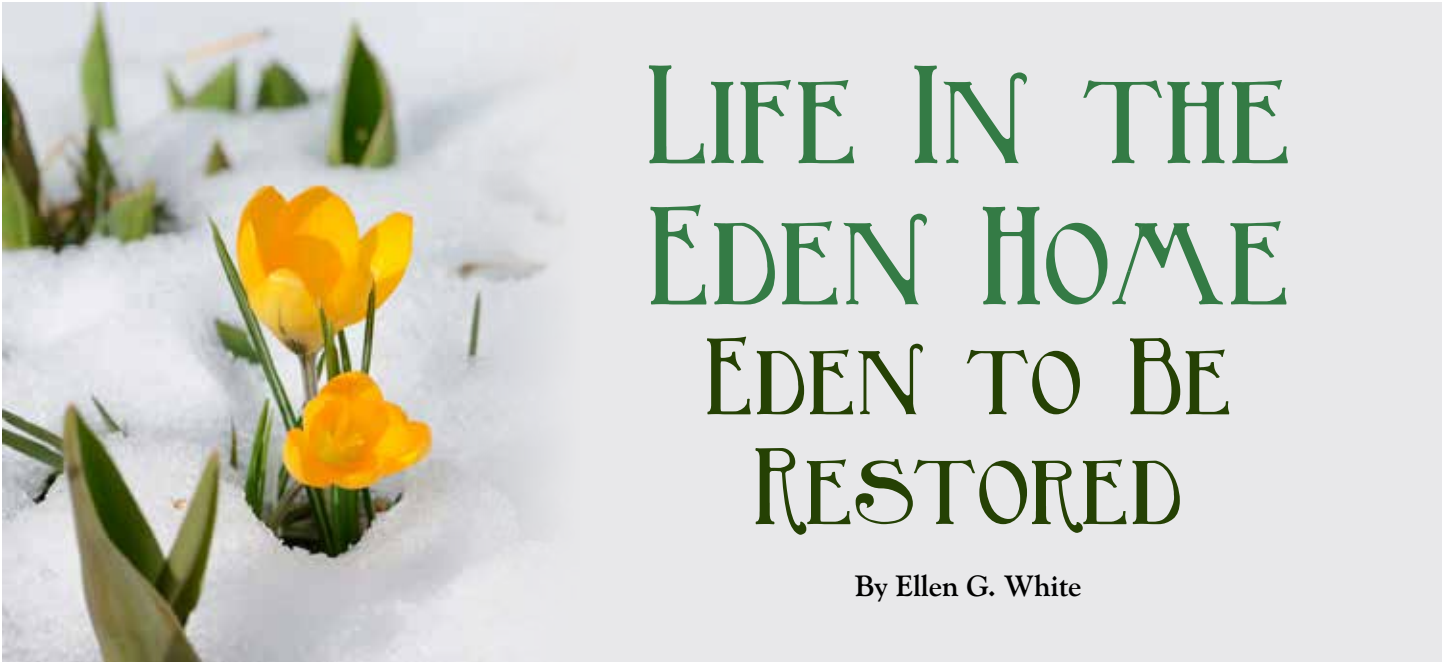
WHEN

When things don't go to suit you
And the world seems upside down,
Don't waste your time in fretting,
But drive away that frown.

Since life is oft perplexing,
'Tis much the wisest plan
To bear all trials bravely,
And smile whene'er you can.

—Unknown





LIFE IN THE EDEN HOME EDEN TO BE RESTORED

By Ellen G. White

The Garden of Eden remained upon the earth long after man had become an outcast from its pleasant paths. The fallen race were long permitted to gaze upon the home of innocence, their entrance barred only by the watching angels. At the cherubim-guarded gate of Paradise the divine glory was revealed. Hither came Adam and his sons to worship God. Here they renewed their vows of obedience to that law the transgression of which had banished them from Eden. When the tide of iniquity overspread the world, and the wickedness of men determined their destruction by a flood of waters, the hand that had planted Eden withdrew it from the earth. But in the final restitution, when there shall be "a new heaven and a new earth," it is to be restored more gloriously adorned than at the beginning.

Then they that have kept God's commandments shall

breathe in immortal vigor beneath the tree of life; and through unending ages the inhabitants of sinless worlds shall behold, in that garden of delight, a sample of the perfect work of God's creation, untouched by the curse of sin--a sample of what the whole earth would have become had man but fulfilled the Creator's glorious plan.

The great plan of redemption results in fully bringing back the world into God's favor. All that was lost by sin is restored. Not only man but the earth is redeemed, to be the eternal abode of the obedient. For six thousand years Satan has struggled to maintain possession of the earth. Now God's original purpose in its creation is accomplished. "The saints of the Most High shall take the kingdom, and possess the kingdom for ever, even for ever and ever."



THE REDEMPTION OF THE PURCHASED POSSESSION

God's original purpose in the creation of the earth is fulfilled as it is made the eternal abode of the redeemed. "The righteous shall inherit the land, and dwell therein for ever." The time has come to which holy men have looked with longing since the flaming sword barred the first pair from Eden--the time for "the redemption of the purchased possession." The earth originally given to man as his kingdom, betrayed by him into the hands of Satan, and so long held by the mighty foe, has been brought back by the great plan of redemption.

All that was lost by the first Adam will be restored by the second. The prophet says, "O Tower of the flock, the strong hold of the daughter of Zion, unto Thee shall it come, even the first dominion." And Paul points forward to the "redemption of the purchased possession."

God created the earth to be the abode of holy, happy beings. That purpose will be fulfilled when, renewed by the power of God and freed from sin and sorrow, it shall become the eternal home of the redeemed.

ADAM RESTORED TO HIS EDEN HOME

After his expulsion from Eden Adam's life on earth was filled with sorrow. Every dying leaf, every victim of sacrifice, every blight upon the fair face of nature, every stain upon man's purity, were fresh reminders of his sin. Terrible was the agony of remorse as he beheld iniquity abounding and, in answer to his warnings, met the reproaches cast upon himself as the cause of sin. With patient humility he bore for nearly a thousand years the penalty of transgression. Faithfully did he repent of his sin and trust in the merits of the promised Saviour, and he died in the hope of a resurrection. The Son of God redeemed man's failure and fall; and now, through the work of the atonement, Adam is reinstated in his first dominion.



Transported with joy, he beholds the trees that were once his delight--the very trees whose fruit he himself had gathered in the days of his innocence and joy. He sees the vines that his own hands have trained, the very flowers that he once loved to care for. His mind grasps the reality of the scene; he comprehends that this is indeed Eden restored, more lovely now than when he was banished from it. The Saviour leads him to the tree of life and plucks the glorious fruit and bids him eat. He looks about him and beholds a multitude of his family redeemed, standing in the Paradise of God. Then he casts his glittering crown at the feet of Jesus and, falling upon His breast, embraces the Redeemer. He touches the golden harp, and the vaults of heaven echo the triumphant song, "Worthy, worthy, worthy is the Lamb that was slain, and lives again!" The family of Adam take up the strain and cast their crowns at the Saviour's feet as they bow before Him in adoration.

This reunion is witnessed by the angels who wept at the fall of Adam and rejoiced when Jesus, after His resurrection, ascended to heaven, having opened the grave for all who should believe on His name. Now they behold the work of redemption accomplished, and they unite their voices in the song of praise.

MANSIONS PREPARED FOR EARTH'S PILGRIMS

A fear of making the future inheritance seem too material has led many to spiritualize away the very truths which lead us to look upon it as our home. Christ assured His disciples that He went to prepare mansions for them in the Father's house. Those who accept the teachings of God's word will not be wholly ignorant concerning the heavenly abode. . . .



Human language is inadequate to describe the reward of the righteous. It will be known only to those who behold it. No finite mind can comprehend the glory of the Paradise of God.

In the Bible the inheritance of the saved is called a country. There the heavenly Shepherd leads His flock to fountains of living waters. The tree of life yields its fruit every month, and the leaves of the tree are for the service of the nations. There are ever-flowing streams, clear as crystal, and beside them waving trees cast their shadows upon the paths prepared for the ransomed of the Lord. There the widespreading plains swell into hills of beauty, and the mountains of God rear their lofty summits. On those peaceful plains, beside those living streams, God's people, so long pilgrims and wanderers, shall find a home.

THERE ARE HOMES FOR THE PILGRIMS OF EARTH

There are robes for the righteous, with crowns of glory and palms of victory. All that has perplexed us in the



providences of God will in the world to come be made plain. The things hard to be understood will then find explanation. The mysteries of grace will unfold before us. Where our finite minds discovered only confusion and broken promises, we shall see the most perfect and beautiful harmony. We shall know that infinite love ordered the experiences that seemed most trying. As we realize the tender care of Him who makes all things work together for our good, we shall rejoice with joy unspeakable and full of glory. . . .

We are homeward bound. He who loved us so much as to die for us hath builded for us a city. The New Jerusalem is our place of rest. There will be no sadness in the City of God. No wail of sorrow, no dirge of crushed hopes and buried affections, will evermore be heard. Soon the garments of heaviness will be changed for the wedding garment. Soon we shall witness the coronation of our King. Those whose lives have been hidden with Christ, those who on this earth have fought the good fight of faith, will shine forth with the Redeemer's glory in the kingdom of God.

PRIVILEGES OF THE REDEEMED

Heaven is a good place. I long to be there and behold my lovely Jesus, who gave His life for me, and be changed into His glorious image. Oh, for language to express the glory of the bright world to come! I thirst for the living streams that make glad the city of our God.

The Lord has given me a view of other worlds. Wings were given me, and an angel attended me from the city to a place that was bright and glorious. The grass of the place was living green, and the birds there warbled a sweet song. The inhabitants of the place were of all sizes; they were noble, majestic, and lovely. They bore the express image of Jesus, and their countenances beamed with holy joy, expressive of the freedom and happiness of the place. I asked one of them why they were so much more lovely than those on the earth. The reply was, "We have lived in strict obedience to the commandments of God, and have not fallen by disobedience, like those on the earth." . . . I begged of my attending angel to let me remain in that place. I could



not bear the thought of coming back to this dark world again. Then the angel said, "You must go back, and if you are faithful, you, with the 144,000, shall have the privilege of visiting all the worlds and viewing the handiwork of God."

THE UNITED FAMILY OF HEAVEN AND EARTH

There the redeemed shall "know, even as also they are known." The loves and sympathies which God Himself has planted in the soul shall there find truest and sweetest exercise. The pure communion with holy beings, the harmonious social life with the blessed angels and with the faithful ones of all ages who have washed their robes and made them white in the blood of the Lamb, the sacred ties that bind together "the whole family in heaven and earth"--these help to constitute the happiness of the redeemed.

The nations of the saved will know no other law than the law of heaven. All will be a happy, united family, clothed with the garments of praise and thanksgiving. Over the scene the morning stars will sing together, and the sons of God will shout for joy, while God and Christ will unite in proclaiming, "There shall be no more sin, neither shall there be any more death."



From that scene of heavenly joy [the ascension of Christ] there comes back to us on earth the echo of Christ's own wonderful words, "I ascend unto My Father, and your Father; and to My God, and your God." The family of heaven and the family of earth are one. For us our Lord ascended, and for us He lives. "Wherefore He is able also to save them to the uttermost that come unto God by Him, seeing He ever liveth to make intercession for them."

THOUGH DELAYED, THE PROMISE IS SURE

Long have we waited for our Saviour's return. But none the less sure is the promise. Soon we shall be in our promised home. There Jesus will lead us beside the living stream flowing from the throne of God and will explain to us the dark providences through which on this earth He brought us in order to perfect our characters. There we shall behold with undimmed vision the beauties of Eden restored. Casting at the feet of the Redeemer the crowns that He has placed on our heads and touching our golden harps, we shall fill all heaven with praise to Him that sitteth on the throne.

Let all that is beautiful in our earthly home remind us of the crystal river and green fields, the waving trees and the living fountains, the shining city and the white-robed singers, of our heavenly home--that world of beauty which no artist can picture, no mortal tongue describe. "Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him."

AH 539-544



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.

WHAT JESUS SAID ABOUT THE ANGELS

By H.M.S. Richards



In the hearts of millions the materialistic spirit of this age has left no room for the holy angels of God. Strange legends and superstitious stories about angels handed down from the Middle Ages have driven some away from Bible teaching on this subject. Consequently angels have been relegated almost to the same category as the ghost. Like the Sadducees of old, many churchmen declare that there is neither angel nor spirit (Acts 23:8). In denying the existence of the holy angels, they have impoverished their souls.

WHO ARE THE ANGELS? WHERE DID THEY COME FROM?

Those who believe in the Holy Bible must believe in the holy angels. It is

filled with accounts of their exploits. The Holy scriptures tell us more about angels than about baptism, the Lord's Supper, the holy Sabbath, the Christian church, and many other important subjects. Yet how few sermons we hear on the subject of angels! The number of the angels is said to be so great that our earthly arithmetic is inadequate to count them. The "angels round about the throne" are "ten thousand times ten thousand, and thousands of thousands" (Rev. 5:11), "an innumerable company" (Hebrews 12:22).

According to Scripture, angels were created by God. They existed before death ever entered this world. We find them at the gate of Paradise with a

"sword which turned every way, to keep the way of the tree of life." (Gen. 3:24). Since angels lived before the first man died, they are not the spirits of the dead, but holy beings created by God. They are of a higher order than man, for of man it is said, "Thou hast made him a little lower than the angels." Ps. 8:5.

NOT ONLY WAS THE BIRTH OF JESUS ANNOUNCED BY AN ANGEL, BUT HE WAS ALSO NAMED BY AN ANGEL

Let us now take a look at the ministry of angels in regard to Jesus' birth. The angel Gabriel was sent from God to the little town of Nazareth. There he announced the birth of Jesus to the blessed virgin Mary. "And the angel came in unto her, and said, Hail, thou that art highly favoured, the Lord is with thee: blessed art thou among women." "And, behold thou shalt conceive in thy womb, and bring forth a son, and shalt call his name JESUS." Luke 1:28, 31. Not only was the birth of Jesus announced by an angel, but He was also named by an angel (Luke 2:21). And when His birth actually took place, it was announced by an angel to the frightened shepherds in these words: "Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Saviour, which is Christ the Lord." "And suddenly there was with the angel a multitude of the heavenly host praising God, and saying, Glory to God in the highest, and on earth peace, good will toward men. And it came to pass, as the angels were gone away from them into heaven, the shepherds said to one another, Let us now go even unto Bethlehem, and see this thing which is come to pass, which the Lord hath made known unto us." Luke 2:10, 11, 13-15.

THE ANGELS OF GOD HAD A GREAT DEAL TO DO WITH THE MINISTRY OF JESUS, TOO

An angel announced the birth of His cousin John, who was to prepare the way before Him. (Luke 1:11-19). After the silent years in His Nazareth home our Saviour appeared on the banks of



this wonderful truth Jesus declared in Matt. 18:10, 11. Take heed that ye despise not one of these little ones [speaking of those who believe in Him—His children, and evidently, especially the boys and girls who He had just mentioned in verse three]; for I say unto you, That in heaven their angels do always behold the face of my Father which is in heaven. For the Son of man is come to save that which was lost.”

the Jordan River to be baptized of John. Here at His own request, He received the holy ordinance. (Matt. 3:13-17). Immediately after His baptism He was led by the Spirit into the wilderness to be tempted of the devil. There He fasted forty days and forty nights and met the great tempter victoriously. Exhausted from the terrible conflict, the Son of God was not left alone in His hour of need, for we read, “Angels came and ministered unto him.” Matt. 4:11. It is of interest to note that there are at least seventeen passages in the New Testament in which Jesus speaks of the angels and their ministry for men.

It was the belief of the early Christians that every believer has a guardian angel, an angel appointed by God to watch over, guide, and care for him from childhood to the grave. Of

THINK OF IT! OUR GUARDIAN ANGELS MAY ACTUALLY LOOK UPON THE FACE OF GOD

To our Father in heaven they may report the doings of men on earth, the treatment that they mete out to the innocent and the weak, especially to the followers of Christ. Through their ministry heaven is brought very near to the daily life of God’s earthly children. It matters not where duty may lead us - through the crowded streets of business, in moments of relaxation, in the house of sickness or death, in palace or in cottage, at home or abroad- everywhere the child of faith is found, there these heavenly beings are present.

The early Christians firmly believed in guardian angels. When King Herod cast the Apostle Peter into

prison intending to bring him forth to execution, an angel delivered him in the night, although he was bound with chains between two guards. In answer to the prayers of his fellow Christians, the Lord sent His angel and saved the apostle from what seemed certain death. After leaving the prison, he went immediately to the house where the believers were met together in prayer. When he knocked at the door, a young girl named Rhoda came to listen. “And when she knew Peter’s voice, she opened not the gate for gladness, but ran in, and told how Peter stood before the gate. And they said unto her, thou art mad. But she constantly affirmed that it was even so. Then said they, It is his angel.” Acts 12:14,15. Here we have proof that the early Christians believed in guardian angels. They could not believe that Peter himself had been released from prison. That was too good to be true! Although they were praying for his deliverance, they thought it must be his angel at the gate. It was not their belief that his angel was some disembodied spirit, because they knew that Peter was still in prison and was not to be executed until after the Passover.

ANGELS OF GOD ENCAMP AROUND HIS TRUE SERVANTS

The Jewish people of those days believed in the ministry of heavenly angels. They claimed the wonderful promise of Ps. 91:11,12: “He shall give





his angels charge over thee, to keep thee in all thy ways. They shall bear thee up in their hands, lest thou dash thy foot against a stone." And also they had the assurance of Ps. 34:7 that "the angel of the Lord encampeth round about them that fear him, and delivereth them."

These promises were fulfilled more than once. For example, Satan could not afflict the patriarch Job as long as God's hedge of protection was about him and all that he had. (Job 1:6, 8-12). Then there was the occasion when the king of Syria sent his armies to surround the city of Dothan, in which



the prophet Elisha and his servant were living. The latter cried out in fear, but God's prophet knew whom he served, and had the assurance that the angels of the Lord were about them. There was a great Syrian army encamped about the city, but the angels of God who were encamping about His true servants were more than all the hosts of the enemy. To the servant's despairing question, Elisha replied, "Fear not: for they that be with us are more than they that be with them. . . . And the Lord opened the eyes of the young man; and he saw: and, behold the mountain was full of horses and chariots of fire round about Elisha." 2 Kings 6:16,17. What a beautiful picture this is of God's protecting care!

No doubt you have seen the beautiful painting of two children walking hand in hand over a dangerous path on a precipitous mountainside. They are almost on the edge of a great cliff which seems to drop down to unknown depths. On the other side of the path are rocks, trees, and flowers. One of the children is reaching out for a butterfly, apparently unmindful of the danger before him. The other is reaching for wayside flowers. Behind them, with hands outstretched toward both, is an angel of God. How symbolic this is of the care and watchfulness of the guardian angels! It was said in more

ancient days of faith, that angels have two offices: *Superius canere et inferius vigilare* - "To sing above and watch beneath." The angels do not guard and watch over God's children simply because they are commanded to; they have a tender love for them.

JESUS SAID THAT THE ANGELS ARE INTERESTED IN MAN'S SALVATION

"I say unto you, there is joy in the presence of the angels of God over one sinner that repenteth." Luke 15:10. No gift to God will make such joy among the holy angels in heaven as the gift of a human heart. Why do we not repent of our sins this very day and set those angel choirs rejoicing: But not only does our repentance bring joy to the angels of God, our confession of Christ before men is known to them also. Jesus said: "Whosoever shall confess me before men, him shall the Son of man also confess before the angels of God: but he that denieth me before men shall be denied before the angels of God." Luke 12:8,9.

In one of D.L. Moody's evangelistic meetings a little Norwegian boy stood up and came to the front. Trembling and with tears trickling down his cheeks, he said in his limited English, "If I tell the world about Jesus, He will tell the father about me." That was all he said, but it was all he needed



to say. Those few words went right to the heart of everyone present that day. If we tell the world—that’s the condition—Jesus will confess us to God before the angels of heaven.

We need to remember that it is not only by our public confession of Christ in a religious meeting that we bring joy to the angels but in our everyday life itself, for it is

“Not merely in the words you say,
Not merely in the deed confessed;
But in the most unconscious way,
Is Christ confessed.”

BUT THERE IS ALSO A DARK SIDE TO WHAT JESUS SAID ABOUT ANGELS

Not only does He speak of the angels of God, those “ministering spirits, sent forth to minister for them who shall be heirs of salvation” (Heb. 1:14), but He speaks also of evil angels, “the devil and his angels.” (Matt. 25:41). It is quite clear from Scripture that approximately one third of the heavenly host fell into sin and rebellion with Satan, himself a mighty angel who was cast down to this earth. We read in Rev. 12:7-9: “And there was war in heaven: Michael and his angels fought against the dragon; and the dragon fought and his angels, and prevailed not; neither was their place found any more in heaven. And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him.”

These fallen angels are spoken of in the New Testament as demons. Their opposition to our Saviour was manifested all through His earthly ministry. They recognized Him and cried out, “I know thee who thou art; the Holy One of God” “Art thou come hither to torment us before the time?” Luke 4:34; Matt 8:29.

It is these fallen angels, “the wandering *banditti* of the spirit world,” as Carlyle B. Haynes calls them, who are the spirits of spiritism, impersonating our dead, teaching doctrines of demons, and preparing for the final conflict of the day of God.

Their destiny has been settled forever, as we read in 2 Pet. 2:4: “God spared not the angels that sinned, but cast them down to hell, and delivered them into chains of darkness, to be reserved unto judgment”; or as is stated in other words in Jude 6: “The angels which kept not their first estate, but left their own habitation, he hath reserved in everlasting chains under darkness unto the judgment of the great day.” And that day hastens on apace.

ANGELS IN THE END TIMES

Jesus said that holy angels of God will have an important part to play in the final scenes of this world’s history. Matt. 13:24-30 portrays the Saviour’s great parable of the harvest. He tells of a man who sowed good

seed in his field, but while he slept the enemy sowed tares. When the seeds sprang up, his servants reported that tares had come up in the field with the wheat. The sower declared this to be the work of an enemy. Then the servants asked whether they should go and gather up the tares. His answer was, “Nay; lest while ye gather the tares, ye root up also the wheat with them. Let both grow together until the harvest: and in the time of harvest I will say to the reapers, Gather ye together first the tares, and bind them into bundles to burn them: but gather the wheat into my barn.” Verses 29,30.

Then we have our Lord’s own explanation of this parable: He that soweth the good seed is the Son of man [that is, Himself]; the field is the world; the good seed are the children of the kingdom; the enemy that sowed them is the devil; the harvest is the end of the world; and the reapers are the angels. As therefore the tares are gathered and burned in the fire; so shall it be in the end of this world. The Son of man shall send forth his





great sound of a trumpet, and they shall gather together his elect from the four winds, from one end of heaven to the other.” Matt. 24:30,31.

Are you one of the elect, one of God’s children, one of the redeemed? If so, you will have something to do with the angels on that day. Notice, “He shall send his angels, . . . and they shall gather together his elect.” The angels of God, our unseen protectors and guides; the angels, who have at times appeared in the humble guise of men and walked this earth - for the scripture says that “some have entertained angels unawares” (Hebrews 13:2) -- will in

angels, and they shall gather out of his kingdom all things that offend, and them which do iniquity; and shall cast them into a furnace of fire: there shall be wailing and gnashing of teeth. Then shall the righteous shine forth as the sun in the kingdom of their Father.” Verses 37-43.

NOTICE, THE REAPERS OF THE FINAL HARVEST ARE THE ANGELS

They are the ones who separate the righteous from the unrighteous. This is done in connection with the second appearing of Christ in glory. “And then shall appear the sign of the Son of man in heaven: and then shall all the tribes of the earth mourn, and they shall see the Son of man coming in the clouds of heaven with power and great glory. And he shall send his angels with a



that day be revealed in heavenly glory.

And what a glory that is! When an angel appeared to Daniel in vision, the prophet fell at his feet as dead. “Neither is there breath left in me,” he said. (Dan. 10:17). When an angel appeared at the garden tomb on the morning of Christ’s resurrection, “there was a great earthquake: for the angel of the Lord Descended from heaven, and came and rolled back the stone from the door, and sat upon it. His countenance was like lightning, and his raiment white as snow: and for fear of him the keepers did shake, and became as dead men.”



Matt. 28:2-4. The glory and power of just one angel shook the earth and smote the soldier guard to the ground. What will it be when the heavens are filled with those radiant heavenly forms and the Saviour comes with all the holy angels—“ten thousand times ten thousand [a hundred million], and thousands of thousands”?

SEEK TO KNOW MORE ABOUT THE HOLY MINISTRIES OF ANGELS

So we see that the birth, life, ministry, atoning sacrifice, resurrection, and second coming of our Lord Jesus Christ are all accompanied by angel ministry, and that the redemption of this world involves “things which the angels desire to look into.” (1 Pet. 1:12). Yes, Jesus said much about the angels, and we should seek to know more about their holy ministries.

*Hark! hark! My soul,
angelic songs are swelling
O'er earth's green fields and
ocean's wave-beat shore;
How sweet the truth those
blessed strains are telling,
Of that new life when sin
shall be no more!*

*"Angels, sing on!
Your faithful watches keeping,
Sing us sweet fragments
of the songs above,
Till morning's joy shall end
the night of weeping,
And life's long shadows break
in cloudless love.*

*Angels of Jesus, angels of light,
Singing to welcome the
pilgrims of the night."*

—F.W. Faber



Hope for Health

Essicaps CA is a proprietary herbal formulation containing eight valuable botanicals. This combination of potent synergistic herbs is used for blood purification, gland stimulation, and for its powerful anti-inflammatory, anti-bacterial, and antioxidant properties! All of these qualities make it a great supplement to help promote healthy cell growth while relieving the pain, discomfort, and nausea related to many chronic conditions. Essicaps CA contains a powerful immune-supporting blend of: Burdock Root • Sheep Sorrel • Red Clover Blossom Slippery Elm Bark • Turkish Rhubarb Root Blessed Thistle • Watercress • Kelp

Essicaps CA

Burdock Root

A member of the daisy family, burdock root has been used as a powerful health-aid for centuries! It is one of the most well-known herbs for helping prevent the growth of unhealthy cells and protect the body from many degenerative conditions. A highly nutritious plant, burdock contains many nutrients vital to the immune system and essential for optimum health, including: iron, amino acids, plant sterols, fatty oils, calcium, magnesium, phosphorus, zinc, folic acid, riboflavin, pyridoxine, niacin, vitamin E, and vitamin C. This nutrient powerhouse helps the body stave off infections, strengthens the nervous system, boosts the immune system, and protects against unhealthy cell growth. Burdock is also known as one of the best blood purifiers, as it contains certain diuretic principles, which help expel toxins from the blood through the urinary tract. A valuable source of many non-starch polysaccharides such as inulin, glucoside-lappin, and mucilage, burdock acts as a gentle laxative and supports the digestive system.

Sheep Sorrel

Sheep sorrel is known to be a cleansing and detoxifying diuretic that helps stimulate healthy cell regeneration and contains powerful antioxidants and free radical scavengers. Highly praised as a vermifuge, intestinal worms are said to have no resistance to the natural properties of this herb! Sheep sorrel is a rich source of oxalic acid, sodium, potassium, iron, manganese, phosphorous, beta-carotene, and vitamin C. The combination of these vitamins and minerals promote the glandular health of the entire body. Another notable property of this herb is its ability to help regulate digestive health, meaning that it can act as an anti-diarrhea agent as well as a laxative, depending on the health of the digestive tract.

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

Red Clover Blossom

Contains genistein, a valuable compound that prevents new blood vessels from forming within unhealthy cell growths. Since these unhealthy cells rely on new blood vessels to grow, genistein effectively starves them while allowing new blood vessels to grow only in healthy tissue! Red clover is a powerful blood cleanser, helps eliminate toxins from the body, reduces swelling and inflammation, promotes tissue repair, and relieves pain!

Slippery Elm Bark

Contains high levels of anti-oxidants, supports immune function and healthy digestion, soothes the digestive tract, helps maintain normal elimination, absorbs and eliminates toxins from the bowel. Contains both beta-sitosterol and a polysaccharide which have been shown to destroy unhealthy cell growth. American settlers used slippery elm as a food due to its exceptional nutritional value. It is said that George Washington and his troops survived several days on slippery elm by making it into a gruel during the winter at Valley Forge.

Turkish Rhubarb Root

Has been shown to inhibit the growth of unhealthy cells. Supports normal bowel function and encourages a healthy digestion and appetite. Purges the body of bile, parasites, and stagnate food by stimulating the gall duct to expel toxic waste matter. Helps support the bowel's natural cleansing and detoxification process by cleansing the liver, spleen, and colon. Supports health breast cell formation. A natural diuretic, anti-inflammatory, and anti-bacterial, it has been used extensively to relieve constipation.

Price:

120 capsules \$19.99

Suggested Adult Usage:

- For those with major health concerns, an aggressive amount should be taken. For these individuals, we recommend: 3 capsules taken 3 times a day on an empty stomach.
- For those with no major health concerns, who just want to improve overall health: We recommend a maintenance amount of 1 capsule taken 3 times a day on an empty stomach.

WARNING: Burdock is considered safe and nontoxic, however, pregnant women should not take burdock supplements due to the possible uterine stimulation. People with allergies to chrysanthemums should not take burdock supplements.

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

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

Health Gem

Circulation

Welcome to another Hope for Health presentation. Our message this month is on circulation.

Circulation is the word used to describe the constant movement of blood around the body, made possible by the pumping action of the heart. This movement, or flow of blood, takes place in a network of tubes known as blood vessels. The circulatory system includes the heart, blood vessels and blood, and is vital for fighting illness and maintaining proper temperature and pH balance. The system's main function is to transport blood,

a tenth of the diameter of a human hair. Red blood cells are about the same size as the capillaries through which they travel, so these cells must move in single-file lines. Some capillaries, however, are slightly smaller in diameter than blood cells, forcing the cells to distort their shapes to pass through.

Age and inactivity contribute to poor circulation

Returning blood to the heart from lower parts of the body (such as the feet and legs) is hard work for the

that can lead to poor circulation and the problems this can cause. Circulation problems can affect anyone who isn't active, whatever their age. Poor circulation means that oxygen carried in the blood may not be transported to all parts of the body as well as it normally would be. Getting oxygen to the outer edges of the body, such as the fingers and toes, is particularly difficult if the circulation is not working well. Symptoms such as cold hands and feet, caused by poor blood flow to these areas, are therefore common in people with poor circulation.



nutrients, gases and hormones to and from the cells throughout the body.

If you were to lay out all of the arteries, capillaries and veins in one adult, end-to-end, they would stretch about 60,000 miles. What's more, the capillaries, which are the smallest of the blood vessels, would make up about 80 percent of this length. By comparison, the circumference of the Earth is about 25,000 miles. That means a person's blood vessels could wrap around the planet approximately 2.5 times! Capillaries are tiny, averaging about 8 microns (1/3000 inch) in diameter, or about

circulation, because this blood has to be pushed uphill. The circulation, therefore, needs help from muscles that surround veins. When we walk, for example, muscles in our feet and legs help to pump blood upwards. As you may be imagining it is no wonder that so many of us have circulation problems, it is a constant uphill battle! As we grow older, we are often less active than we used to be. This, combined with the general wear and tear of aging, can cause the circulation to work less effectively than it once did.

However, it is not only advancing age

There may also be feelings of tiredness or having less energy than usual, which again can be a result of too little oxygen getting to the parts of the body where it's needed. Similarly, cuts, scratches and sores may take longer to heal than usual. Poor circulation may also result in pooling of blood lower in the body, causing pain in the feet, ankles and legs. People with poor circulation may also have muscle cramps or heavy, aching legs. Hope for Health has some excellent supplements that we will be discussing later in the presentation that help with circulation, but before we delve in to that, let's

talk about a sure-fire way to increase circulation.

Yes, it is your favorite subject – exercise!

We know we bring this up often, but that is because it is **just** that important. Exercise can literally save your life! At Hope for Health we are no different than you; we know all the excuses to come up with for not exercising after a busy day at the office. But we also know how terrific we feel when we get up and do something! You don't have to start with a 30-minute intense workout; if you haven't exercised much lately start with something easy, like parking the car in the garage and then walking out

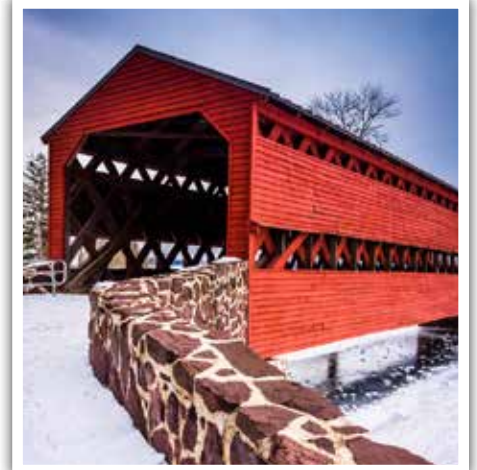
If you are not able to do any of the above if you need to start by sitting, then put on some music and move your arms to conduct the music. Lift your feet up and down, or sideways, or even just toe/heel to stretch your muscles. Make it fun, get everyone in the family involved, even your pets will benefit from more movement, more exercise!

Just in case you need more motivation, here is a list of other benefits that will inspire you to exercise:

- **Longevity** - people who are physically active live longer. According to a 20-year study, regular exercise reduces the risk of dying prematurely.

improvements in muscle strength and tone, endurance, body composition and cardiovascular function can all enhance sexual functioning in both men and women. Researchers revealed that men who exercise regularly are less likely to have erectile dysfunction and impotence than are men who don't exercise.

- **Powerful mood elevator** - Study after study has shown that exercise promotes mental health and reduces symptoms of sadness.
- **Cardiovascular health** - Lack of physical activity is one of the major risk factors for cardiovascular problems. Regular



to the street for the mail. Or vacuum the whole house; it gets you moving and your house will be clean too! If you can't get outside, go to the mall and window shop while you walk. Take the steps whenever you can. Try parking far from the entrance at work or when running errands. Throw the ball around with the kids or grandkids, good for you and them! The point here is that you can incorporate movement without putting on a special outfit and going to the gym.

Perhaps you've heard it said that: "Some exercise is better than none, more exercise is generally better than less, and no exercise can be disastrous."

- **New brain cell development** - improved cognition and memory. Exercise stimulates the formation of new brain cells. Researchers found that the areas of the brain that are stimulated through exercise are responsible for memory and learning. For instance, older adults who engage in regular physical activity have better performances in tests implying decision-making process, memory and problem solving.
- **Improved sexual function** - Regular exercise maintains or improves sex life. Physical

exercising makes your heart, like any other muscle, stronger. A stronger heart can pump more blood with less effort.

- **Healthy blood sugar levels** - There is strong evidence from high quality studies that moderate physical activity combined with weight loss and balanced diet can result in a 50-60% reduction in the risk of unhealthy blood sugar levels.
- **Weight control** - Regular exercise helps to reach and maintain a healthy weight. If you take in more calories than needed in

a day, exercise offsets a caloric overload and controls body weight. It speeds the rate of energy use, resulting in increased metabolism. When metabolism increases through exercise, you will maintain the faster rate for longer periods of a day.

- **Muscle strength** - Health studies repeatedly show that strength training increases muscle strength and mass, and decreases fat tissue.
- **Bone strength** - An active lifestyle benefits bone density. Regular weight-bearing exercise promotes bone formation, delays bone loss and may guard against

Broom, which has anti-inflammatory properties that have been shown to help improve circulation and reduce swelling. It has also been shown to help tighten blood vessels and capillaries, which is very beneficial if you suffer from bulging veins. Relief is here for those of you who suffer from this VERY painful condition! According to American University in Washington, DC, Butcher's Broom activates receptors that stimulate the release of noradrenaline to increase vascular tone and constrict blood vessels. The constriction helps to get the blood moving and reduce pooling. Butcher's Broom contains flavonoids

of the best-selling herbal supplements in the United States and Europe. Ginkgo has a long history of use in treating blood disorders and memory issues. Research has shown that ginkgo improves blood circulation by opening up blood vessels and making blood less sticky. It is also an antioxidant.

In your body, harmful particles called free radicals build up as you age, and may contribute to heart problems, unhealthy cell growth and cognitive and memory issues. Antioxidants like those found in ginkgo fight off free radicals, and stop them from damaging DNA and other cells.

Ginkgo Biloba is one of the most



bone loss associated with aging.

- **Better night sleep** - If you suffer from sleep problems, daily exercise can make the difference. The natural dip in body temperature five to six hours after exercise may help you to fall asleep.

Exercise is the best way to improve circulation, however, if your health is compromised right now, you may want some immediate help as you begin your lifestyle changes. Hope for Health offers a variety of supplements to improve circulation, and the problems in connection with poor circulation.

Butcher's Broom

The first of these is **Butcher's**

that also support normal circulation and strengthen blood vessels.

In 2007, researchers in Mexico conducted an 8-week study in which 124 patients that complained of discomfort, leg heaviness and edema were put on a daily regimen of two capsules of Butcher's Broom. Within two weeks, reductions in complaints were observed. By the end of the study, no complaints remained. Wow, you could be one of those without complaints! Wouldn't that be a HUGE relief!

Ginkgo Biloba

The next offering is **Ginkgo Biloba**; did you know that ginkgo is one of the oldest living tree species? It is also one

well researched herbs in the world! It increases the blood flow to the brain and improves blood flow through both major blood vessels and capillaries. It increases metabolism efficiency, regulates neurotransmitters, and boosts oxygen levels in the brain (which uses 20% of the body's oxygen). It has been shown to increase brain functionality, which is beneficial to those suffering from poor concentration and memory loss. This is the main reason that **Ginkgo Biloba** is so popular, as it has been shown both scientifically and by actual use to improve mental function (particularly in elderly people).

Researchers recently reviewed all of the high-quality published studies on

ginkgo and mild memory impairment, and concluded that ginkgo was significantly more effective than placebo in enhancing memory and cognitive function. As more than 300 studies demonstrate, Ginkgo facilitates better blood flow throughout the body, most notably the brain, where it both protects and promotes memory and mental function, particularly for the elderly.

Odorless Garlic

Another Hope for Health product that may help improve circulation is **Odorless Garlic**. Garlic has been used as medication and food for thousands

body's level of antioxidants, which also helps to decrease heart problems.

Eating raw garlic is an excellent way to reap the benefits of garlic for your circulatory system; however, it is also a good way to keep people away from you! Hope for Health's Odorless Garlic provides all the benefits of garlic in convenient capsule form without the "smelly" consequences.

Cir-QDrops

Hope for Health has a unique blend of specialized herbs to promote healthy circulation in our easy to use **Cir-QDrops**.

the entire system and has traditionally been used for overcoming fatigue and restoring stamina and vigor. It is a natural stimulant without the threatening side effects (palpitations, hyper-activity or rise in blood pressure) of most other stimulating agents. In addition to all this, cayenne is also a very nutritious herb! A very high source of vitamins A and C, it also has the complete B complexes, and is very rich in organic calcium and potassium (minerals vital for a healthy heart), making it naturally heart-healthy!

Hawthorn Berry known as "heart food" has been known for centuries to be a potent heart and circulatory system



of years. According to the Memorial Sloan-Kettering Cancer Center, garlic is used to help treat circulatory disorders and enhance blood circulation throughout your arteries and veins. A study, published in "The Journal of Nutrition" in 2006, found that garlic helps to maintain healthy blood pressure and cholesterol levels. Garlic has been found helpful for the heart and circulation in two ways:

1. Its sulfur compounds help to promote blood flow by preventing the platelets from sticking together and clotting.
 2. It lowers levels of cholesterol and triglycerides in the blood.
- Overall, garlic increases the

Let's take a look at these incredible ingredients:

Cayenne stimulates blood flow, promoting healthy blood circulation and strengthening the heart. In fact, it's one of the safest, most effective cardiovascular stimulants known and shows a variety of helpful actions for the cardiovascular system, including helping to regulate fibrin (the protein involved in blood clotting), which is particularly important for healthy circulation. Cayenne has no equal in its benefits to your overall heart and circulatory health! Most natural health practitioners find it to be the single most useful and valuable herb! Cayenne has an energizing effect on

aid. As a cardio- tonic it increases the contractions of the heart and promotes a healthy heart rhythm. To this day, it remains one of the most popularly used botanicals for heart health throughout Europe, where studies have demonstrated that hawthorn can support overall heart health by:

- Relaxing and dilating arteries
- Increasing the flow of blood and oxygen to and from the heart
- Supporting healthy circulation
- Increasing endurance
- Maintaining healthy blood pressure & blood vessels

The effects of hawthorn as a heart tonic are gentle and best achieved over time. Unlike many prescription

medications for the heart, hawthorn has been shown to be safe for long-term use, with no toxic side effects!

Skullcap has been used safely for centuries in traditional medicine to reduce excess inflammation, improve circulation, and to support and strengthen overall cardiovascular health. Research at numerous prestigious U.S. medical institutions demonstrates that skullcap contains some of the most powerful anti-aging and anti-inflammatory molecules known to science.

Goldenseal acts as a tonic and sedative for the nervous system, producing a calming effect, which supports normal blood pressure and

which is deactivating the amino acid homocysteine. When levels of this amino acid become too high, it can damage blood vessels. However, the vitamin B9 found in parsley helps to convert homocysteine into harmless molecules, thus protecting the blood vessels. Parsley is also rich in folic acid, magnesium, calcium and potassium, which help nourish the heart and prevent heart problems. **Cir-Q Drops** is an excellent choice for improving and maintaining your circulation and your entire cardiovascular system!

Heart Maximizer

You may remember a Hope for

acid; it works as a chelator, meaning it helps remove toxic heavy-metal ions from the blood. It aids the heart and circulatory system by removing calcium buildup and dissolving plaques.

3. **Ginkgo Biloba** - Which we reviewed earlier; it is found in Heart Maximizer, or sold on its own.
4. **Gotu Kola** contains molecules that go to work on our veins, improving their tone and making them less susceptible to bulging and collapsing. These molecules stimulate collagen synthesis, which protects the cells lining the inside of the veins.



enhances circulation. According to the American Botanical Council, goldenseal also appears to support normal cholesterol levels.

Passion Flower, since the 1800s, herbalists have used passion flower for its sedative and vascular benefits along with its calming effects. With stress being a major risk factor for heart problems, this soothing herb is particularly helpful at keeping the heart healthy and calm. Passion flower contains anti-spasmodic qualities, which may relax blood vessel walls, promoting blood circulation and healthy blood pressure.

Parsley has many heart and cardio-protective qualities; one of

Health's presentation back in May of 2015 on the benefits of **Heart Maximizer**. This is another blend of herbs, vitamins and minerals that is unique to Hope for Health. To review, **Heart Maximizer** contains a powerful heart-strengthening blend of the following 15 herbs:

1. **Vitamin E** - Hundreds of studies show the amazing benefits of vitamin E on the heart! A powerful antioxidant, vitamin E strengthens the heart muscle and helps prevent damage from oxidation. It has been shown to keep your heart healthy and operating at peak capacity!
2. **Calcium EDTA** - An amino

5. **Horse Chestnut** provides important plant compounds that work to support healthy circulation throughout the body (including the heart) as well as promote healthy blood vessels, including veins, arteries and capillaries, which can drastically improve overall vascular health!
6. **Butcher's Broom** - Which we reviewed earlier, is found in **Heart Maximizer**, or sold on its own.
7. **Diosmin** - A natural flavonoid extracted from plants, diosmin improves blood circulation and strengthens vein walls by improving their elasticity. It also helps by inhibiting certain pro-

inflammatory lipids. Diosmin helps your blood to flow against gravity and return from your legs to your heart. This has the effect of reducing or eliminating unsightly bulging and discolored veins and preventing their recurrence!

8. **Grape Seed Extract** - Contains very high concentrations of active polyphenols, which have a very high affinity for collagen structures, particularly the arteries and heart! They are known to enhance the structural integrity of any tissue they attach to, specifically helping to offset

endurance in as little as seven days!! It also protects the heart and vascular cells from inflammation and oxidation.

11. **Witch Hazel** - Protects and strengthens the heart and improves circulation. Through good blood circulation, all the organs get a regular supply of oxygen-rich blood and remain in good functioning order. Witch hazel is often used in bruise lotions or tonics because it stimulates blood circulation and is an excellent way to constrict veins.
12. **Odorless Garlic** - Which we

from the blood stream.

15. **Niacin** - Also known as vitamin B3, niacin improves cardiovascular health, most notably by helping increase HDL (good) cholesterol levels!

You couldn't really ask for anything else, **Heart Maximizer's** unique blend has it all!

This concludes our presentation on circulation; we hope you are inspired to get up and keep things moving! We also hope and pray that you will enjoy a long life full of love, health and gratitude.

Dr. Kaye Olson and all of the Hope



damage from physical wear and tear! This is a major help for keeping the heart in shape! (This is also sold as an individual product.)

9. **Bromelain** - Contains natural anti-coagulant properties that promote healthy circulation by helping break up blood clots and reducing the abnormal formation of clots and plaque in your arteries!
10. **Quercetin** - A plant pigment found in many foods such as onions, apples, berries, and grapes. Studies suggest that it improves cardiovascular

reviewed earlier, is found in **Heart Maximizer**, or sold on its own.

13. **Cayenne Pepper** - Reviewed as an ingredient in **Cir-QDrops**, is also found in **Heart Maximizer**.
14. **Citrus Flavonoids** - Many studies show that citrus flavonoids have a protective effect on the cardiovascular system, keeping it in optimum working condition. They aid overall heart health by improving coronary vasodilatation, decreasing the ability of platelets in the blood to clot, and encouraging the liver to remove LDL (bad) cholesterol

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 all the products mentioned in this presentation, as well as all of our Hope for Health products, please call 1-800-468-7884.

Thank you for considering the information in this presentation, and may God bless your efforts at better health!



THE TRUTH *About Angels*

The Rebellious Angels Are Cast Out, and Adam and Eve Fall

PART I: WAR IN HEAVEN

By Ellen G. White



Christ had worked in the heavenly courts to convince Satan of his terrible error, till at last the evil one and his sympathizers were found in open rebellion against God Himself.

Christ, as Commander of heaven, was appointed to put down the rebellion.

Then there was war in heaven. The Son of God, the Prince of Heaven, and His loyal angels, engaged in conflict with the arch rebel and those who united with him. The Son of God and true, loyal angels prevailed; and Satan and his sympathizers were expelled from heaven.

Angels were engaged in the battle; Satan wished to conquer the Son of God and those who were submissive to His will. But the good and true angels prevailed, and Satan, with his followers, was driven from heaven.

The Effects of Rebellion

Satan stood in amazement at his new condition. His happiness was gone. He looked upon the angels who, with him, were once so happy, but who had been expelled from heaven. . . . Now all seemed changed. Countenances which had reflected the image of their Maker were gloomy and despairing. Strife, discord, and bitter recrimination, were among them. . . . Satan now beholds the terrible results of his rebellion. He shuddered, and feared to face the future, and to contemplate the end of these things.

The hour for joyful, happy songs of praise to God and His dear Son had come. Satan had led the heavenly choir. He had raised the first note, then all the angelic host united with him, and glorious strains of music had resounded through heaven in honor of God and His dear Son. But now, instead of strains of sweetest music, discord and angry words

fall upon the ear of the great rebel leader. . . . The hour of worship draws nigh, when bright and holy angels bow before the Father. No more will he unite in heavenly song. No more will he bow in reverence and holy awe before the presence of the eternal God. . . .

Satan trembled as he viewed his work. He was alone in meditation upon the past, the present, and his future plans. His mighty frame shook as with a tempest. An angel from heaven was passing. He called him, and entreated an interview with Christ. This was granted him. He then related to the Son of God that he repented of his rebellion, and wished again the favor of God. He was willing to take the place God had previously assigned him, and be under his wise command. Christ wept at Satan's woe, but told him, as the mind of God, that he could never be received into heaven. . . . The seeds of rebellion were still within him. . . .

When Satan became fully convinced that there was no possibility of his being reinstated in the favor of God, he manifested his malice with increased hatred and fiery vehemence. . . .

As he could not gain admission within the gates of heaven, he would wait just at the entrance, to taunt the angels and seek contention with them as they went in and out.

The Creation of Earth and Mankind

The loyal angels mourned the fate of those who had been their companions in happiness and bliss. Their loss was felt in heaven. The Father consulted Jesus in regard to at once carrying out their purpose to make man to inhabit the earth.





The brightest and most exalted of the sons of the morning heralded . . . [Christ's] glory at creation, and announced His birth with songs of gladness.—ST Jan. 4, 1883.

When God formed the earth, there were mountains, hills, and plains, and

interspersed among them were rivers and bodies of water. The earth was not one extensive plain, but the monotony of the scenery was broken by hills and mountains, not high and ragged as they are now, but regular and beautiful in shape. . . . Angels beheld and rejoiced at the wonderful and beautiful works of God.

All heaven took a deep and joyful interest in the creation of the world and of man. Human beings were a new and distinct order.

Next to the angelic beings, the human family, formed in the image of God, are the noblest of His created works.

The Lord . . . had endowed Adam with powers of mind superior to any living creature that He had made. His mental powers were but little lower than those of the angels.

As soon as the Lord through Jesus Christ created our world, and placed Adam and Eve in the garden of Eden, Satan announced his purpose to conform to his own nature the father and mother of all humanity.

When the Lord presented Eve to Adam, angels of God were witnesses to the ceremony.

This sinless pair wore no artificial garments. They were clothed with a covering of light and glory, such as the angels wear.

God created man for His own glory, that after test and trial the human family might become one with the heavenly family. It was God's purpose to repopulate heaven with the human family.

The vacancies made in heaven by the fall of Satan and his angels will be filled by the redeemed of the Lord.

Adam and Eve in Eden

Although everything God had made was in the perfection of beauty, and there seemed nothing wanting upon the earth which God had created to make Adam and Eve happy, yet He manifested His great love to them by planting a garden

especially for them. A portion of their time was to be occupied in the happy employment of dressing the garden, and a portion in receiving the visits of angels, listening to their instruction, and in happy meditation. Their labor was not wearisome, but pleasant and invigorating.

Holy angels . . . gave instruction to Adam and Eve concerning their employment, and also taught them concerning the rebellion of Satan and his fall.

He [Adam] stood before God in the strength of perfect manhood, all the organs and faculties of his being fully developed and harmoniously balanced; and he was surrounded with things of beauty, and conversed daily with the holy angels.

The law of God existed before man was created. It was adapted to the condition of holy beings; even angels were governed by it.

Man was to be tested and proved, and if he should bear the test of God, and remain loyal and true after the first trial, he was not to be beset with continual temptations; but was to be exalted equal with the angels, and henceforth immortal.

Satan Plans to Cause Man's Fall

He [Satan] . . . informed them [his angel followers] of his plans to wrest from God the noble Adam and his companion Eve. If he could, in any way, beguile them to disobedience, God would make some provision whereby they might be pardoned, and then himself and all the fallen angels would be in a fair way to share with them of God's mercy. If this should fail, they could unite with Adam and Eve; for when once they should transgress the law of God, they would be subjects of God's wrath, like themselves. Their transgression would place them also in a state of rebellion; and they could unite with Adam and Eve, take possession of Eden, and hold it as their home. And if they could gain access to the tree of life in the midst of the garden, their strength would, they thought, be equal to that of the holy angels, and even God Himself could not expel them.



Satan held a consultation with his evil angels. They did not all readily unite to engage in this hazardous and terrible work. He told them that he would not intrust any one of them to accomplish this work; for he thought that he alone had wisdom sufficient to carry forward so important an enterprise. He wished them to consider the matter while he should leave them and seek retirement, to mature his plans. . . .

Satan went alone to mature plans that would most surely secure the fall of Adam and Eve. He shuddered at the thought of plunging the holy, happy pair into the misery and remorse he was himself enduring. He seemed in a state of indecision; at one time firm and determined, then hesitating and wavering. His angels were seeking him, their leader, to acquaint him with their decision. They will unite with Satan in his plans, and with him bear the responsibility, and share the consequences.

Satan cast off his feelings of despair and weakness, and, as their leader, fortified himself to brave out the matter, and do all in his power to defy the authority of God and His Son.

Satan declared that he would prove to the worlds which God has created, and to the heavenly intelligences, that it was an impossibility to keep the law of God.

Heavenly angels were sent to warn Adam and Eve

God assembled the angelic host to take measures to avert the threatened evil. It was decided in Heaven's council for angels to visit Eden and warn Adam that he was in danger from the foe. Accordingly, two angels sped on their way to visit our first parents.

Heavenly messengers opened to them [Adam and Eve] the



history of Satan's fall, and his plots for their destruction, unfolding more fully the nature of the divine government, which the prince of evil was trying to overthrow. . . .

The angels warned them to be on their guard against the devices of Satan; for his efforts to ensnare them would be unwearied. While they were obedient to God, the evil one could not harm them; for, if need be, every angel in heaven would be sent to their help. If they steadfastly repelled his first insinuations, they would be as secure as the heavenly messengers. But should they once yield to temptation, their nature would become so depraved that in themselves they would have no

power, and no disposition, to resist Satan.

The angels cautioned Eve not to separate from her husband in her employment; for she might be brought in contact with this fallen foe. If separated from each other, they would be in greater danger than if both were together. The angels charged them to closely follow the instructions God had given them in reference to the tree of knowledge; for in perfect obedience they were safe, and this fallen foe could have access to them only at the tree of knowledge of good and evil.

Adam and Eve assured the angels that they should never transgress the express command of God; for it was their highest pleasure to do His will. The angels united with Adam and Eve in holy strains of harmonious music; and as their songs pealed forth from blissful Eden, Satan heard the sound of their strains of joyful adoration to the Father and Son. And as Satan heard it, his envy, hatred, and malignity, increased, and he expressed his anxiety to his followers to incite them (Adam and Eve) to disobedience.





GOD'S NAIL

Lord, make me a nail upon the wall,
Fastened securely in its place.
Then from this thing so common and so small
Hang a bright picture of Thy face
That travelers may pause to look
Upon the loveliness depicted there,
And passing on their weary ways,
Each radiant face may bear
Stamped so that nothing can efface —
The image of Thy glory and Thy grace.
Lord, let not one soul think of me.
Only let me be a nail upon the wall,
Holding Thy picture in its place.

—Mildred Hill

Pope Francis to travel to Sweden for joint Reformation commemoration

(VATICAN RADIO) Pope Francis will travel to Sweden in October for a joint ecumenical commemoration of the start of the Reformation, together with leaders of the Lutheran World Federation and representatives of other Christian Churches.

The event will take place on October 31st in the southern Swedish city of Lund where the Lutheran World Federation was founded in 1947. While kicking off a year of events to mark the 500th anniversary of the Protestant Reformation, it will also highlight the important ecumenical developments that have taken place during the past 50 years of dialogue between Catholics and Lutherans.



End Time Perspective 1: “Steadily and surely the darkness of ignorance and superstition was dispelled by the blessed light of the gospel. Freed from Romish oppression, the nation attained to a strength and greatness it had never before reached. Sweden became one of the bulwarks of Protestantism. A century later, at a time of sorest peril, this small and hitherto feeble nation—the only one in Europe that dared lend a helping hand—came to the deliverance of Germany in the terrible struggle of the Thirty Years' War. All Northern Europe seemed about to be brought again under the tyranny of Rome. It was the armies of Sweden that enabled Germany to turn the tide of popish success, to win toleration for the Protestants,—Calvinists as well as Lutherans,—and to restore liberty of conscience to those countries that had accepted the Reformation. GC 244.2

Editor's note: Brothers and Sisters, I urge you to study this particular chapter of Great Controversy to grasp the importance of this pivotal, prophetic event that is to take place in Sweden on Oct. 31. We must all understand the connection between this ecumenical event, the place and the date to grasp the true aims of the papacy and realize where we are in the prophetic time-line.

Hope International does not solicit tithes; however, we are a tithe-worthy organization and accept tithes. We use the tithe only for the gospel ministry. Donations designated “Gospel Ministry” will be considered tithe. Our Firm Foundation is offered free on-line each month. Please tell your friends!

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Hope for Health

Do you suffer from an uncomfortable or embarrassing skin condition, painful or swollen joints, difficulty concentrating and remembering things, or nerve pain? If so, **Evening Primrose Oil** may be the relief you've been looking for! **Evening Primrose Oil** can also help relieve dry, scaly, or itchy skin conditions - leaving you with soft supple skin and a healthy glow - while providing a host of other benefits throughout the body!

Evening **PRIMROSE OIL**

Why Use **Evening Primrose Oil**?

Evening Primrose Oil benefits include enhancing *multiple* bodily functions and improving a vast number of conditions and health problems. In fact, **Evening Primrose Oil** is considered one of the top herbal products with unsurpassed preventive and restorative abilities! Most of **EPO's** benefits are derived from a few active compounds found mostly in the seeds of the flower, namely, gamma linolenic acid, prostaglandins, and other essential fatty acids that help maintain proper function of **all** major organs and systems in our body!

Evening Primrose Oil and Skin Conditions

Today, one of the primary uses of **Evening Primrose Oil (EPO)** is to relieve the itchiness, redness, and scaling associated with certain skin problems. There are over 30 positive studies reporting benefits for skin conditions when using **EPO**. A review including 1,207 patients reported that **EPO** was beneficial for skin problems such as itching, crusting, edema (excess fluid/swelling), and redness. It has even been reported effective for allergic skin reactions such as rashes, itching, or hives. **EPO** can be used in both children and adults for skin problems. In addition, with certain skin problems, the blood vessels become inflamed and irritated. The prostaglandins produced by **Evening Primrose Oil** contract the blood vessels, resulting in a reduction of both redness and inflammation!

Evening Primrose Oil and Infertility (Male or Female) **Evening Primrose Oil** serves a dual purpose for fertility by enhancing both the male and female's chances to conceive. In males, essential fatty acids found in **EPO** maintain healthy quality and count of sperm and increase penile blood flow. In females, it benefits cervical fluid and makes it more hospitable for sperm to survive and travel upward to the cervical area - increasing the chances to conceive.

Evening Primrose Oil and Alcohol Withdrawal Syndrome

Individuals undergoing alcohol withdrawal therapy can minimize unpleasant side effects associated with the withdrawal like headaches, tremors, depression, mood swings by taking **Evening Primrose Oil**.

Evening Primrose Oil and Inflammatory Conditions

Inflammation in kidneys, joints and skin especially associated with auto-immune issues may improve with the use of **Evening Primrose Oil**. As an anti-inflammatory agent, **EPO** has also shown to be very effective in soothing flare-ups in the bowel.

Evening Primrose Oil and Nerve Health

The gamma linolenic acid in **EPO** may help to prevent and even repair nerve damage - regardless of the cause. Studies have shown that symptoms such as: tingling, numbness, pain, burning, and loss of sensation associated with nerve pain improved greatly when patients took **EPO**! This wonder herb also helps repair nerves damaged

due to debilitating conditions that attack nervous system health. If taken over an extended period of time, it can help establish healthy nerve and myelin sheath formation. The GLA contained in **EPO** helps maintain the integrity of the myelin sheath that surrounds the nerves and helps protect them from damage. Because myelin is composed of fatty acids, it is said that, if taken over time, it can actually help rebuild this protective sheath.

Evening Primrose Oil and Joint Pain

Supplementation with **EPO** has been shown to lessen joint pain and swelling. A six-month study reported fewer signs of inflammation in joint pain sufferers taking capsules containing **EPO** than in those taking a placebo. In another trial, the number of tender joints and swollen joints again dropped significantly with **EPO** but not with a placebo.

Evening Primrose Oil and Memory/Cognitive Function

EPO helps encourage transmission of nerve impulses, making it beneficial for memory problems and cognitive issues.

Evening Primrose Oil and PMS

EPO has shown to help relieve the discomforts of PMS and menstruation, including mood swings, bloating, cramping, breast tenderness, bowel flare-ups, and carbohydrate cravings. One way it works is by interfering with the production of inflammatory prostaglandins released during menstruation which helps to control inflammation throughout the body, including the breasts, bowel, uterus, muscles, and back.

In addition, many PMS sufferers are found to have unusually low levels of GLA in their systems, which is why supplements might help so much. Although **EPO** has not been widely used in this country for PMS, Europeans have long used it for this condition.

A study at St. Thomas Hospital in London found that when PMS sufferers were given **Evening Primrose Oil** three times daily, 67% of the participants were symptom-free and 22% achieved partial relief. (In all total, 89% had positive results with the **EPO**.)

Price:

90 caplets..... \$10.99

Suggested Adult Usage:

• 2-3 capsules twice a day with food. Findings suggest that this herb should be taken at least 2-3 months for the full effects to be seen.

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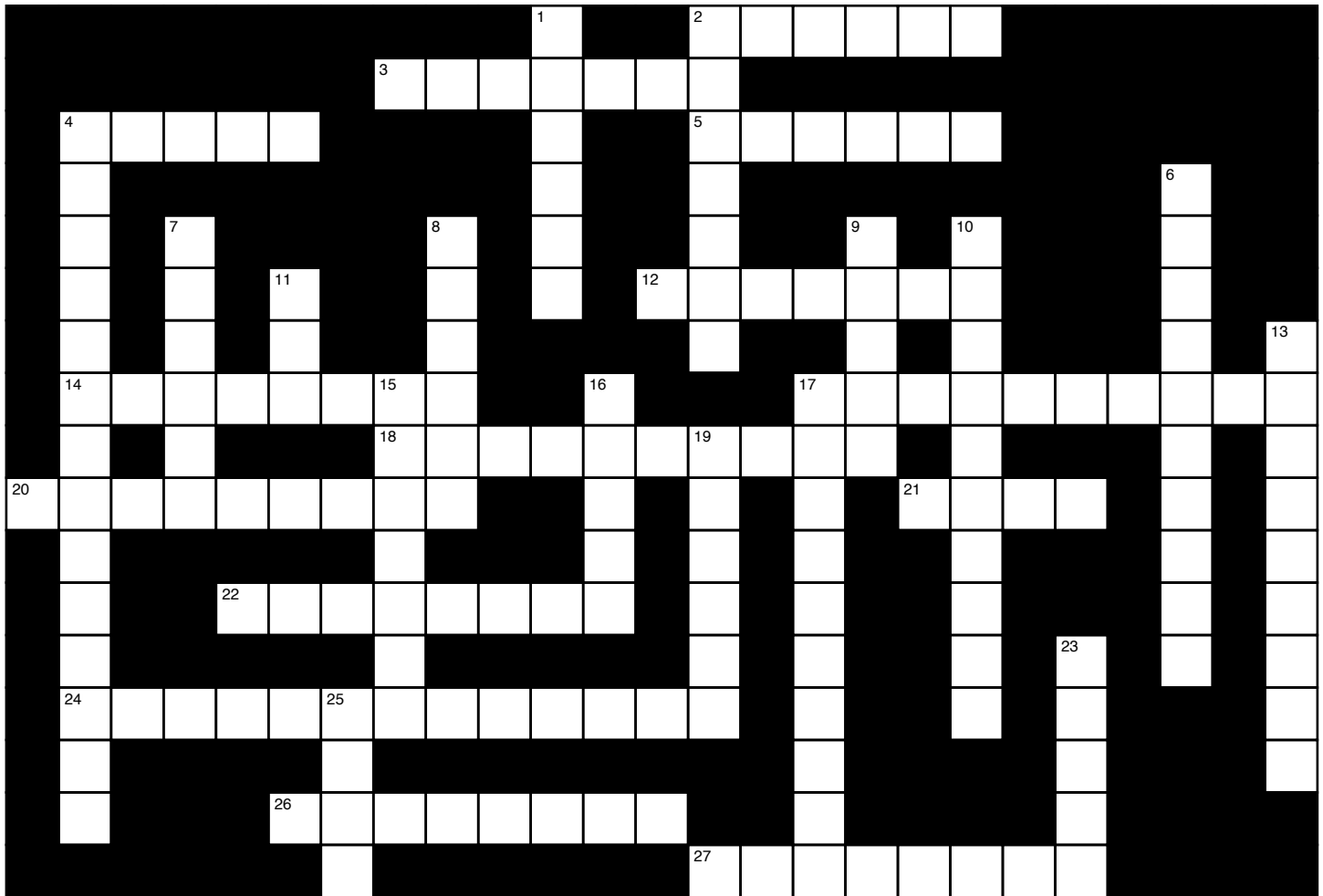
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Combining nature, faith, and love to bring health to the world.

Christian Crossword



ACROSS

2. In Num. 11:5 the Israelites remembered these
3. Bernice was the wife of _____
4. Desert animal you can ride, but are forbidden to eat
5. Paul's hometown
12. A female judge
14. Son of Solomon
17. Event that loosened Paul and Silas' prison chains
18. Blind beggar healed by Jesus
20. He was a master metal worker
21. Abigail's husband's name means _____
22. Jezebel's daughter
24. Paul called this group his "glory and joy"
26. Where Paul was headed when struck by bright light
27. Jacob's youngest son

DOWN

1. According to Ps. 58 they are estranged from the womb
2. Tax collector who became a disciple
4. He issued decree for census
6. It prevents infection from spreading
7. Who commanded the sun and moon to stand still?
8. A commander who had leprosy
9. Paul left his cloak there
10. The Gilonite who was a counselor of David
11. He was blameless, upright, feared God, and shunned evil
13. Aquila's occupation

15. She married a man named Nebal
16. Daughter of Leah
17. Storm winds that hit near Crete in Acts
19. City that Paul visited that had an idol to the "unknown god"
23. David's oldest son
25. This man had a sundial

Answers from Christian Crossword published in the January 2016 issue of Our Firm Foundation

