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our firm
FOUNDATION

*The Immutable Law of God • Christ Our Righteousness • The Seventh-day Sabbath
The Three Angels' Messages • The Non-Immortality of the Soul • The Sanctuary*

The Four Angels' Messages

**Personal
Preparation
for the
Messages**

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Against Evil Company | Words of the Pioneers – Dress
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Editorial

Clark Floyd

Recently, I sent a small booklet about the Sabbath to my first law partner from years ago. He had come out of practicing law in the District Attorney's office in Colorado Springs, Colorado, and I had come out of practicing law in the Legal Services for the Poor office, also in Colorado Springs. We practiced together for several years in a general law practice, until he left to become a judge in the county court system and eventually the chief judge of the 4th Judicial District of Colorado. I went on to practice with other partners, and later had a dramatic conversion experience, and left the law practice to go back to seminary.

My first partner and I did not really keep much in contact with one another, but recently got together with other old friends for a luncheon in Golden, Colorado.

I could have given up at this point, but I once believed as Don now believes.

Some 20 years had gone by. I had become a Seventh-day Adventist in the meantime and wanted him to know why the Seventh-day Sabbath had become important to me rather than Sunday. I sent him the booklet about the Sabbath. My initial purpose in sending the booklet was not to convert him, but only to let him know why I went to church on the seventh day rather than the first. However, you can see by his reply below that he saw more in my intentions than was actually there:

Dear Clark:

As you have heard me mention before, I feel we were almost brothers back in the days we practiced

together. We were almost too much the same and as a result the management of our practice wasn't all that great, but the relationship between our families and us made that among the best times of my life.

However, we never discussed our religious beliefs except in passing. As you may recall I was active in the Methodist Church and if some one had asked, would have said I was a Christian. But except for my willingness to go along with most of the doctrine of the Methodist Church, I was never a Christian in the sense of adopting the teaching and beliefs as my own. The Methodist Church was tolerant of those who were not totally accepting of the teaching of the church and in general had a moral philosophy I accepted and made positive contributions to the community.

However, I never believed in an anthropomorphic God who minutely managed the affairs of people, awarding them or punishing them to the degree their acts and beliefs did not conform to the teaching of the Bible. I also never believed the Bible was written under the direct supervision of God but rather is the result of human beings recording those religious traditions evolving over the centuries and adjusting those traditions to the culture and events of the time.

I do not challenge the beliefs of the great majority of the people of our nation that is defined by them as Christianity. I am neither brilliant nor omniscient and try to avoid challenging the religious beliefs of others. I have observed the lives of many believers who deeply believe in their God and have happy and rewarding lives as a result. Never the less, I have developed my own beliefs over my life and am comfortable with them.

I know and accept the deep sincerity of your religious beliefs and your dedication to improving the lives of others by sharing those beliefs. You are at least intelligent as I am and have studied your faith enormously more than I have studied mine. Never the less, I choose to rely on my own thinking and experiences as the foundation of my beliefs. I did read the pamphlet by Steve Wohlberg and have studied the Bible at church in my younger days and over the years have read a number of books and articles on religion with various points of emphasis and remain with the beliefs I have adopted over those years.

I am lifted by your concern for me and your desire to help me. Thank you.

Don

Dear Reader:

I could have given up at this point, but I once believed as Don now believes. I thought of the Bible as a Book of fairy tales, but studying prophecy indicated to me that only God could have been so accurate in relating the future in advance. I sent Don the magazine, Amazing Prophecies and some other pamphlets. I felt I couldn't give up on Don even at his request. Please keep Don in prayer.

Clark Floyd, Editor



Clark Floyd, editor of Our Firm Foundation magazine, has been co-host of the radio program Bible Answers with Clark and Lee and is a licensed attorney and an ordained Seventh-day Adventist pastor. He has spoken internationally and makes his home in the beautiful mountains of western North Carolina.

Our Mission:

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

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About Hope International:

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

Invitation to Writers

We are accepting article-length manuscripts (3,000 words) for possible publication in *Our Firm Foundation*. We prefer that submissions be submitted in Word .doc format as a computer file. Include a digital picture and a short bio. Please address all correspondence to Editor, *Our Firm Foundation*, 151 Ascension Lane, Marshall, NC 28753, or by email to editorial@hopeint.org.

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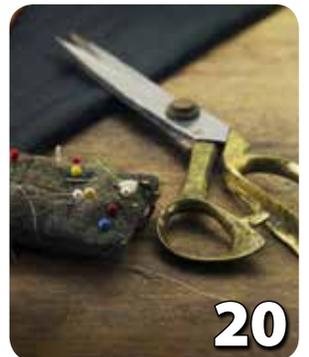
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The Four Angels' Messages

Personal Preparation for the Messages

By Jerry O'Donnell

Jesus' death in 31 A.D., 2031 would be six thousand years and dawn of the seventh millennium being the Sabbath millennium; yet we will probably not see 2031 as time will be cut short (Romans 9:27-28). Why is it

important for us to agree that we have no more than fifteen years on this planet? First, the true Three Angels' Messages need to be going forth now, but if we are waiting for the rest of the church to wake up, we will be sadly mistaken and miss out on the latter rain in which the church appears to fall, concluding that it is because most of the members are caught up in the Omega Apostasy.

Before moving forward, some

have said to me that such dating is not accurate; that according to the Jewish calendar, it is only the year 5776. We still have another 224 years to go! By adopting 5776 would be a contradiction with Ellen White. According to the Jewish calendar, Jesus was not crucified in the year 4000 but 3791 or 3792. Even if Ellen White used the word "about", to be off by over 200 years is not "about". Use of the word "about" would imply 3800. So we are trusting our prophet instead; besides, as Adventists, we already reject many Jewish calendars that disprove the Feast of Atonement that does not fall upon October 22, 1844. Additionally, do you really think that the Seventh-day Adventist church can last another 100 or 200 years? Do we really think that despite all the likelihood of worldwide Sunday law coming in very soon is going to be again held off like it was in 1900? Not so, brothers and sisters.

So continuing the theme, let us also address things that were penned for the last generation that we ought to consider.

Consider going vegan

"Let the diet reform be progressive. Let the people be taught how to prepare food without the use of milk or butter. Tell them that the time will soon come when there will be no safety in using eggs, milk, cream, or butter, because disease in animals is increasing in proportion to the increase of wickedness among men. The time is near when, because of the iniquity of the fallen race, the whole animal creation will groan under the diseases that curse our earth." 7T 135.

So on a wide scale, does our church even teach the members how to cook without the use of milk and butter? I would say not, especially when so many, especially of our ministers, still partake of flesh foods. On top of that, when does one suppose the time will come when there is no safety in using eggs, milk, cream, or butter? I know she penned the words "The time has not come" (7T 134), but she did say

"Christ was standing at the point of transition between two economies and their two great festivals. He, the spotless Lamb of God, was about to present Himself as a sin offering, that He would thus bring to an end the system of types and ceremonies that for four thousand years had pointed to His death." DA 652.

That would mean counting from

from her day that “the time will soon come”. Do you think that time is but a day, a week, a month, only a year before the seven last plagues fall? I would propose not. I would propose that “soon” has already come, and we ought to be doing our best to become vegans now.

“We see that cattle are becoming greatly diseased, the earth itself is corrupted, and we know that the time will come when it will not be best to use milk and eggs. But that time has not yet come. We know that when it does come, the Lord will provide. The question is asked, meaning much to all concerned, Will God set a table in the wilderness? I think the answer may be made, Yea, God will provide food for His people. In all parts of the world provision will be made to supply the place of milk and eggs. And the Lord will let us know when the time comes to give up these articles. He desires all to feel that they have a gracious heavenly Father who will instruct them in all things. The Lord will give dietetic art and skill to His people in all parts of the world, teaching them how to use for the sustenance of life the products of the earth.” CD 359.

I would say that there are ample choices of substitutes on the market today around the world. What are we waiting for?

Are you even a vegetarian?

Speaking of flesh foods, it is no secret that the word “vegetarian” is associated with the Seventh-day Adventist Church. At this point, those who still eat meat get all riled up



and start quoting what they want from Ellen White, such as: “We are not to make the use of flesh meat a test of fellowship, but we should consider the influence that professed believers who use flesh meats have over others. As God’s messengers, shall we not say to the people, ‘Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God?’” BLJ 316.

And we agree with this quote – meat eating ought not be a test of fellowship, but fellowship does not mean entrance into Heaven. Now before anyone gets upset, I am not saying meat eaters will not be in Heaven, for even Jesus ate meat, but do consider this, does anyone believe the 144,000 will still be eating meat? Look at the quote again: “We should consider the influence that professed believers who use flesh meats have over others.” Why is this so? “A religious life can be more successfully gained and maintained if meat is discarded; for this diet stimulates into intense activity lustful propensities and enfeebles the moral and spiritual nature. The flesh warreth against the spirit and the spirit against the flesh. We need to greatly encourage and cultivate pure, chaste thoughts and to strengthen the moral powers, rather than the lower and carnal powers. God help us to wake from our self-indulgent appetites.” SpM 47.

The bottom line is that those who are eating meat ought not to be trusted to lead us properly for such a life tends toward the “lower and carnal powers”, the worldly ways; yet, survey says that most pastors, conference staff,

union staff, and division staff, even GC level make allowance for meat in their personal diet. Could this be the reason our denomination has been steered in a direction that allows for the Omega Apostasy, which is basically the allowance of practiced sin in the life while believing one is still able to claim salvation? It is their belief that Jesus took on the nature of Adam before the fall making it impossible for us to even consider the call “that ye may be found of him in peace, without spot, and blameless” (2 Peter 3:14). This apostasy sounds just as good as the Evangelical version of God and purpose of Jesus that many accept it. In fact, it is the Evangelical message, hence why “The Sabbath of course, would be lightly regarded, as also the God who created it” ISM 204.

Greater reform is needed

Let us hear what else our prophet tells us on this subject: “Greater reforms should be seen among the people who claim to be looking for the soon appearing of Christ. Health reform is to do among our people a work which it has not yet done. There are those who ought to be awake to the danger of meat eating, who are still eating the flesh of animals, thus endangering the physical, mental, and spiritual health. Many who are now only half converted on the question of meat eating will go from God’s people, to walk no more with them.” (RH, May 27, 1902 par. 2) “Among those who are waiting for the coming of the Lord, meat-eating will eventually be done away; flesh will cease to form a part of their diet.” CTBH 119.

Unfortunately, many Adventists shout back that if it was alright for



Jesus to eat meat, it should be alright for us today. They do not want to see that in our day, “When we feed on flesh, the juices of what we eat pass into the circulation. A feverish condition is created, because the animals are diseased, and by partaking of their flesh, we plant the seeds of disease in our own tissue and blood. Then, when exposed to the changes in a malarious atmosphere, to prevailing epidemics and contagious diseases, these are more sensibly felt, for the system is not in a condition to resist disease.” HL 63.

The Bible is our example

And for those who are resistant to Ellen White calling us to a vegetarian diet, let us do a little Bible study to show God is the Author, not Ellen White, who is just the messenger of God, though greater than a prophet. What generation is the Bible most specifically written for? The Bible says, “Now all these things happened unto them for ensamples: and they are written for our admonition, upon whom the ends of the world are come” (1 Corinthians 10:11). Although the Bible is written for every generation, the Bible is most specifically written for the last generation. And that is what we find in Ellen White’s writings – that the last generation will be vegetarian.

Continuing onward, we ask from 1 Corinthians 10:11, what ensamples are being referred to? “Moreover, brethren, I would not that ye should be ignorant, how that all our fathers were under the cloud, and all passed through the sea; And were all baptized unto Moses in the cloud and in the sea” (1 Corinthians 10:1-2). What happened to the Children of Israel in the desert after passing through

the baptism of the Red Sea should be applied to spiritual Israel, which we are today. So what does this have to do with a vegetarian diet? Let us ask, is there anything specific that Paul wanted our attention directed to? “Now these things were our examples, to the intent we should not lust after evil things, as they also lusted” (1 Corinthians 10:6). We are to focus upon their lusting.

Now, not being satisfied with the milk of the Word, I reject the “lust after evil things” as to refer to general lusting. What did the Children of Israel specifically lust after? Using a good concordance, look up all forms of the word “lust” but focus upon Exodus, Leviticus, Numbers, and Deuteronomy as these contain the desert experience. Seven verses should appear, but remember that it is the Children of Israel who lusted. So Exodus 15:9, referring to an enemy, is not the answer. That leaves the following six references:

Numbers 11:4 “And the mixt multitude that [was] among them fell a lusting; and the children of Israel also wept again, and said, Who shall give us flesh to eat?”

Numbers 11:33-34 “And while the flesh [was] yet between their teeth, ere it was chewed, the wrath of the LORD was kindled against the people, and the LORD smote the people with a very great plague. And he called the name of that place Kibrothhattaavah: because there they buried the people that lusted.”

Deuteronomy 12:15 “Notwithstanding thou mayest

kill and eat flesh in all thy gates, whatsoever thy soul lusteth after, according to the blessing of the LORD thy God which he hath given thee: the unclean and the clean may eat thereof, as of the roebuck, and as of the hart.” [By the way, that is the unclean and clean people that may eat. God would not have listed in Leviticus what is clean and then turn around and tell the people that it does not matter.]

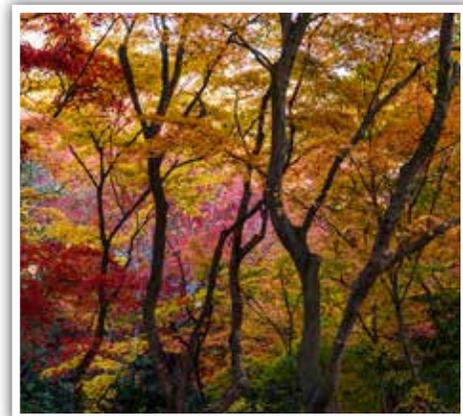
Deuteronomy 12:20 “When the LORD thy God shall enlarge thy border, as he hath promised thee, and thou shalt say, I will eat flesh, because thy soul longeth to eat flesh; thou mayest eat flesh, whatsoever thy soul lusteth after.”

Deuteronomy 12:21 “If the place which the LORD thy God hath chosen to put his name there be too far from thee, then thou shalt kill of thy herd and of thy flock, which the LORD hath given thee, as I have commanded thee, and thou shalt eat in thy gates whatsoever thy soul lusteth after.”

Deuteronomy 14:26 “And thou shalt bestow that money for whatsoever thy soul lusteth after, for oxen, or for sheep, or for wine, or for strong drink, or for whatsoever thy soul desireth: and thou shalt eat there before the LORD thy God, and thou shalt rejoice, thou, and thine household.”

Is our church run by the mixed multitude?

Notice that it is all about lusting after *flesh*. Numbers 11:33-34 and





the verses prior are exactly what Paul was referring to. The Israelites were sick of the vegetarian diet of manna, and wanted flesh. God gave them quail, a clean creature, even to the point that their gluttony caused their deaths, exactly what we saw in the Book of Corinthians. So just as God tried to lead the people in the desert to be vegetarians, so likewise, the last generation will also be led to be such. And as the mixed multitude (Numbers 11:4) were the primary ones calling for the meat diet and primarily responsible for that calf incident where they danced and became naked, so likewise, today the same thing is happening in the church.

Although the nakedness was not complete nudity, it certainly was not what God prescribed as being modest. And this brings us back to the original statement in which those today in leadership positions who are eating meat are actually the ones responsible for the rebellion and the laxness of standards in our church, and unfortunately it is not limited to just a few. This is how our own preachers see nothing wrong with teenagers running around at camp meeting in bikinis and men being shirtless showing off their abs. This is why the sensual music has been allowed into our churches as well as the encouragement to “come as you are” in attire. This is how our churches can have donuts and coffee between Sabbath School and Church when we ought not even have a morsel of food between meals (CTBH 50) let alone the stimulant known as caffeine (CE 181). This is how our campuses and

churches can have movie night as well as competitive sports.

So what we have is our church being run mostly by the mixed multitude who are baptizing huge number of mixed multitudes, which all represent the lack of complete conversion. This is not being stated to condemn, but to wake people up if they are in the mixed multitude. “Preach the word; be instant in season, out of season; reprove, rebuke, exhort with all longsuffering and doctrine” (2 Timothy 4:2). And it is being stated with urgency because as said above, and in detail in the last article, we have much less than 15 years left. Subtract about 5 years or so to make sense of Jesus cutting things short; subtract another year for the plagues; subtract another year or so for being under Sunday law with teeth as well as another year for Sunday law without the teeth; and quickly one sees that we are getting closer and closer to having to instantly change our lives today. The church’s probation is about to close!

Worshipping the positions instead of the true organization

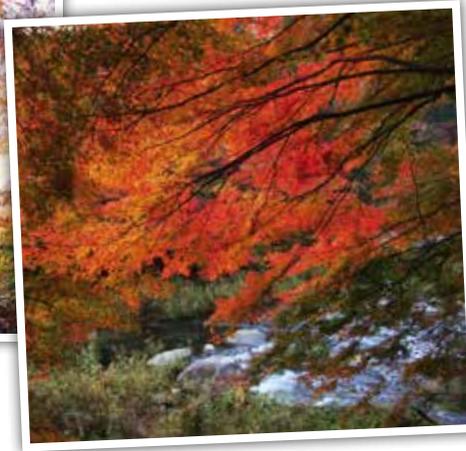
And that brings us to the third challenging quote from Ellen White. There is way too much emphasis being placed upon our structure, even the organization. No, I am not saying that our church is Babylon. Absolutely not. But what we do have is way

too many people blindly continuing to support the ministers and the leaders in apostasy, or at least giving everyone a pass as simply being a little “off”. Nonsense! “The days are fast approaching when there will be great perplexity and confusion. Satan, clothed in angel robes, will deceive, if possible, the very elect. There will be gods many and lords many. Every wind of doctrine will be blowing. Those who have rendered supreme homage to ‘science falsely so called’ will not be the leaders then. Those who have trusted to intellect, genius, or talent will not then stand at the head of rank and file. They did not keep pace with the light. Those who have proved themselves unfaithful will not then be entrusted with the flock. In the last solemn work few great men will be engaged. They are self-sufficient, independent of God, and He cannot use them.” 5T 80.

Did you read that quote carefully? The vast majority of our leadership, from president down to elder are not going to make it. They will be “Men of talent and pleasing address, who once rejoiced in the truth, employ their powers to deceive and mislead souls. They become the most bitter enemies of their former brethren” GC88 608.

So why would anyone continue to finance and listen to the enemy? Ellen White even states such: “At this crisis all are called upon to take their position. We must stand apart from those who are determined to make shipwreck of the faith. We must not sell our Lord at any price. We are to refuse to listen to the sophistries that have been brought in to make of no effect the truth for this time. Not a





stone is to be moved in the foundation of this truth – not a pillar moved. . . . The time has come when even in the church and in our institutions, some will depart from the faith, giving heed to seducing spirits and doctrines of devils. But God will keep that which is committed to Him. . . . Through those who depart from the faith the power of the enemy will be exercised, to lead others astray. Be not deceived; many will depart from the faith, giving heed to seducing spirits and doctrines of devils. We have now before us the alpha of this danger. The omega will be of a most startling nature.” 7MR 188.

We are not calling for disorganization

That departure is not necessarily physical. Many have departed from the faith and are still leading congregations, conferences, even the church as a whole! What are we saying? It is time to look for churches in which the pastor and elders are teaching truth, no matter the distance from home. If we sit in the pews Sabbath after Sabbath listening to teacher and preacher teach the



Omega Apostasy knowing full well that they will not be in the kingdom, we, too, will not be in the kingdom. We are to stand apart even if that means doing home church.

Even our finances, specifically tithe, needs to be directed where truth is. At some point we know that such will have to be redirected as the brethren become our enemies. Like was stated a moment ago, to have less than 7 years to go before the church’s probation closes, which does not even include the time that “the living saints, 144,000 in number” (EW 14.) go and preach with the power of the fourth angel’s message, just when does anyone think it is time to support with our presence and our money only that which is truth? The time is now!

And no, we’re not calling to be “independent atoms”. We are not calling to be disorganized. “I know that the Lord loves His church. It is not to be disorganized or broken up into independent atoms. There is not the least consistency in this; there is not the least evidence that such a thing will be. Those who shall heed this false message and try to leaven others will be deceived and prepared to receive advanced delusions, and they will come to nought.” (2SM 68) What we are calling people to do is actually perform the tasks that we were organized to do, and that is to give the last day messages. Stop getting involved with all the political

garbage that is just distracting from our purpose. Stop waiting for others to join in the mission. We are calling people to get strength from fellow believers of that organized purpose, to encourage one another as well as to seek counsel from one another. As for the physical structure of various people in position, even Ellen White said that such, especially in a dictatorial sense, is not of God. In other words, God has a structure in place. It is not where the GC, the divisions, the unions, and conferences dictate worship style, messages, method of evangelism, encouragement to be part of eccumenism efforts, etc.. God’s organization is “For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ” (Eph. 4:12). Get the members living and preaching the message. That organization shall never be undone.

So, will you not consider the preparation in your life to be one of the 144,000, and as Ellen White stated, that is “in number” or literally speaking? Will you not consider your diet both in vegetarian as well as vegan? Will you not be more diligent in what messages you listen to in written, audible, and visual form? Will you not consider more carefully what you are financing? And will you not take up the dropped mantel (messages) and personally go forth with the messages not waiting for church nor brethren approval for what you know is to be done? That’s what we will get into next time – teaching the specific messages of the angels.



Jerry O'Donnell is the Bible Worker for Hope International and is the author of the book, What Does It Mean for the World to Have

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- Free radicals are bad; they cause oxidation and can leave the body vulnerable to advanced aging, cardiovascular problems, and a host of degenerative conditions. They can be caused by many factors, including: pollution, stress, poor diet, alcohol, and smoke. An easy way to understand oxidation is to imagine rust attacking metal. When the rust eats away at the metal, the metal starts to weaken and decay until it can no longer work. This is what happens to our body when free radicals attack it. Organs, cells, and other parts of the body can be weakened and decayed by oxidation.
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Worldliness in the Church

By Ellen White

I cannot distinctly call to mind all the persons in your church who were shown me; but I saw that many had a great work to perform. There is too much talking by nearly all, and too little meditation and prayer. With many there is too much selfishness. The mind is devoted to self and not to the good of others. Satan's power is upon you in a great degree. Yet there are precious lights among you, and those who are seeking to walk according to the will of God. Pride and the love of the world are the snares which are so great a hindrance to spirituality and a growth in grace.

This world is not the Christian's heaven, but merely the workshop of God, where we are to be fitted up to unite with sinless angels in a holy heaven. We should be constantly training the mind to noble, unselfish thoughts. This education is necessary to so bring into exercise the powers which God has given us that His name shall best be glorified upon the earth. We are accountable for all the noble qualities which God has given us, and to put these faculties to a use He never designed we should be showing base ingratitude to Him. The service of God demands all

the powers of our being, and we fail of meeting the design of God unless we bring these powers to a high state of cultivation, and educate the mind to love to contemplate heavenly things, and strengthen and ennoble the energies of the soul by right actions, operating to the glory of God.

Seek after perfection of character

Women professing godliness generally fail to train the mind. They leave it uncontrolled, to go where it will. This is a great mistake. Many seem to have no mental power. They have not educated the mind to think; and because they have not done this, they suppose they cannot. Meditation and prayer are necessary to a growth in grace.

Why there is no more stability among women is because of so little mental culture, so little reflection. Leaving the mind in a state of inaction, they lean upon others to do the brainwork, to plan, and think, and remember for them, and thus grow more and more inefficient. Some need to discipline the mind by exercise. They should force it to think. While they depend upon someone to think for



them, to solve their difficulties, and they refuse to tax the mind with thought, the inability to remember, to look ahead and discriminate, will continue. Efforts must be made by every individual to educate the mind.

I was shown that Brother V should seek for more spirituality. You do not possess that calm trust in God which He requires you to have. You do not train the mind to run in the channel of spirituality. You indulge in too much vain, unnecessary talk, which injures your own soul and injures your influence. You must encourage calmness and fortitude of mind. You are easily excited; you have strong feelings, and express in strong terms your likes and dislikes. You need more good religion to have a soothing influence upon you. You have been invited to learn of Christ, who is meek and lowly of heart. Precious lesson! If well learned, it will transform the whole life. Lightness and cheap talk are injurious to your spiritual advancement. You should seek after perfection of character and let your influence tell for God in your words and acts. You need to earnestly seek the Lord and to take a deeper draught at the fountain of truth, that its influence may sanctify your life. Your mind is too much on the world. You should have your interest in the better life than this. You have no time to lose; make haste and improve the few hours of probation.

Worldly enterprises claim the larger share of the mind

I was shown that love of the world has to a great extent shut Jesus from the church. God calls for a change, a surrender of all to Him. Unless the mind is educated to



men and women to live religious lives is because they do not exercise the mind unto godliness. It is trained to run in an opposite direction.

Unless the mind is constantly exercised in obtaining spiritual knowledge and in seeking to understand the mystery of godliness, it is incapable of appreciating eternal things because it has no experience in that direction. This is the reason why nearly all consider it uphill business to serve the Lord.

When the heart is divided, dwelling principally upon things of the world, and but little upon the things of God, there can be no special increase of spiritual strength. Worldly enterprises claim the larger share of the mind, calling into exercise its powers; therefore in this direction there is strength and power to claim more and more of the interest and affections, while less and less is reserved to devote to God. It is impossible for the soul to flourish while prayer is not a special exercise of the mind. Family or public prayer alone is not sufficient. Secret prayer is very important; in solitude the soul is laid bare to the inspecting eye of God, and every motive is scrutinized. Secret prayer! How precious! The soul communing with God! Secret prayer is to be heard only by the prayer-hearing God. No curious ear is to receive the burden of such petitions. In secret prayer the soul is free from surrounding influences, free from excitement. Calmly, yet fervently, will it reach out after God. Secret prayer is frequently perverted, and its sweet designs lost, by loud vocal prayer. Instead of the calm, quiet trust and faith in God, the soul drawn out in low, humble tones, the voice is raised to a loud pitch, and excitement is encouraged, and secret prayer loses its softening, sacred influence.

Christ's intercessions will soon cease in heaven

There is a storm of feeling, a storm of words, making it impossible to discern the still, small voice that speaks to the soul while engaged in its secret, true, heartfelt devotion. Secret prayer, properly carried out, is productive of great





good. But prayer which is made public to the entire family and neighborhood is not secret prayer, even though

thought to be, and divine strength is not received from it. Sweet and abiding will be the influence emanating from Him who seeth in secret, whose ear is open to answer the prayer arising from the heart. By calm, simple faith the soul holds communion with God and gathers to itself divine rays of light to strengthen and sustain it to endure the conflicts of Satan. God is our tower of strength.

When Jesus ceases to plead for man, the cases of all are forever decided. This is the time of reckoning with His servants. To those who have neglected the preparation of purity and holiness, which fits them to be waiting ones to welcome their Lord, the sun sets in gloom and darkness, and rises not again. Probation closes; Christ's intercessions cease in heaven. This time finally comes suddenly upon all, and those who have neglected to purify their souls by obeying the truth are found sleeping. They became weary of waiting and watching; they became indifferent in regard to the coming of their Master. They longed not for His appearing, and thought there was no need of such continued, persevering watching. They had been disappointed in their expectations and might be again. They concluded that there was time enough yet to arouse. They would be sure not to lose the opportunity of securing an earthly treasure. It would be safe to get all of this world they could. And in securing this object, they lost all anxiety and interest in the appearing of the Master. They became indifferent and



careless, as though His coming were yet in the distance. But while their interest was buried up in their worldly gains, the work closed in the heavenly sanctuary, and they were unprepared.

There remains but a little period of watching now

A company was presented before me in contrast to the one described. They were waiting and watching. Their eyes were directed heavenward, and the words of their Master were upon their lips: "What I say unto you I say unto all, Watch." "Watch ye therefore: for ye know not when the Master of the house cometh, at even, or at midnight, or at the cockcrowing, or in the morning: lest coming suddenly He find you sleeping." The Lord intimates a delay before the morning finally dawns. But He would not have them give way to weariness, nor relax their earnest watchfulness, because the morning does not open upon them as soon as they expected. The waiting ones were represented to me as looking upward. They were encouraging one another by repeating these words: "The first and second watches are past. We are in the third watch, waiting and watching for the Master's return. There remains but a little period of watching now." I saw some becoming weary; their eyes were directed downward, and they were engrossed with earthly things, and were unfaithful in watching. They were saying: "In the first watch we expected our Master, but were disappointed. We thought surely He would come in the second watch, but that passed, and He came not. We may be again disappointed. We need not be so particular. He may not come in the following watch. We are in the third watch, and now we think it best to lay up our treasure on the earth, that we may be secure against want." Many were sleeping, stupefied with the cares of this life and allured by the deceitfulness of riches from their waiting, watching position.

"In order to acquire the heavenly treasure, they must sacrifice the earthly."

Angels were represented to me as looking on with intense interest to mark the appearance of the weary yet faithful watchers, lest they be too sorely tried, and sink under

the toil and hardships made doubly severe because their brethren had been diverted from their watch, and become drunk with worldly cares and beguiled by worldly prosperity. These heavenly angels grieved that those who were once watching should, by their indolence and unfaithfulness, increase the trial and burdens of those who were earnestly and perseveringly endeavoring to maintain their waiting, watching position.



same Jesus, which is taken up from you into heaven, shall so come in like manner as ye have seen Him go into heaven.”

“If any man love the world, the love of the Father is not in him.”

The love of the world has a terrible hold upon the people whom the Lord has commanded to watch and pray always, lest coming suddenly He find them sleeping. “Love

I saw that it was impossible to have the affections and interests engrossed in worldly cares, to be increasing earthly possessions, and yet be in a waiting, watching position, as our Saviour has commanded. Said the angel: “They can secure but one world. In order to acquire the heavenly treasure, they must sacrifice the earthly. They cannot have both worlds.” I saw how necessary a continuance of faithfulness in watching was in order to escape the delusive snares of Satan. He leads those who should be waiting and watching, to take an advance step toward the world; they have no intention of going further, but that one step removed them that much further from Jesus, and made it easier to take the next; and thus step after step is taken toward the world, until all the difference between them and the world is a profession, a name only. They have lost their peculiar, holy character, and there is nothing except their profession to distinguish them from the lovers of the world around them.



not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of

the Father, but is of the world. And the world passeth away, and the lust thereof: but he that doeth the will of God abideth forever.”

I have been shown that God’s people who profess to believe present truth are not in a waiting, watching position. They are increasing in riches and are laying up their treasures upon the earth. They are becoming rich in worldly things, but not rich toward God. They do not believe in the shortness of time; they do not believe that the end of all things is at hand, that Christ is at the door. They may profess much faith; but they deceive their own souls, for they will act out all the faith that they really possess.

I hope, my dear brethren and sisters, that you will not pass your eye over these words without thoroughly considering their import.

As the men of Galilee stood looking steadfastly toward heaven, to catch, if possible, a glimpse of their ascending Saviour, two men in white apparel, heavenly angels commissioned to comfort them for the loss of the presence of their Saviour, stood by them and inquired: “Ye men of Galilee, why stand ye gazing up into heaven? this

Their works show the character of their faith and testify to those around them that the coming of Christ is not to be in this generation. According to their faith will be their works. Their preparations are being made to remain in this world.



They are adding house to house, and land to land, and are citizens of this world.

Most of those who profess to believe the truth testify that that which they value the most is in this world. For this they have care, wearing anxiety, and labor. To preserve and add to their treasure is the study of their lives. They have transferred so little to heaven, have taken so little



stock in the heavenly treasure, that their minds are not specially attracted to that better country. They have taken large stock in the enterprises of this earth, and these investments, like the magnet, draw down their minds from the heavenly and imperishable to the earthly and corruptible. "Where your treasure is, there will your heart be also."

How easy to become ungrateful to the Giver of all our mercies

Selfishness girds many about as with iron bands. It is "my farm," "my goods," "my trade," "my merchandise." Even the claims of common humanity are disregarded by them. Men and women professing to be waiting and loving the appearing of their Lord are shut up to self. The noble, the godlike, they have parted with. The love of the world, the lust of the flesh, the lust of the eyes, the pride of life, have so fastened upon them that they are blinded. They are corrupted by the world and discern it not. They talk of love to God, but their fruits show not the love they express. They rob Him in tithes and offerings, and the withering curse of God is upon them. The truth has been illuminating their pathway on every side. God has wrought wonderfully



in the salvation of souls in their own households, but where are their offerings, presented to Him in grateful thanks for all His tokens of mercy to them? Many of them are as unthankful as the brute creation. The sacrifice for man was infinite, beyond the comprehension of the strongest intellect, yet men who claim to be partakers of these

heavenly benefits, which were brought to them at so great a cost, are too thoroughly selfish to make any real sacrifice for God. Their minds are upon the world, the world, the world.

I looked to see who of those who professed to be looking for Christ's coming possessed a willingness to sacrifice offerings to God of their abundance. I could see a few humble poor ones who, like the poor widow, were stinting themselves and casting in their mite. Every such offering is accounted of God as precious treasure. But those who are acquiring means, and adding to their possessions, are far behind. They do comparatively nothing to what they might. They are withholding, and robbing God, for they are fearful they shall come to want. They dare not trust God. This is one of the reasons that, as a people, we are so sickly and so many are falling into their graves. The covetous are among us. Lovers of the world, also those who have stinted the laborer in his hire, are among us. Men who had none of this world, who were poor and dependent on their labor, have been dealt with closely and unjustly. The lover of the world, with a hard face and harder heart, has grudgingly



paid over the small sum earned by hard toil. Just so they are dealing with their Master, whose servants they profess to be. Just in this grudging manner do they put into the treasury of God. The man in the parable had not where to bestow his goods, and the Lord cut short his unprofitable life. So will He deal with many. How difficult, in this corrupt age, to keep from growing worldly and selfish. How easy to become ungrateful to the Giver of all our mercies. Great watchfulness is needed, and much prayer, to keep the soul with all diligence. "Take ye heed, watch and pray: for ye know not when the time is."



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.

The Power of God's Outrageous Grace: Lessons from Jonah PART 2

By Emmanuel Machakaire



Let's take a look at how God begins the process of bringing Jonah back home. As we see how God deals with Jonah, we'll discover that God deals with us in the same way when we disobey. He sends storms to get our attention. "Then the Lord sent a great wind on the sea, and such a violent storm arose that the ship threatened to break up. All the sailors were afraid and each cried out to his own god." (Jonah 1:4,5).

God knows exactly how to get our attention

He can send the storm of adverse circumstances.

He can send the storm of the sudden death of a loved one.

He can send the storm of financial collapse.

He can send the storm of trouble in your church.

He can send the storm of a desperately sick child.

He can send the storm of career implosion.

Our God is infinitely creative; He can send the storm in so many different ways. And these storms are a sign of severe mercy from the Lord. The storms come to get our attention.



As the ship groans and creaks under the weight of the wind and the heavy waves, and as the men throw cargo overboard in a desperate attempt to save the ship, where is Jonah? He's taking a nap down below. How could a man sleep during a terrible storm like this? The answer is simple. The devil has his sleeping pills too. He knows how to put us to sleep while the world crashes in around us. How else can you explain a man's reckless behavior in having one affair after another? How else can you explain a mother who abandons her own children? The devil can put us to sleep while the ship sinks.

This is what happens next; the captain went to him and said, "How can you sleep? Get up and call on your God! Maybe he will take notice of us, and we will not perish." (v. 6). At this point the pagan captain has more faith than Jonah does. Seeing the danger, he wants Jonah to wake up and start praying. The world doesn't care about our religion

and sermons, but the world wants our prayers.

Jonah is now found out by the casting of lots (v. 7). There are no "random events" in life, and there is no such a thing as "luck". Even seemingly meaningless things fit into His plan. We might paraphrase Proverbs 16:33 this way: "Life is like a roll of the dice, but God is in charge of how the numbers come up." Having thus been caught by the casting of lots, Jonah confesses his true identity. He had already told them that he was running from the Lord so now he tells them who he really is: "I am a Hebrew and I worship the Lord, the God of heaven, who made the sea and the land." (v. 9).

Isn't it amazing how God works?

We may run and run and run, but he will bring us again and again to the place where we finally have to tell the truth. The world is waiting for real believers who are not ashamed to





stand up for what they believe. The people of the world want Christians to be real.

Jonah knows it is all his fault. So when the sailors ask what they should do to make the sea grow calm again, he offers the only solution that makes sense: “Pick me up and throw me into the sea and it will become calm. I know that it is my fault that this great storm has come upon you.” (v. 12). But that’s not what they did, at least not immediately. Instead, the men did their best to row back to land. “But they could not, for the sea grew even wilder than before.” (v. 13).

When Jonah said, “Throw me overboard”, the pagans wouldn’t do it. They started rowing for shore. At this point the ungodly have more compassion than the prophet of God. They care more about him than he does about them. So they finally throw Jonah overboard and the text says that, “the raging sea grew calm.” (v. 15). We learn two important points here, one from Jonah and one from the sailors. From Jonah’s side we learn this important truth: The storms continue until you stop running from God. We generally have smooth sailing when we first go our own way. Things look rosy, and life is good because disobedience brings a temporary reward. But the storms come sooner or later, and those storms are sent by God as a severe mercy to bring us to our senses and lead us to the place of repentance.

Though the voyage into sin may start with a celebration, it always ends with a raging storm. God makes sure of that.

From the sailors’ side we see something amazing happening:

“And these men greatly feared the Lord, and they offered a sacrifice to the Lord and made vows to Him.” (v. 16). While Jonah is bobbing up and down in the water, a revival breaks out on the boat. Suddenly that boat is filled with enthusiastic worshipers of the one true God. And where is that boat going? It’s still headed for Tarshish. God loves Tarshish, too! Look how this story turns out. Pagan sailors now worship the Lord while Israel’s reluctant prophet flounders in the ocean.



“But the LORD provided a great fish to swallow Jonah, and Jonah was inside the fish three days and three nights.” (v.17). Note that the text doesn’t say the Lord “created” a great fish. It says that God “appointed” a great fish. I imagine the Lord saying to the great fish, “I’ve got a job for you to do.” “Yes sir.” So he gave the fish the GPS coordinates and said, “Be there at precisely this time.” “Yes sir.” “A man will flop in front of you. I want you to swallow him whole, but don’t chew him up. And then I’ll give you further instructions later.” “Yes sir.”

As with everything else in this story, the fish obeys God better than Jonah does.

Who sent the great fish? Answer: The same person who arranged the

boat, the same person who arranged for the lot to fall on Jonah, and the same person who sent the great storm. God did all of it.

Why did He send the fish?

First, to rescue Jonah from the sea. If he hadn’t sent the fish, Jonah would have died in the ocean.

Second, to bring him to repentance. In Jonah 2 the disobedient prophet finds himself in the belly of a great fish. It was a divine miracle that the fish appeared at just the right moment in just the right place, with just the right appetite to swallow Jonah, but not to kill him or maim him in the process.

Jonah 2:1 says, “From inside the fish Jonah prayed to the Lord his God.” While he is inside the fish, he composes a beautiful prayer that takes the form of a psalm. First, he cries to God for help. “In my distress I called to the LORD, and he answered me. From the depths of the grave I called for help, and you listened to my cry.” (v. 2). No boasting here. He knows that if God doesn’t save him, he will never get out of the great fish alive.

Second, he confesses that God put him where he is. “You hurled me into the deep, into the very heart of the seas.” (v. 3). Notice that Jonah doesn’t blame the sailors for throwing him into the deep nor does he blame the storm or the great fish. Jonah sees clearly that behind the ship and the storm and the casting of lots and the raging sea and the great



fish, behind all of it stands the Lord of the universe. Jonah bows before God and says, "I'm here because You put me here." It is a great advance spiritually to stop blaming others for your problems. Jonah knows he must answer to the Lord alone.

Third, he feels like he is going to die in the great fish. "The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head." (v. 5). There's no way out unless the Lord brings him out. Apart from God, he's a special lunch for the big fish and there's nothing he can do about it.

Fourth, he remembers the Lord is his only hope. "When my life was ebbing away, I remembered you, Lord." (v. 7). Finally, Jonah is acting like a true believer. After all the running away, after all the disobedience, after all the prodigality, after all the self-centered living, God has Jonah's undivided attention. God will do whatever it takes to bring us to the place where we remember Him. He'll stop at nothing. That includes calamity, sickness, loss, repeated failure and heartbreak. Whatever it takes to get us on our knees is good for our spiritual growth. Jonah is saying, "Lord, I've been running from you for a long time, and now at last you've got my full attention."

Fifth, he vows to serve the Lord. "But I, with a song of thanksgiving, will sacrifice to you. What I have vowed I will make good." (v. 9). You can see the spiritual progress



he's making in this psalm. First, he acknowledges that God put him where he is. Second, he accepts God's discipline. Third, he thinks he's going to die. Fourth, he finally remembers the Lord. Then, and only then, does he vow to serve the Lord.

Jonah comes to the great conclusion in verse 10: "Salvation is of the Lord."

This is the hardest lesson for any of us to learn. Salvation starts with God and it ends with God. Some of us struggle a lifetime to learn that. Most of us have learned it over and over again. Some people never learn it at all. But there is no salvation, no deliverance, and no getting better until we realize that if God doesn't save us, we will never be saved.



That's the advantage of being in the belly of a great fish – it clears the mind so you can think about what matters most. Most of us would probably improve spiritually if we spent a few days in a great fish, or at least someplace away from the comfort of our homes, without delicious meals, TV, tablets, smart phones or the Internet. In the terrifying darkness inside the fish, Jonah realized the folly of fighting against God. As the wise man said, your arms are too short to box with God. He's going to win every time.

Let's wrap up the message with a few observations about Jonah's journey so far.

1. Although he was a prophet, it had been a long time since he had



talked honestly with God.

It's amazing and frightening how easy it is for church people to go through life without talking to God. Why do you think Jonah prayed in the great fish? For one thing, there was nothing else to do. Without the regular distractions of life, Jonah

focused on the Lord. People say to me, "Why doesn't God speak to me?" To which I answer, "He speaks to you all the time, but you won't slow down long enough to listen." The loud clamor of life and the constant pressure to get things done, to meet our goals, and to cross off items on our to-do list, all of it conspires to keep us from hearing the still, small voice of the Lord. But God knows how to speak to us. And he certainly knows how to get our attention.

It's a good thing to be desperate if desperation turns your heart to the Lord. I can imagine few things worse than being in the belly of a great fish for three days and three nights. But it is better to be in the fish and talking to God than on dry land boasting about your big plans.

You pray inside the great fish because if God doesn't do something, you will die there. But notice this – it's not that the belly of a fish is inherently more dangerous than living in a luxury suite in a high-rise hotel. You can get into trouble anywhere. An earthquake can strike, a tornado can come, a car can veer off the road, a catastrophe can strike at any moment. You can be



singing a tune one moment and have a stroke the next. It happens every day. No one is immune to trouble, and there is nowhere on earth where you are truly safe from heartbreak, sadness, disease, danger and death. Safety is only found in the presence of God.

2. God had to stop Jonah in his tracks in order to get his attention.

Notice the progression. In chapter 1, Jonah acts and keeps messing things up. In chapter 2, Jonah prays and things start getting better. Often our greatest problem is slowing down enough to hear God's voice.

3. God delights to deliver his people from impossible situations.

Being trapped inside a great fish for three days and three nights is an impossible situation. Even after Jonah gets right with God, he's still inside the fish. He'll never get out on his own. So God works an amazing deliverance. Look at verse 11 of Jonah 2: "The Lord commanded the fish, and it vomited Jonah onto dry land." The same Lord who appointed the fish to catch him now tells the fish to let him go, all of it is meant to teach him and us that salvation is of the Lord.



As I wrap up the second part of this message, here are the main lessons to ponder:

1. As we consider the end of Jonah's sad story, remember that we can run, but we can't hide. God was with Jonah every step of the way. Though Jonah tried to leave the Lord, the Lord never left him.

2. In His severe mercy God sends storms to get our attention. That's always step one for the prodigals. The storms come to get our attention.

3. Every step we take out of the will of God hurts those around us; other people suffer because of our sin. Everyone on board is endangered by Jonah's sin. Jonah was the sinner in this situation, and yet his foolish rebellion endangered everyone around him. Our sin, our compromise, and our deceit always injure our spouse, our children, our friends, and our family.



4. The world doesn't care about our religion, but the world wants us to pray. "Get up, Jonah. Call on your god. Maybe he can save us." The world is waiting for the church to pray. Why are we still sleeping? They can do without our sermons, but they can't live without our prayers. And if they get our prayers, they might one day listen to our sermons.

5. It is of great advantage spiritually to stop blaming others for our problems, we must just confess our sins.

6. It's a good thing to be desperate if desperation turns your heart to the Lord. Whatever it takes to get us on our knees is good for our spiritual growth.

7. God delights to deliver his people from impossible situations and salvation is only of the Lord.

The story of Jonah points us to Jesus, and the story of Jesus tells us how far God will go in behalf of guilty sinners. He sent his Son to the lowest place on earth, to the bloody cross of Calvary, the emblem of suffering and shame. And out of that shame he fashioned our salvation.

As Jonah was in the belly of the great fish, even so, Jesus was in the heart of the earth. As Jonah came out of the fish, even so, Jesus came out of the realm of death.

Now the door to heaven has been thrown wide open. Now all the reluctant Jonahs of the world can find their way home to God. Sometimes we sing "Amazing grace, how sweet the sound, that saved a wretch like me." I wonder if we shouldn't change just one word to get the full impact of this story:

Outrageous grace, how sweet the sound,
That saved a wretch like me.
I once was lost but now am found,
Was blind but now I see.

The grace of God is not just amazing. It's outrageous! It welcomes the worst sinners into the courts of heaven. It makes a way for even the undeserving sinners to be forgiven of all their sins. And for the rebel who today languishes in the far country, feeling alone and forgotten, God's grace reaches out and says, "Jesus has paid the price. Salvation is of the Lord. When you are ready, you can come home to God." For There is Power in the Outrageous Grace of God, Amen.



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Against Evil Company

By Isaac Watts

Why should I join with those in play,
In whom I've no delight,
Who curse and swear, but never pray,
Who call ill names, and fight.

I hate to hear a wanton song,
Their words offend my ears:
I should not dare defile my tongue
With language such as theirs.

Away from fools I'll turn my eyes,
Nor with the scoffers go;
I would be walking with the wise,
That wiser I may grow.

From one rude boy that's us'd to mock
Ten learn the wicked jest;
One sickly sheep infects the flock,
And poysons all the rest.



WORDS OF THE PIONEERS

Dress

IF any one would like to see the subject of dress as an ornament, clearly set forth, let such an one read the third chapter of Isaiah from the 16th to the 26th verse. Those holy prophets had a disregard to the sickly, effeminate delicacy of fashionable tastes, which was, and is still very grating upon carnal preferences.

Dress was first introduced, in consequence of transgression, and the loss of innocence. Little did mother Eve, or father Adam think, that their sons and daughters would wear this badge of disgrace as a decoration, and the present rage for fine clothing is as clear an evidence of depravity as could be furnished.

There are three points to be attained in dress;

decency, comfort and convenience; and to put on clothing for display is evidently a device of Satan, beneath the dignity of right reason, not to speak of its criminality and guilt, in the sight of God. Contemplate for a moment a modern bonnet, an ingenious airy fabric, just on the point of sliding backwards from the back part of the head, leaving the face and a great part of the head exposed to sun and wind and rain. Can any one tell the use of such an article?



Again consider for a moment a fashionable dress, with so much cloth in the skirt as to leave a very scant portion for the sleeves etc. Can any one tell the origin of such senseless, indecent arrangements? Yes! to please the goddess of fashion! and I fully believe that Satan is very active inventing new fashions.

Then with regard to jewelry, rings, necklaces with all the trinkets of ancient or modern name, I ask, who is warmed or fed or clothed by them? A distinguished merchant of N. Y. says, that the money paid by our people for these baubles, is absolutely past belief; and that it might better be cast into the ocean. Certainly no godly person of the present age, can countenance the use of such trifles for one moment.

A dress clean and neat, and warm or cool to suit the season, worn with regard to God, whose jealous eye watches over our motives; a dress purchased not for its beauty, but with regard to prudence and humility, so that it shall waken no sensation of vanity in ourselves, or of envy in others, such a dress may be to us a standing memorial of our present state of bondage and of peril.

Always bear in mind in using our Lord's time and money, that all things are his, and that souls are constantly perishing for lack of knowledge. O let us not make the darkness more dark, but let our light shine, and prove in all things that we are strangers and pilgrims here.

—JOSEPH CLARKE

October 29, 1857, UrSe, ARSH 205.24



Hope for Health



Pain can cause you to be anxious, irritable, and depressed. It can interfere with your ability to sleep, your productivity, and your ability to work. For many people, nonsteroidal anti-inflammatories (or NSAIDs) don't agree with their stomachs, and they're wary of stronger meds. Fortunately, **Pain Eraser** is a natural alternative that may enhance or replace conventional antidotes, and leave you happier, healthier, and pain-free!

PAIN ERASER

Some of the Benefits of Pain Eraser:

- Relief from acute or chronic aches and pains
- Powerful anti-inflammatory effects that help to relieve painful joints and other inflammatory conditions
- A decrease in the occurrence and severity of muscular and menstrual cramps
- Natural sedatives that help you to relax - causing a reduction in pain

Facts:

- Recent research has shown that chronic pain is destructive to the body. The longer chronic pain goes untreated, the worse it becomes. Chronic pain unleashes a cascade of harmful hormones, such as cortisol, that adversely affect the immune system and kidney function.
- Research is also uncovering the fact that anxiety and depression are not so much responses to pain, but are the consequences of it. Serotonin and the endorphins that modulate healthy brain functioning are the same ones that modulate depression. Chronic pain uses up serotonin like a car running out of gas!

Pain Eraser contains 21 extraordinary ingredients!

- **White Willow Bark Extract** - Willow bark is the original source of aspirin, but when used as the entire herb it has been found to be much safer and quite effective! The active ingredient is salicin, which is a natural analgesic with pain-reducing and anti-inflammatory properties. It has shown to be effective in both joint and back pain.
- **Feverfew** - A gentle herbal sedative best known for relieving headaches, feverfew contains chemicals that help reduce the body's production of substances that initiate and prolong inflammation.
- **CherryFlex** - Made from 100% red tart cherries! CherryFlex contains anthocyanins which give cherries their bright red color and act as potent anti-inflammatories that help reduce pain after exercise and also ease chronic pain and inflammation.
- **Nettle Extract** - Excellent for muscle and joint pain, nettle contains active compounds that lower systemic inflammation, help the body eliminate excess fluid, and reduce chronic joint pain.
- **Codonopsis Root** - Boosts the immune system. Improves circulation to the injury site, hastening recovery time and relieving pain.
- **Boneset** - This herb is used extensively in Europe for relieving muscle and bone pain. Also one of the best herbs for symptoms that accompany colds and seasonal illness such as aches, pain, fever, and fatigue.
- **Jamaican Dogwood** - Best known as a remedy for treating severe, stabbing nerve pain.

- **Malic Acid** - Helps to reduce symptoms of chronic pain conditions.
- **Sambucus Nigra (Black Lace Elderberry)** - Reduces inflammation, pain, and stiffness.
- **Quercetin** - A natural anti-inflammatory and pain-reducer.
- **Thymus Vulgaris (Thyme)** - Helps to relieve pain associated with migraine headaches.
- **Chamomile Flower Powder** - A mild sedative that relieves pain, especially associated with menstrual cramps.
- **Pau d'Arco** - Has demonstrated a variety of uses, most notably its powerful anti-inflammatory and pain-reducing abilities.
- **Magnesium Oxide** - Helps reduce pain, migraines, fatigue, and muscle cramps.
- **Alfalfa** - Reduces pain and inflammation.
- **Cramp Bark** - Helps relieve menstrual cramps, leg cramps, and related pains.
- **Fo-Ti** - Reduces swelling, inflammation, and pain.
- **Capsicum** - A natural pain-relieving compound found in cayenne pepper.
- **Pancreatin (Vegetable derived)** - Aids in digestion and helps to reduce pain and stiffness.
- **Bromelain** - Reduces pain, swelling, and inflammation. Shortens healing time after an injury.
- **Papain** - An enzyme found in papaya fruit that helps to reduce pain and inflammation.

Price:

90 capsules\$12.99

Suggested Adult Usage:

- **For chronic pain:** 2-3 capsules, two to three times a day on an empty stomach as needed until maximum benefit is achieved (approximately 4-6 weeks) and then you can use the lowest effective dose.
- **For occasional aches and pains or acute injury:** 1-3 capsules on an empty stomach as needed for pain (up to 4 times a day).

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.*

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



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

Health Gem

Women's Health

Last month we looked at some of the special health considerations that men have; to be fair, women also have their own health issues which deserve special consideration, so this month we will examine some of these “women only” health concerns and offer hope for your health!

If you have ever watched an episode of *Little House on the Prairie* and thought that would have been a swell time to live, you may want to thank God you are alive in this century! Historically, life was particularly difficult for most women. Aside from the numerous dangers and illnesses, women became wives and mothers often when they were just emerging from their own childhood. In the past, childbirth itself was risky, and not infrequently led to the death of the mother. Most women in the past did not live long enough to be concerned about menopause or old age! In 1900, a woman's life span was about 50 years. Now, in the new millennium, average life expectancy for American women is 82 years of age, and it is continuing to rise. At Hope for Health we are dedicated to educating you and providing the best possible supplements so that you will have not only a long life, but also a healthy life!!

Most of us are aware of the anatomy differences in men and women in regards to their reproductive organs, however, there are many other major differences to note:

- ✓ In females, the hamstrings (muscles behind the leg) are not as strong as in males.
- ✓ Women also have a wider hip-to-knee ratio than men.
- ✓ A woman's legs are relatively longer and her torso shorter than a man of comparable size.



- ✓ Women have a lower center of gravity, less muscle mass, less dense bones, and higher percentage of body fat.
- ✓ Cardiovascular problems, which are the leading cause of death among women, are now described as “equal opportunity killers”! Women tend to suffer these problems 10 years later than men.

Menstruation and menopause

One of the dominating health factors for women from their teens to their fifties is menses – menstruation to menopause. A number of factors can help minimize these symptoms,



none more so than what you eat. Changes in your diet can decrease the amount of free-flowing estrogen in your body, the culprit behind all those unpleasant changes you experience a week to two weeks before your period. Consuming the right kinds of food can minimize hormonal fluctuations, while eating the wrong kinds of food can throw your body's hormonal balance out of whack. At Hope for Health we do recommend a vegan diet (no meat or dairy) not only to limit PMS symptoms, but for the benefit of your overall health.

If you want to make your PMS symptoms more tolerable, try avoiding these foods:

1. **Meat** – Red meat contains high levels of saturated fat, which can increase estrogen levels. Some meat also contains added hormones, which can enter your bloodstream and mess with your own hormone levels.

2. **Dairy** – Although calcium can actually improve PMS symptoms, dairy products will make them worse. Like red meat, dairy contains high levels of saturated fat. Hope for Health offers **Coral Calcium** as an excellent source of calcium. Lots of green leafy veggies are also excellent sources.

3. **Sugar** – Sugar causes blood-sugar levels to rise dramatically, increasing the likelihood of mood swings and worsening fatigue, headaches and the ability to focus. Highly refined sugars can also deplete the body of its natural stores of essential vitamins and minerals such as magnesium, zinc and B vitamins, which the body needs to function properly. Limiting your sugar intake throughout the month and cutting back during the two weeks before your period can keep PMS in check.

4. **Salt** – If bloating is a common PMS symptom for you, avoid salt, as it will cause you to retain water. Watch your diet carefully to avoid excess sodium intake.

5. **Caffeine** – Mood swings and stress will make you want to reach for sugary foods, many of which are high in caffeine. Although chocolate may be your go-to comfort food during this week, caffeine will actually worsen your PMS symptoms, negatively affecting your mood and increasing breast tenderness.

Even with diet changes many women suffer terribly once a month; if this is you, consider Hope for Health's supplement, **Fem**. Formulated for women during the times when it's needed most! If you suffer from symptoms such as:

- Bloating
- Cramps
- Backaches
- Headaches
- Fatigue
- Irritability
- Unexplained sadness
- Mood swings
- Irregular periods
- Heavy bleeding
- Constipation
- Diarrhea
- Unhealthy ovary or uterine tissue
- Hot flashes

Fem may be the answer you've been looking for!

Hope for Health's Fem is a powerful natural women's formula, containing a synergistic blend of these herbs:

Shepherd's Purse has strong astringents, which are compounds that constrict blood vessels and slow bleeding. From the time of Hippocrates until World War I, shepherd's purse was used to help stop bleeding. For a woman of menstruating



age, this herb helps to prevent or relieve excessive bleeding, reduce and shorten the length of menstrual flow, and regulate menstrual cycles.

Shepherd's Purse is a pituitary regulator with one of its primary attributes being its ability to normalize progesterone levels. For this reason it can also help women moving into menopause who have been experiencing excessive, irregular bleeding or spotting. For them, it can help to regulate and increase the length of the menstrual cycle until the natural cessation of menses.

Dong Quai is an herb that's been used for over a thousand years for various women's ailments. Nicknamed "female ginseng", it is seen as one of the foremost herbs for easing



symptoms of both menopause and PMS.

Dong Quai contains phytoestrogens that bind to the estrogen receptors, thereby helping regulate the levels of estrogen and progesterone in the body (menopausal and PMS symptoms are often caused by fluctuating progesterone and estrogen levels).

It also helps dilation of the blood vessels, which increases blood flow, and contains mild sedative properties that help reduce stress and mood swings. These effects help to reduce a variety of menopausal and menstrual symptoms; in particular, it helps to relieve hot flashes, vaginal dryness, irregular bleeding, stress, and mood swings during menopause; and cramping, water retention, heavy bleeding, moodiness, and breast tenderness during PMS. Clinical studies have shown up to a 25% decrease in the severity of PMS and menopausal symptoms when taking dong quai.

Cat's Claw has very powerful anti-inflammatory properties that help reduce pain and swelling – this is particularly beneficial to help ease pain during menstruation. It naturally regulates hormonal imbalances and helps to promote healthy regular blood flow. Cat's Claw also contains diuretic properties that help to relieve fluid retention and the bloated feelings that often accompany PMS and menstruation.

Echinacea – Benefits include:

- It boosts the immune system during this time of added stress on the body.
- It is a natural infection-fighter; during menopause it helps ward off recurrent vaginal and bladder infections.
- It has been used historically to help control the growth of

unhealthy tissues on the uterus and ovaries.

- Many professional herbalists suggest this herb to help balance hormonal issues that cause many PMS and menopausal symptoms.
- According to a new study, Echinacea can also significantly increase your endurance capacity, helping to fight the fatigue and weakness that can result from these conditions.

Continuing with the amazing ingredients in Fem:

Pau D'Arco – Contains very powerful anti-inflammatory properties that help reduce pain and swelling. It also helps dissolve tissue overgrowth and promotes healthy uterine tissue growth. Pau D'Arco in Fem helps balance hormonal levels, but is most famous for its use against yeast infections, as it inhibits candida enzymes from reproducing. It is an invaluable herb for women's health!

Astragalus Root – has significant effects on various hormonal systems. It is said to protect the adrenal cortex, the gland that produces hormones related to stress. This herb helps improve circulation, stop hot flashes, reduce night sweats, restore energy levels, relieve excess sweating, and eliminate fluid retention.

Goldenseal – is a common herb used for gynecological problems. It helps relieve heavy bleeding that is common during menopause and soothes painful menstruation. As a natural infection-fighter, it also helps ward off recurrent vaginal and bladder infections.

Anamù – is a very powerful immune-strengthening herb. Anamù helps fight off unwanted infections that occur more frequently in women during certain times of their lives. It also contains potent anti-inflammatory



properties that help reduce pain and swelling associated with menstruation. The next Hope for Health product that we would like to draw your attention to, as it may improve your transition into the menopausal years, is Damiana.

Damiana is a powerful plant with a long history of use throughout the world! First discovered and used as an aphrodisiac, it has since been proven to be beneficial for many health issues! This herb was first recorded with aphrodisiac effects in scientific literature over 100 years ago, and from 1888 to 1947 Damiana leaf and Damiana elixirs were even listed in the *United States National Formulary*! For more than a century this plant has been associated with improving sexual function and restoring reproductive health in both women and men.



Damiana may help:

- Enhance sexual stimulation & fight sexual disorders
- Increase energy & stamina
- Improve the mood and fight anxiety
- Fight menstrual or menopausal disorders
- Aid in weight loss
- Fight digestive problems including heartburn & constipation
- Suppress coughs and reduce inflammation in the lungs
- Prevent or alleviate headaches (including migraines)

Damiana has long been claimed to have a stimulating effect on libido, and its use as an aphrodisiac has continued into modern times, with recent scientific research validating this use. Several studies have shown evidence of increased sexual activity in both sexes. It has been shown to increase the sperm count and help with erectile dysfunction in males, and strengthen the eggs and help with the inability to achieve orgasm in females. While it has been shown to help increase blood flow and stimulation in the sexual organs, it also increases energy levels, which also helps to restore libido and desire.

Damiana's ability to improve female sexual health has been thoroughly examined.

In one study, scientists from the University of Hawaii, School of Medicine studied 77 women over the age of 21 who wanted to improve their sexual function. Thirty-four of these women took a preparation containing Damiana (which improves blood circulation to the sexual organs), and 43 received a placebo (sugar pill) each day. After only four weeks, over 73 percent of the women who took the Damiana preparation reported

an overall improvement in their sex lives, compared with only 37.2 percent of those in the placebo group. Improvements were experienced in several areas including: sexual desire, reduction of vaginal dryness, frequency of sexual intercourse and orgasm, and increased sensation.

In 1999, a group of researchers in Italy administered Damiana to both sexually potent and sexually sluggish (or impotent) rats. The extract had no effect on sexually potent rats, but, in the others, it increased the percentage of rats achieving ejaculation and made them more sexually active. Damiana has been shown to be particularly stimulating for sexually exhausted or impotent male rats as well as generally increased sexual activity in rats of both sexes. Results of a few laboratory studies suggest that Damiana may have a slight ability to widen blood vessels – an effect that may help play a part in helping relieve impotence.

Damiana has hormonal-balancing properties, without containing hormones! It has been shown to help with the hormonal imbalances common with menopause in women. However, scientists have reassuringly confirmed that Damiana does not have any effect on the female hormone estrogen. This means that there is no risk attached to its use that it might produce estrogen-related health problems like tumor growth or other side effects typically associated with hormonal therapy.

Damiana has an additional promising benefit – it can aid weight loss!

Research shows that the plant slows down the emptying of food from the stomach. This means you feel full even after eating a small meal, which prevents over-eating and promotes good digestion! The extract also stimulates blood circulation in the body and can cause an increase



in energy level that aids in weight loss. Damiana is used frequently in combination with other plants for its thermogenic activity (meaning it produces heat in the body by stimulating the metabolism).

Damiana extract is thought to calm the nervous system. This helps to soothe nervousness, anxiety, and mood disorders. Damiana encourages an overall feeling of well-being and helps level hormonal responses and boosts mood. Hope for Health's 100% Damiana is highly-potent, yet a safe and natural alternative for aiding sexual health and energy! In fact, Damiana even appears on the FDA's list of GRAS (generally recognized as safe) foods.

However, please note these contraindications:

Damiana has demonstrated mild hypoglycemic effects in animals.



Persons with blood sugar issues, or those on blood sugar-lowering medication should use this herb with caution, and monitor blood sugar levels accordingly for this possible effects. Damiana has a traditional use as an abortive and should not be used during pregnancy.

Fem and Damiana are just two of the many Hope for Health supplements that may support your health and improve your lifestyle. If you need help selecting a supplement regimen, please call our Hope for Health counselors.

Before we close today, we do want to present one last daily supplement that is also beneficial to the unique health concerns of women:

Evening Primrose Oil

The benefits of Evening Primrose Oil 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 Evening Primrose Oil'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!

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. 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!

Another feature of Evening Primrose Oil is that it serves a dual purpose for fertility by enhancing both the male's participation, 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.

The benefits continue!

If you suffer from inflammation in kidneys, joints and skin, especially associated with auto-immune issues, you 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. The gamma linoleic 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 Evening Primrose Oil 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, EPO can actually help rebuild this protective sheath.

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

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.)

This concludes our look at women's health issues – thanks for your time!

If your unique health concern or question was not addressed in this presentation, 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 that we know you are inspired to make! Please call us at 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*

Angels From Sinai to the Taking of Jericho – Part 2

By Ellen G. White



Balaam, a prophet gone wrong

God came to Balaam in the night, through one of His angels, and inquired of him, What men are these with thee? And Balaam said unto God, Balak the “son of Zippor, king of Moab, hath sent unto me, saying, Behold, there is a people come out of Egypt. . . . Come, now, curse me them. . . . And God said unto Balaam, Thou shalt not go with them. Thou shalt not curse the people; for they are blessed.” The angel tells Balaam that the children of Israel are conducted under the banner of the God of heaven; and no curse from man could retard their progress.

In the morning he [Balaam] arose, and reluctantly told the men to return to Balak, for the Lord would not suffer him to go with them. Then Balak sent other princes, . . . occupying a more exalted position than the former messengers; and this time Balak’s call was more urgent. “Let nothing, I pray thee, hinder thee coming unto me, for I will promote thee unto very great honor. . . . And Balaam answered and said, . . . If Balak would give me his house full of silver and gold, I cannot go beyond the word of the Lord my God, to do less or more.”



A second time Balaam was tested. . . . He longed to comply with the king’s request; and although the will of God had already been definitely made known to him, he urged the messengers to tarry, that he might further inquire of God; as though the Infinite One were a man, to be persuaded.

An angel was sent to Balaam to say unto him, “If the men come to call thee, rise up, and go with them; but yet the word which I shall say unto thee, that shalt thou do.”

Balaam had received permission to go with the messengers from Moab, if they came in the morning to call him. But annoyed at his delay, and expecting another refusal, they set out their homeward journey without further consultation with him. Every excuse for complying with the request of Balak had now been removed. But Balaam was determined to secure the reward; and taking the beast upon which he was accustomed to ride, he set out on the journey. He feared that even now the divine permission might be withdrawn, and he pressed eagerly forward, impatient lest he should by some means fail to gain the coveted reward.



In his rage, Balaam speaks to the animal as if it were human

God’s anger was kindled against Balaam for his Heavendaring folly, and “an angel of the Lord stood in the way for an adversary against him.” The animal, seeing the divine messenger, who was, however, invisible to the master, turned aside from the highway into a field. With cruel blows, Balaam brought the beast back into the path; but again, in a narrow place hemmed in by walls, the angel appeared, and the animal, trying to avoid the menacing figure, crushed the rider’s foot against the wall.

Balaam’s rage was unbounded, and with his staff he smote the animal more cruelly than before. God now opened its mouth, and by “the dumb ass speaking with man’s voice,” He “forbade the madness of the prophet.” 2 Peter 2:16. “What have I done unto thee,” it said, “that thou hast smitten me these three times?”

Furious at being thus hindered in his journey, Balaam answered the beast as he would have addressed an intelligent being—“Because thou hast mocked me: I would there were a sword in mine hand, for now would I kill thee.” . . .



The eyes of Balaam were now opened, and he beheld the angel of God standing with drawn sword ready to slay him. In terror “he bowed down his head, and fell flat on his face.” The angel said to him, “Wherefore hast thou smitten thine ass these three times? Behold, I went out to withstand thee, because thy way is perverse before me: and the ass saw me, and turned from me these three times: unless she had turned from me, surely now also I had slain thee.” . . .

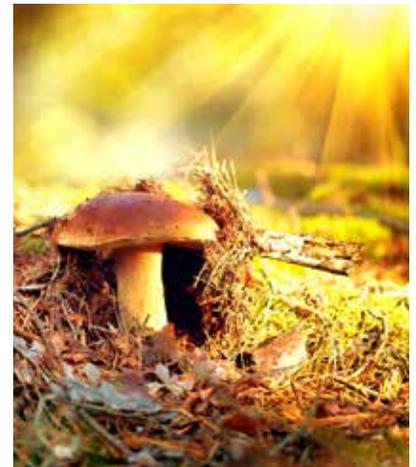
When he beheld the messenger of God, Balaam exclaimed in terror, “I have sinned; for I knew not that thou stoodest in the way against me: now therefore, if it displease thee, I will get me back again.”

After the angel had impressively warned Balaam against gratifying the Moabites, he gave him permission to pursue his journey. . . .

Balak’s meeting with Balaam

Balak met Balaam, and inquired of him why he thus delayed to come when he sent for him; . . . Balaam

answered, Lo, I am come unto thee. He then told him that he had no power to say anything. The word that God should give him, that could he speak, and could go no further. Balaam ordered the sacrifices according to the religious rites. God sent His angel to meet with Balaam, to give him words of utterance, as He had done on occasions when Balaam was wholly devoted to the service of God. “And the Lord put a word in Balaam’s mouth, and . . . he took up his parable, and said, Balak, the king of Moab, hath brought me from Aram, . . . saying, Come, curse me Jacob, and come, defy Israel. How shall I curse, whom God hath not cursed? or how shall I defy, whom the Lord hath not defied?” . . .



Balak was disappointed and angry. He exclaims, “What hast thou done unto me? I took thee to curse mine enemies, and, behold, thou hast blessed them altogether.” Balak thinks it is the grand appearance of the Israelites in their tents . . . that keeps him from cursing them. He thinks if he takes him to . . . where Israel will not appear to such advantage, he can obtain a curse from Balaam. Again, at Zophim . . . Balaam offered burnt offerings, and then went by himself to commune with the angel of God. And the angel told Balaam what to say.

Joshua leads Israel into Canaan

The Israelites deeply mourned for [Moses] their departed leader, and thirty days were devoted to special services in honor of his memory. . . . Joshua was now the acknowledged leader of Israel. . . .

Orders were now issued to make ready for an advance. . . . Leaving their encampment . . . the host descended to the border of the Jordan.

Four heavenly angels always accompanied the ark of God in all its journeyings, to guard it from all danger, and to fulfill any mission required of them in connection with the ark. Jesus the Son of God, followed by heavenly angels, went before the ark as it came to Jordan; and the waters were cut off before His presence. Christ and angels stood by the ark and the priests in the bed of the river, until all Israel had passed over Jordan.

If the eyes of Joshua had been opened . . . and he could have endured the sight, he would have seen the angels of the Lord encamped about the children of Israel; for the trained army of heaven had come to fight for the people of God, and the Captain of the Lord's host was there to command.

As Joshua withdrew from the armies of Israel, to meditate and pray for God's special presence to attend him, he saw a man of lofty stature, clad in warlike garments, with his sword in his hand. . . .

This was no common angel. It was the Lord Jesus Christ, He who had conducted the Hebrews through the wilderness, enshrouded in the pillar of fire by night, and a pillar of cloud by day. The place was made sacred by His presence, therefore Joshua was commanded to put off his shoes.

Awe-stricken, Joshua fell upon his face and worshiped, and heard the assurance, "I have given into thine hand Jericho, and the king thereof, and the mighty men of valor," and he received instruction for the capture of the city.

The Captain of the Lord's host did not reveal Himself to all the congregation. He communicated only with Joshua, who related the story of this interview to the Hebrews. It rested with them to believe or to doubt the words of Joshua, to follow the commands given by him in the name of the Captain of the Lord's host, or to rebel against his directions and deny his authority. They could not see the host of angels, marshaled by the Son of God.



The taking of Jericho

The Captain of the Lord's host Himself came from heaven to lead the armies of heaven in an attack upon the city. Angels of God laid hold of the massive walls and brought them to the ground.

Christ and angels attended the circuit of the ark around Jericho, and finally cast down the massive walls of the city, and delivered Jericho into the hands of Israel.

When Jericho fell, no human hand touched the walls of the city, for the angels of the Lord overthrew the fortifications, and entered the fortress of the enemy. It was not Israel, but the Captain of the Lord's host that took Jericho. But Israel had their part to act to show their faith in the Captain of their salvation.

If a single warrior had brought his strength to bear against the walls, the glory of God would have been lessened and His will frustrated. But the work was left to the Almighty; and had the foundation of the battlements been laid in the center of the earth and their summits reached the arch of heaven, the result would have been all the same, when the Captain of the Lord's host led his legions of angels to the attack.



News Watch

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stocks tumble assets
anxiety deepens
survival in doubt Interest
RECESSION FOR

An After School Satan Club could be coming to your kid's elementary school

Doug Mesner, who goes by the professional name Lucien Greaves, is co-founder and spokesman for the Satanic Temple, a group of political activists who are seeking to establish After School Satan Clubs as a counterpart to fundamentalist Christian Good News Clubs, which they see as an attempt to infiltrate public education and erode the constitutional separation of church and state. (Josh Reynolds/For The Washington Post)

They're here plotting to bring their wisdom to the nation's public elementary school children. They point out that Christian evangelical groups already have infiltrated the lives of America's children through after-school religious programming in public schools, and they appear determined to give young students a choice: Jesus or Satan.



Editor's note: This article not only brings to mind the necessity of home-schooling, but brings Satan's counterfeits to light. Satan knows that religious liberty is paramount in these last days; he has wasted no time developing his own version.

End Time Perspective #1: "In His wisdom the Lord has decreed that the family shall be the greatest of all educational agencies. It is in the home that the education of the child is to begin. Here is his first school. Here, with his parents as instructors, he is to learn the lessons that are to guide him throughout life – lessons of respect, obedience, reverence, self-control. ...If the child is not instructed aright here, Satan will educate him through agencies of his choosing. How important, then, is the school in the home!" AH 183.

End Time Perspective #2: "When the Lord has a genuine channel of light, there are always plenty of counterfeits. Satan will surely enter any door thrown open for him. He will give messages of truth, mingling with the truth ideas of his own, prepared to mislead souls, to draw the mind to human beings and their sayings, and prevent it from holding firmly to a "Thus saith the Lord." Letter 102, 1894.

Franklin Graham: 'We're on the Precipice of Anarchy'



"This nation — it needs a spiritual healing from Almighty God," Graham said before praying. "Our country — I don't have to tell you — is in trouble... And the only hope for this country is God. It's not the politicians. It's God." "God uses politicians, and we pray for

the politicians that they'll listen to God's voice and that they'll hear His voice," he continued. "And how important it is today that the politicians listen to God."

"We have taken Him out of the education system, and our country is beginning to implode," he continued. "We're on the precipice of anarchy."

End Time Perspective: "At the same time anarchy is seeking to sweep away all law, not only divine, but human. The centralizing of wealth and power; the vast combinations for the enriching of the few at the expense of the many; the combinations of the poorer classes for the defense of their interests and claims; the spirit of unrest, of riot and bloodshed; the world-wide dissemination of the same teachings that led to the French Revolution--all are tending to involve the whole world in a struggle similar to that which convulsed France." Ed 228.



'Ben-Hur' remake stresses reconciliation, producer says

...when the husband-and-wife team of Roma Downey and Mark Burnett saw the screenplay of the new version from John Ridley, "... we loved the script," said Downey, an executive producer of the new film, as is Ridley. "We loved the rephrasing of the story as one of forgiveness and reconciliation instead of the previous incarnations which were revenge-driven," she said.

Downey added, "Certainly, my faith is important to me as a Catholic and I feel that the values in this film are important and valuable. In the time we're living, in a world that's uncertain, with fear and confusion, I feel the central themes of forgiveness and reconciliation is a message that's needed now more than ever."



Toby Kebbell and Pilou Asbaek star in a scene from the movie "Ben Hur." (CNS photo/Paramount Pictures and Metro-Goldwyn-Mayer Pictures Inc)



Jack Huston stars in a scene from the movie " Ben-Hur." (CNS photo/Paramount Pictures and Metro-Goldwyn-Mayer Pictures Inc)

End Time Perspective: "The church that holds to the word of God is irreconcilably separated from Rome. Protestants were once thus apart from this great church of apostasy, but they have approached more nearly to her, and are still in the path of reconciliation to the Church of Rome. Rome never changes." ST, Feb. 19, 1894.

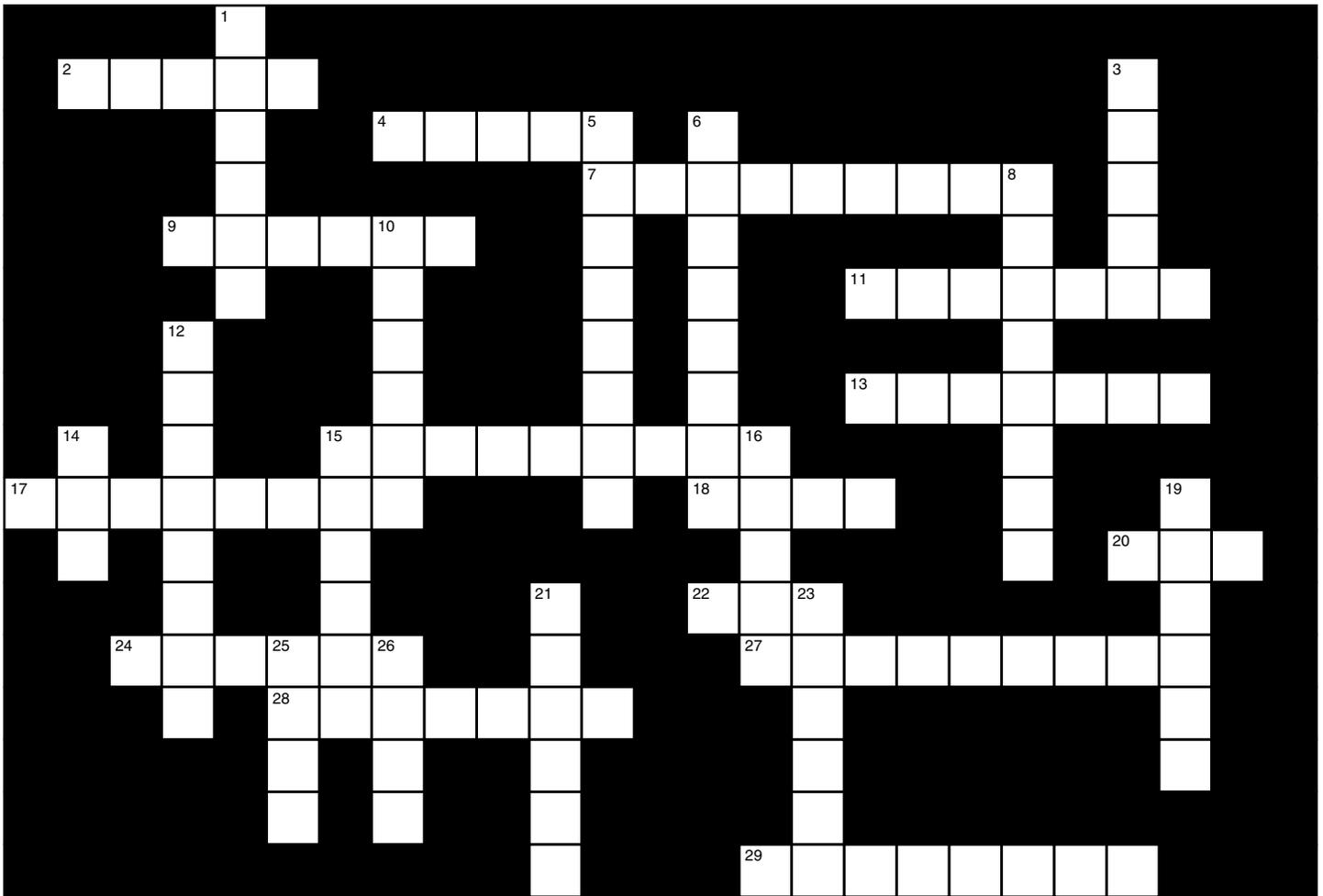
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Christian Crossword



ACROSS

2. He was swallowed by a great fish
4. She lied to protect the spies
7. The 'hidden books' of the Old Testament
9. They _____ Paul and dragged him from the city
11. At Lystra Paul enlisted _____ as a fellow traveler
13. The first city destroyed upon Joshua's entering Canaan
15. An Israelite city destroyed in 587 B.C.
17. Pontius Pilate was _____ of Judea
18. The main river in Egypt
20. His sufferings made him wish that he had never been born
22. Matthew was a _____ collector
24. The army commander healed of Leprosy
27. The king after Ahaz
28. He and his wife practiced deceit against God
29. The last name of Judas

DOWN

1. The Queen before the cousin of Mordecai
3. The ____ day of the 7th month was the Day of Atonement.
5. A fellow traveler with Paul
6. Lists of unclean animals are found in Leviticus 11 and Deuteronomy _____.
8. Solomon's rival for David's throne
10. The cousin of Mordecai who became a queen
12. The purported author of Lamentations
14. A good man that was greatly afflicted

15. The River the Israelites crossed to the promised land
16. A prophet contemporary with Amos and Hosea
19. The leader of Israel after the death of Moses
21. The territory Caleb sought to conquer
23. Another name for King Ahasuerus
25. The earliest of the four gospels
26. Jesus raised the son of the widow of _____ from death

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

