

IMAGE REMOVED

"Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth." Learn to take the truths that have been revealed, and to handle them in such a way that they will be food for the flock of God.

{Selected Messages Book 1, page 162.2}

- A Lack of Sympathy
- Abiding In Jesus
- Converting the Soul
- Crossing Musical **Boundaries**
- Health To Live By

Recipes

- News and Comments
- No New Organization
- Questions and **Answers**
 - Quotes and Tidbits
- Healthy and Delicious To Have And To Hold

A Publication By Seventh-day Adventists For Seventh-day Adventists



Jerry O'Donnell

- Author of What Does It Mean For the World To Have One Mind?
- Bible Worker,
 Evangelist, Pastor,
 Church Planter

Dear Readers,

Thank you to all of you who send in encouraging words, which I try to pass on to everyone else; however, it has come to my attention that these straight messages calling people to a higher standard, are not appreciated by all, which is sad. I am personally sinking a lot of money into this effort, personally reaching out to non-SDA's, and all the article contributors taking personal time from their busy lives to write articles and do personal ministry for one purpose and one purpose alone -We love you.

We are not selfish in keeping the truth to ourselves. We have seen the light and are told of Jesus, "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven" (Matthew 5:16). "There is a call for a

higher standard to be met, a holier, more determined, self-sacrificing effort to be put forth in the Lord's work. Our youth must be educated to meet a higher standard, to understand that they are now deciding their own eternal destiny." {The Youth's Instructor, May 24, 1894 par. 5}

One dear soul (which actually reflects the beliefs of many) thinks we are preaching the law too much. They misquoted, "we have preached the law until we are as dry as the hills of Gilboa". This was stated, as many continue to drink in apostasy that Christ's righteousness needs lifted up and the law not be talked about so much.

Before 1888, it could have been said that the law was uplifted so high that such a statement was applicable. Today, however, Christ's Righteousness is lifted so high that the opposite is true. Instead of youth being taught to meet a higher standard, they are playing sports, into movies and television, playing worldly music, dressing like the world, and even talking like the world, just to name a few examples. And we already have been addressing the worldliness among church members, and sadly, some ministries have turned to the worldly ways of operating as well.

Now here is the quote in its entirety, but as you read it, please notice the context, which we will make apparent in bold:

"As a people, we have preached the law until we are as dry as the hills of Gilboa that had neither dew nor rain. **We** must preach Christ in the law, and there will be sap and nourishment in the preaching that will be as food to the famishing flock of God. We must not trust in our own merits at all, but in the merits of Jesus of Nazareth. Our eyes must be anointed with eyesalve. We must draw nigh to God, and he will draw nigh to us, if we come in his own appointed way. O that you may go forth as the disciples did after the day of Pentecost, and then your testimony will have a living ring, and souls will be converted to God." {The Review and Herald, March 11, 1890 par. 13}

In other words, we cannot appreciate Christ's righteousness without the teaching of the higher standard contained in the law - the Ten Commandments. In fact, the more we lift up the standards in general, the more we ought to appreciate Christ's righteousness. And that is the 1888 message despite what has been published erroneously and spread like leaves of

(Continued on page 36)

The mission of The Four Angels' Messages Minis-

try is to alert as many Seventh-day Adventists as possible to see the need of living the Three Angels' Messages, be well studied in the messages of all four angels, and get ready very soon to go and preach them. It is our belief that not only are we the last generation, but the mark is soon to be forced upon us, and publications like this shall be targeted. So while the presses can run, let us awake to our high calling despite others who want to remain asleep.

Editor and Founder

Jerry O'Donnell

Copy-editor

Reen Swindle

Contributors In Alphabetical Order

Renee Bushor
JuanCarlos DeJesus
Hilari Henriques
David House
Cary Rodgers, Jr.
Elijah Rodgers
Genobia Simpson

About The Four Angels' Messages Ministry

This ministry is founded upon the necessity to raise the standard higher and higher. It is a non-profit, volunteer group of Seventh-day Adventists who love the messages and love the people and do not want to see a single person lost.

Subscription and Donations: Although we are volunteers, the cost of this publication is challenging to provide to everyone for free. So we are asking for a subscription of \$24 annually for 12

TABLE OF CONTENTS

Editorial — Jerry O'Donnell Page 2

To Have And To Hold

Cary Rodgers, Jr. Page 4

No New Organization

David House Page 9

Abiding In Jesus

Elijah Rodgers Page 13

Health To Live By

Genobia Simpson Page 15

Quotes and Tidbits

JuanCarlos DeJesus Page 19

News and Comments

HaveOneMind.com Page 21

Healthy and Delicious Recipes

Renee Bushor Page 25

Questions And Answers

Jerry O'Donnell Page 26

Crossing Musical Boundaries

Professor Walter Veith Page 30

Converting the Soul Page 32

A Lack of Sympathy

Ellen White Page 34

issues, and if the Lord impresses you with the means to be able to provide a donation, we definitely would welcome such and put it to proper use including helping pay for subscriptions of those

who cannot afford the cost. The publication is free online in PDF format.

We are a "tithe-worthy ministry" according to clear biblical and Spirit of Prophecy guidelines.

The World's First "Seventh-day Adventist" Brothers



Cary Rodgers, Jr., pastor and health director of Pathway to Peace Ministries in Peachland, NC with four children and a wonderful godly wife, Elene.

www.PathwaytoPeace.

Phone: 704-695-1441.

Email:

info@pathwaytopeace. net.

In our previous article, "To Have and to Hold" we looked at the relationship between the Seventh-day Adventist movement and the law and testimonies. Remember, the Seventhday Adventist movement is about the message of the truth in which the law of God reveals sin, and the testimonies of Jesus Christ are the solution to sin. The law and the testimonies are inseparable. The "Seventhday Adventist" message is not unique only

to the 1800's and our modern day, but it is a message that God has revealed since the "failure" in the Garden of Eden from Genesis to Revelation.

There were "Seventhday Adventists" in the Bible who kept the law of God and His testimonies, by abiding in the WORD of truth daily looked forward to the first coming, or advent, of Jesus Christ. Adam and Eve taught their first two precious little boys born on the earth, Cain and Abel, the law of God and the testimonies of the salvation and the advent of the Messiah. The two boys were diligently given the full light of God's truth. Adam and Eve

For the wages of sin [is] death; but the gift of God [is] eternal life through Jesus Christ our Lord.

Romans 6:23

without compromise. There were also old testament and new testament "Adventists" who claimed the name, but did not live the message. Let's take a look at the first "Seventh-day Adventist" family in the old testament and learn some very valuable lessons from their experience.

In the garden was the world's first Seventhday Adventist family; they kept the Seventhday Sabbath and shared their sad story of breaking God's Law but also shared the testimony of God's redemption plan.

Adam and Eve taught them about the importance of the symbolism of the sacrificial service of the sin offering. They taught that sin was the disobedience of God's law and that the sin offering of a lamb had to die. "The wages of sin is death", is the result of breaking God's law, but they also learned that the

"the gift of God is eternal life through Jesus Christ our Lord." These were the testimonies explained with clarity. They understood that every time a sin offer-

ing was slain on the altar of sacrifice that it pointed to the Lamb, Jesus Christ, who would come to save the world from sin through the shedding of

His blood. They understood what Hebrews 9:22 teaches, that "without the shedding of blood" there is no remission or deliverance from sin. Adam and Eve also taught Cain and Abel to express to God their gratitude for his bless-

ings through the meat (food) offering, which was a thank offering to the Lord for the food and produce grown from the field or garden.

And in process of time it came to pass, that Cain brought of the fruit of the ground an offering unto

the LORD.

Genesis 4:3

The sanctuary message in the old testament teaches that the sin offering was a required sacrifice to remove sin from a repentant sinner. The food offering was only a thank you offering that did not remove sin; it was a voluntary offering. The thank offering provided

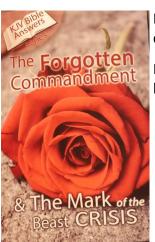
praise to God, but no forgiveness. The sin offering was bloody, but necessary. It showed the repentant sinner the cruelty and awfulness of sin.

In Genesis 4:
1, 2 it says
that "Adam
knew Eve his
wife; and she
conceived,
and bare Cain,
and said, I
have gotten a
man from the
LORD. Gen 4:2

And she again bare his brother Abel. And Abel was a keeper of sheep, but Cain was a tiller of the ground."

When God cursed the ground because of Adam's disobedience, God told Adam that he had to till the soil. Tilling involves breaking

The Forgotten Commandment and the Mark of the Beast Crisis



For more information and the free PDF download, go to www.PathwaytoPeace.net.

It is the latest Three Angels' Messages sharing book.

704-695-1441 info@pathwaytopeace.net

Pathway to Peace Ministries 11775 NC 109 South Peachland, NC 28133 into the earth's surface and turning over the soil to prepare it to grow food. Before Adam and Eve sinned, they just had to manage the food that God freely grew on the earth. But after sin, Adam had to sweat and work for his food.

Tilling was a major task of survival and a skill that had to be passed on to Adam's children and future generations.

So, what do you think was one of the

main responsibilities that Adam assigned to Cain? It is actually revealed in his name. "Cain", in Hebrew, is defined as "smiths". A smith is someone who works with metals such as a blacksmith who works with iron or metal. Based on Cain's name it is obvious that working with metals to develop metal tools for tilling the soil and tending a food garden were key survival skills that Adam taught his oldest son. To verify that Cain became a master smith in Genesis 4:22, one of his great grandsons was named Tubalcain." Tubalcain in the Hebrew means "thou will be brought of Cain". It

appears that Tubalcain was given his name in honor of his great grandfather and that he was also to learn how to work with metals. As a matter of fact, Genesis 4:22 indicates that not only did Tubalcain learn how to work as a smith but that he

And almost all things are by the law purged with blood; and without shedding of blood is no remission.

Hebrews 9:22

became "an instructor of every artificer in brass and iron."

Cain became very skill-ful with metals in making tools to till the soil. As a result of making and working with metal tools to till the soil, Cain also became an expert farmer of produce. He knew how to make things grow! There is no doubt that he was the "go to" guy for expert advice on farming and equipment.

Not only did Adam need someone to till the soil and grow food like Cain did, but the raising and keeping of sheep was equally important. The sheep provided needed wool for clothing, blankets, and shelter. But most importantly, the sheep were needed for a sin sacrifice. The sheep used as a sin sacrifice were the breath that put LIFE back in a repentant and converted sinner. The sheep symbolically represented

the gift that gives eternal life – the breath!

Adam taught Abel this important skill of raising and keeping sheep because they represent the breath of sal-

vation. This could be the reason he named his second son, Abel. Abel, in Hebrew, means "breath". Abel had the important task of raising the symbolism of the breath of salvation, Jesus Christ, who gives eternal life.

So both Cain and Abel had equally important roles. Cain grew the food that sustained life; Abel grew the symbol that pointed to eternal life! In the process of time Abel remained in the Vine one true church of Truth, but Cain was cut off. Abel loved the law and testimonies; Cain hated the law, but wanted the benefits of the testimony without

the shedding of blood.

Genesis 4:3-5 says "And in process of time it came to pass, that Cain brought of the fruit of the ground an offering unto the LORD. And Abel, he also brought of the firstlings of his flock and of the fat thereof. And the LORD had respect unto Abel and to his offering: But unto Cain and to his offering he had not respect. And Cain was very wroth, and his counte-

nance fell."

Abel's sacrifice was accepted because he recognized the law of God that was broken, but by faith accepted the testimony of salvation. He learned to love God and His commandments and hate sin. Then

out of his appreciation of the bountiful blessings from God, Abel would thank God by a thanksgiving, or food offering. The sin offering was of most importance. If a food offering was given without being cleansed from sin through the sin offering, the thanksgiving to God has no meaning. It is

"fruitless".

Cain wanted to skip the sin offering because he did not want to turn from sin. He wanted to make an appearance of righteousness by only presenting a food offering. The FOOD offering had no power to cleanse Cain from sin. It was only an outward show of Cain's "profession" that he was follower of God's truth. Cain only wanted the benefits of the testimonies without

I will behave myself wisely in a perfect way. O when wilt thou come unto me? I will walk within my house with a perfect heart. I will set no wicked thing before mine eyes: I hate the work of them that turn aside; [it] shall not cleave to me.

Psalms 101:2-2

turning from sin. Remember the law and the testimonies are married and cannot be separated. An outward show of thanksgiving does NOT excuse SIN! Our money offerings don't cleanse us from sin.

In our modern Adventist world today, there are those who

put more emphasis on tithes and offering than from the turning from sin and worldliness. Tithe and offering are an expression of our faith and thanksgiving to God, but they by no means have power to cleanse us from sin. There are many who deceive themselves like Cain, in believing that giving of their tithes and offering is good enough to skip the sacrifice. They want the benefits of the testimo-

nies without fulfilling the requirements of keeping the law of God. They refuse to present their bodies as a "living sacrifice, holy, acceptable unto God."

Our tithes and offerings are NOT acceptable to God if we don't repent, turn

from sin, and be totally converted, turn to Jesus. We, like Abel, must learn to hate sin and submit ourselves as a living sacrifice to Jesus every day in order to be holy and acceptable unto God. When the sin offering is given first, then our tithes and offerings are accepted by God as a

sweet smelling savor unto God.

Friend, do you truly hate sin and love Jesus? Psalms 101:2-3 says "I will behave myself wisely in a perfect way. O when wilt thou come unto me? I will walk within my house with a perfect heart. I will set no wicked thing

before mine eyes: I hate the work of them that turn aside; it shall not cleave to me." In addition, Psalms 97:10 says, "Ye that love the LORD, hate

evil: he preserveth the souls of his saints; he delivereth them out of the hand of the wicked."

Cain wanted to hold on to sin and worldliness even though from all appearances he would have been in "good and regular" standing in many modern corporate Seventh-day Adventist churches today. His offerings every Sabbath would be accepted with gladness and honor. He would be accepted with open arms into church leadership because of his benevolence. But Cain's example of loving worldliness and sin would be winked at and excused as long as

Ye that love the LORD, hate evil: he preserveth the souls of his saints; he delivereth them out of the hand of the wicked.

Psalms 97:10

his appearance and profession made the church "look" good.
Today, if Cain was a season's ticket holder to his favorite pro team, an avid Hollywood movie buff, a jazz connoisseur, golfer, an advocate of the LGBT gay movement, an amusement park junkie, and a Rook card

playing and Domino champion, he would be applauded and loved by many in the church!

This is a very sad state of affairs today to find that Cain's actions and profession would be acceptable in many churches today. How many Cain members and leaders do we

have in the modern churches? God is pleading with all who claim the name, Seventh-day Adventist to turn from sin and worldliness and turn to

Jesus, the way, the TRUTH, and the life. Jesus is calling us back to the "old paths which is the good way," the law and the testimonies.

In the next article we will continue to learn more valuable lessons from this world's first "Seventh-day Adventist" Cain and Abel and the importance of

the law and the testimonies. Friend, stay faithful to God's truth in these last days; there is only safety in following the example of Jesus Christ.

Four Angels' Messages Contact Info

Phone: In the United States, 717-460-7881

E-mail: info@fourangelsmessages.com

Mailing: PO Box 301, Boiling Springs, PA 17007

No New Organization



David House, Pastor/ Evangelist for Saving Health Ministries

Mailing Address:

PO Box 41161 Norfolk VA 23541

Phone: 757-955-6871

Youtube:

SavingHealthMinistries

Website:

www.savinghealthministries.com

E-mail Address:

mrdhouse@gmail.com

"We cannot now step off the foundation that God has established. We cannot now enter into any new organization, for this would mean apostasy from the truth." – 2SM 390 (1905). {LDE 55.2}

Many sincere SDA's have read the above quote and have been misled because this quotation was taken out of context and misapplied by General Conference Leaders of the denomination. In order to have the correct understanding of this

quote we must read the original passage taken from 2nd Selected Messages pg. 390. (D.H.)

"After the passing of the time, God entrusted to His faithful followers the precious principles of present truth. These principles were not given to those who had had no part in the giving of the first and second angels' messages. They were given to the workers who had had a part in the cause from the be-

part in the establishment of our work upon a foundation of Bible truth, those who know the waymarks that have pointed out the right path, are to be regarded as workers of the highest value. They can speak from personal experience, regarding the truths entrusted to them. These men are not to permit their faith to be changed to infidelity; they are not to permit the banner of the third angel to be

"We cannot now step off the foundation that God has established. We cannot now enter into any new organization, for this would mean apostasy from the truth."

Selected Messages Book 2, page 390

ginning. {2SM 389.3}

"Those who passed through these experiences are to be as firm as a rock to the principles that have made us Seventh-day Adventists. They are to be workers together with God, binding up the testimony and sealing the law among His disciples. Those who took

taken from their hands. They are to hold the beginning of their confidence firm unto the end. {2SM 389.4}

"The Lord has declared that the history of the past shall be rehearsed as we enter upon the closing work. **Every truth** that He has given for these last days is to

be proclaimed to the world. Every pillar that He has established is to be strengthened. We cannot now step off the foundation that God has established. We cannot now enter into any new organization; for this would mean apostasy from the truth." - Manuscript 129, 1905. {2SM 390.1}

Now that we have read the complete context of

the passage, we see that she is speaking about the messages (the three angels' messages) that have made us Seventh-Day Adventists. When she says no new organization, she means no new message. The 3 Angels' Messages are the only messages capable of

sealing you in preparation for the second coming of Christ. It is not because we are baptized and our name placed on the church books that make us Adventists, but the 3 Angels' Messages, that make us Seventh Day

Adventists. And to depart from the message would be forming a new organization. (D.H.)

Has the denomination formed a "New Organization"?

"The **enemy of** souls has sought to bring in the supposition that a great reformation was to take place among Seventhday Adventists, and that this reformation

"The enemy of souls has sought to bring in the supposition that a great reformation was to take place among Seventh-day Adventists, and that this reformation would consist in giving up the doctrines which stand as the pillars of our faith, and engaging in a process of reorganization. Were this reformation to take place, what would result?..."

> Selected Messages Book 1, page 204

would consist in giving up the doctrines which stand as the pillars of our faith, and engaging in a process of reorganization. Were this reformation to take place, what would result? The principles of truth that God in His wisdom has given to the remnant church, would be discarded. Our **religion would be** changed. The fundamental principles that have sustained the work for the last fifty years would be accounted as error. A new organization would be established. Books of a new order would be written. A system of intellectual philosophy would be

introduced.

The founders of this system would go into the cities, and do a wonderful work. The Sabbath of course, would be lightly regarded, as also the God who created it. Nothing would be allowed to stand in the way of the new movement. The leaders would teach that virtue is better than vice, but

God being removed, they would place their dependence on human power, which, without God, is worthless. Their foundation would be built on the sand, and storm and tempest would sweep away the

<u>structure</u>." {1SM 204.2}

"Who has authority to begin such a movement? We have our Bibles. We have our experience, attested to by the miraculous working of the Holy Spirit. We have a truth that admits of no compromise. Shall we not repudiate everything that is not in harmony with this truth?

"I hesitated and delayed about the send-

ing out of that which the Spirit of the Lord impelled me to write. I did not want to be compelled to present the misleading influence of these sophistries. But in the providence of God, the errors that

have been coming in must be met. {1SM 205.1,2}

Since it is clear that she defined in the previous statement what a "new organization" is, we see that the denomination has already formed a "new organization" through the apostasy of "The Great Hope" in place of the

"The Great Controver-

sy" and is still being fulfilled today. She also stated that the "structure" would be swept away. What should we do? (D.H.)

"I was confirmed in all I had stated in Minneapolis, that a reformation must go through the churches. Reforms must be made, for spiritual weakness and blindness were upon the people who had been blessed with great light and precious

with pen or voice cease to protest against bigotry." {16MR 216.4}

"I saw that God has honest children among the nominal Adventists and the fallen churches, and before the plagues shall be poured out, ministers and people will be called out from these churches and will gladly receive the truth. Satan knows this; and before the loud cry of the third

angel is given, he raises an excitement in these religious bodies, that those who have rejected the truth may think that God is with them. He hopes to deceive the honest and lead them to think that God is still working for the churches. But the light

will shine, and all who are honest will leave the fallen churches, and take their stand with the remnant." {EW 261.1}

The organization that we must be a part of is Christ and His truth — the PRESENT TRUTH. This truth is revealed in Revelation 14:6-12. Have you been worshiping where these

I saw that God has honest children among the nominal Adventists and the fallen churches, and before the plagues shall be poured out, ministers and people will be called out from these churches and will gladly receive the truth.

Early Writings, page 261

opportunities and privileges. As reformers they had come out of the denominational churches, but they now act a part similar to that which the churches acted. We hoped that there would not be the necessity for another coming out. While we will endeavor to keep the "unity of the Spirit" in the bonds of peace, we will not

truths are being presented? If not, then you cannot be prepared for the second coming of Christ. I would encourage you to find where these truths are being presented in your area. We are in great need of more self-supporting workers, ministries, and churches. Let us be about our Father's business so that sincere souls who desire to learn the truth may be brought into an environment of holiness rather than confusion. The SDA church is NOT Babylon, but most of the churches are in apostasy. We must sep-

arate from sin and apostasy. We are never to sit and tolerate sin. God says that His true worshipers in these last days will "worship the Father in Spirit and truth". John 4:23,24. The Spirit of God must be present, also the complete truth of His word – the 3 Angels' Messages, which are PRESENT TRUTH. This is the only worship he will accept at this time. Are you a part of a "new organization"? Or are you a part of Christ and His PRESENT TRUTH. (D.H.)

Revelation 12:17 And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ.

Revelation 14:12 Here is the patience of the saints: here [are] they that keep the commandments of God, and the faith of Jesus.

Revelation 22:14
Blessed [are] they that
do his commandments, that they may
have right to the tree
of life, and may enter
in through the gates
into the city.



- Young adults hitting the streets evangelizing with 5 minute interviews on hot religious topics.
- Interviewees leave with a bag of contents for further reading including the Great Controversy, National Sunday Law, usually a health article, and other literature.
- Find snippets of their interviews on YouTube.com.

Abiding In Jesus



Elijah Rodgers, is a young, enthusiastic 11-year-old evangelist at Pathway to Peace Ministries who is excited about sharing the everlasting gospel. He is also a beekeeper and enjoys nature. He is the son of Cary Rodgers.

www.PathwaytoPeace. net.

Email: info@pathwaytopeace. net.

Do you know the basics of salvation? In other words, what is your part in salvation? You may already know that you cannot earn salvation, because it is the gift of God, but there is a part that you have to play in salvation that determines if you will be saved or not. Jesus sums it up in John 15:4,5. He says "Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me. I am the

vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing."

As a young person I ask, what does it mean to abide? Let's make it practical. Abide means dwell, and dwell means to live in. Jesus says, "Abide in me, and I in

eousness (which is justification) where a person goes from guilty to not guilty. Just as Jesus invites us to come and live in Him, we have to invite Jesus to live in us. We have to invite Him into our heart. In Revelation 3:20, Jesus says, "Behold, I stand at the door, and knock: if any

Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me. I am the vine, ye [are] the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

John 15:4-5

you." That is twofold. First we are to abide in Him. Then he will abide in you. You have to live in Jesus and Jesus has to live in you. Jesus gives us the invitation to dwell in Him. In Matthew 11:28, Jesus says, "Come unto me, all ye that labour and are heavy laden, and I will give you rest." Jesus invites ALL to come to Him. When we abide in him we are covered with His rightman hear my voice, and open the door, I will come in to him, and will sup with him, and he with me." So Jesus knocks and waits for the invitation to come in to your heart. When you allow Him to enter, He will abide in you (which is sanctification), and you will live a holy life where there is hatred against sin. You have to invite Jesus into your heart daily. He will not force His

way in.

To live in Jesus you have to study His word. If you study the Bible, Christ will dwell in you. John 15:7 says "If ye abide in me, and my words (the Bible) abide in you, ye shall ask what ye will, and it shall be done

shall be done unto you." Jesus (the word) left us the word and we are to study the word and ap-

ply it to our lives. 2 Timothy 2:15 says, "Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth."

So, what will your character be like when you live in Jesus, and when Jesus is living in you? John 15:10 says, "If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love." When Jesus is abiding in you, your character will reflect Christ's character: loving, holy, temperate, longsuffering, humble, and pure. You will shun all worldliness, the worldly amusements, worldly adorning, worldly music, video games, the worldly television programs, and follow Jesus. 1

John 2:6 says, "He that saith he abideth in him [Jesus] ought himself also so to walk, even as he walked." When Jesus was on the Earth He gave us an example. When Jesus is abiding in you, you will do things that will please

Abstain from all appearance of evil.

1 Thessalonians 5:22

Him. Philippians 4:8 says, "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." If whatever you see or do is not honest, just, pure, lovely, and of good report, you need to cut it off. 1 Thessalonians 5:22 says, "Abstain from all appearance of evil." Psalms 101:3 says, "I will set no wicked thing before mine eyes: I hate the work of them that turn aside: it shall not cleave to me." We are to flee the things of the world "but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart." 2 Timothy 2:22. 1 John 2:15, 16 says, "Love 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." If we love the

world Jesus will not live in us, so for Jesus to live in us we have to let all worldliness go. The latter part of verse 17 says, "he that doeth the will of God abideth for ever." Also, when we are abiding in Jesus we will be an example. 1 Timothy 4:12 says, "Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity."

When you abide in Him and He in you, you will truly love God and others by keeping His commandments. These are the basics of salvation, and God works in you to do it for you if you allow Him to. "For it is God which worketh in you both to will and to do of his good pleasure." Philippians 2:13.

Health To Live By



Genobia Simpson

Wife and mother to 5 children. Works with two other ministries:

- ItsHighTime
- Advent Rest

Desire to live a healthy lifestyle came after studying the health message through the Bible and the Spirit Of Prophecy, where I believe true health principles are outlined perfectly. Little by little has the Lord given me understanding and I praise Him for that.

Being a full time wife and mother, my duty has always been in the kitchen. But now, as the Lord has given me a greater understanding of what it means to live a healthy lifestyle, I am able to supply nutritious meals for my family and natural remedies whenever it is necessary.

I now have a great passion to share this wonderful truth with others who may not know where to start.

Plant-based Diet vs. Animal-based Diet

"And the children of Israel said unto them, Would to God we had died by the hand of the LORD in the land of Egypt, when we sat by the flesh pots, and when we did eat bread to the full; for you have brought us forth into this wilderness, to kill

The human body requires daily nutrients to function properly and to fight diseases. Without these nutrients, the body will be more prone to diseases, both minor and major. The proper amount of nutrients needed vary by gender and

"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 11:4

this whole assembly with hunger." Exodus 16:3

"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 11:4

"And they tempted God in their heart by asking meat for their lust." Psalm 78:18 age. However, the type of nutrients needed, remain the same.
There are 6 nutrients that are required for good health.

These nutrients are carbohydrates, water, vitamins, minerals, protein, and fat. Carbohydrates fuel both the muscles and the brain, water carries waste and nutrients to our cells and is used to

control our body temperature. Water cleanses our bodies and allows toxins to be flushed out (did you know that water first thing in the morning also prevents a heart attack?). Vitamins and minerals help to form collagen, provide antioxidants, help with vision development/

cellular growth and regular maintenance. Proteins are needed to both build and repair tissues throughout the body. Lastly, fat helps your body to absorb vitamins, fills your fat cells and insulates your body to keep you warm.

You may be wondering what are the best food sources to receive these nutrients? Some say plant foods and others believe that only a animal based diet can give them optimal health. Let's explore and weigh the risks and benefits to both diets.

"By departing from the plan divinely appointed for their diet, the Israelites suffered great loss. They desired a flesh diet, and they reaped its results. They did not reach God's ideal of character or fulfill His purpose. The Lord "gave them their request, but sent leanness into their soul." They valued the earthly above the spiritual, and the sacred preeminence which was His purpose for them they

Now these things were our examples, to the intent we should not lust after evil things, as they also lusted. 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 10:6, 11

did not attain." (The Ministry of Healing, 311, 312, 1905)

"The Lord plainly told His people that every blessing would come to them if they would keep His commandments, and be a peculiar people. He warned them through Moses in the wilderness, specifying that health would be the reward of obedience. The state of the mind has largely to do with the health of the body, and especially

with the health of the digestive organs. As a general thing, the Lord did not provide His people with flesh meat in the desert, because He knew that the use of this diet would create disease and insubordination. In order to modify the disposition, and bring the higher powers of the mind

into active exercise, He removed from them the flesh of dead animals. He gave them angels' food, manna from heaven." (Manuscript 38, 1898)

"Now these things were our examples, to the intent we should not lust after evil things, as they

also lusted.....and they are written for our admonition, upon whom the ends of the world are come." 1 Corinthians 10:6;11

"Flesh was never the best food; but its use is now doubly objectionable, since disease in animals is so rapidly increasing. Those who use flesh foods little know what they are eating. Often if they could see the animals when living and know

the quality of the meat they eat, they would turn from it with loathing. People are continually eating flesh that is filled with tuberculous and cancerous germs. Tuberculosis, cancer, and other fatal diseases are thus communicated." (*The Ministry of Healing*, page 313)

In a 2016 study by re-

searchers at Harvard Medical School and Massachusetts General Hospital, it was found that after following more than 130,000 people for 36 years, those who switched from animal protein to a plant based protein, cut their risks for early death. The research also showed that 10% of animal protein

was associated with 8% of cardiovascular death. During this study, there were more than 36,000 deaths, with 13,000 being from cancer, 9,000 from cardiovascular disease, and 14,000 from other causes. It was later determined that people should consider eating more plant proteins than animal proteins.

Further evidence also shows that a higher fat (animal based diet) diet raises estrogen levels, while a plant based diet keeps estrogen at a balanced level. When eating an animal based diet, your body will not get rid of extra estrogen that is needed. However, when on a plant based diet, you receive the necessary

"Is it not time that all should aim to dispense with flesh foods? How can those who are seeking to become pure, refined, and holy, that they may have the companionship of heavenly angels, continue to use as food anything that has so harmful an effect on soul and body?"

The Ministry of Healing, page 317

fiber that allows your body to rid itself of any extra estrogen. When your body naturally rids itself of extra estrogen, your risk of cancer becomes low. In the landmark China Study, it was noted that "human studies also support this carcinogenic (cancerous) effect of animal protein, even at usual levels of consumption. No

chemical carcinogen is nearly so important in causing human cancer as animal protein."

"Is it not time that all should aim to dispense with flesh foods? How can those who are seeking to become pure, refined, and holy, that they may have the companionship of heavenly angels, con-

> tinue to use as food anything that has so harmful an effect on soul and body?" (*The Ministry of Healing*, page 317)

"Those who claim to believe the truth are to guard carefully the powers of body and mind, so that God and His cause will not be in any way dishonored by their words or actions. The habits and prac-

tices are to be brought into subjection to the will of God. We are to give careful attention to our diet. It has been clearly presented to me that God's people are to take a firm stand against meat-eating. Would God for thirty years give His people the message that if they desire to have pure blood and clear

minds, they must give up the use of fleshmeat if He did not want them to heed this message? By the use of flesh-meats the animal nature is strengthened and the spiritual nature weakened." (*Testimony Studies on Diet and Foods*, page 65.7)

that dairy fat is not an optimal type of fat in our diets. Although one can enjoy moderate amounts of full-fat dairy such as cheese, A HEALTHY DIET PATTERN TENDS TO BE PLANT-BASED and low in saturated fat," said Frank Hu, senior author

sary nutrients to both heal and prevent disease. While on the other hand, an animal based diet has been proven to cause sickness, disease, and even death.

A study in 2007 of more than 35,000 women published in the British Journal of Cancer found that women who ate the most meat had the highest risk of developing breast cancer. While a German study found that the cancer risks for those who eat a plant based diet, were less than half of those in the general public. "Men need to think less of what they shall eat and drink of tem-

"Men need to think less of what they shall eat and drink of temporal food, and much more in regard to the food from heaven, that will give tone and vitality to the whole religious experience."

poral food, and much more in regard to the food from heaven, that will give tone and vitality to the whole religious experience." (Medical Ministry, 283 1896).

Medical Ministry, 283 1896 "And hereby we do know that we know Him, if we keep His commandments." 1 John 2:3

Another study at Harvard University and American Society For Nutrition, also showed that consuming dairy would put an individual at high risk for cardiovascular disease.

Eating a plant based diet reduces the risk of cardiovascular disease, diabetes, cancer, and even minor illnesses such as a cold. Plant foods also help to heal,

they provide the neces-

of the study.

"..Blessed are they that hear the word of God, and keep it." Luke 11:28

"These results suggest

Additional Health Articles And Even Genobia Simpson's Recipes

Online at www.hightime1311.com/maranatha-365/about/

Quotes And Tidbits



JuanCarlos DeJesus

- Conducts Bible Lessons on FaceBook
- Posts Random Ellen White quotes and health snippets

March 1, 2017

In symbolic language Hosea set before the ten tribes God's plan of restoring to every penitent soul who would unite with His church on earth, the blessings granted Israel in the days of their loyalty to Him in the Promised Land. Referring to Israel as one to whom He longed to show mercy, the Lord declared, "I will allure her, and bring her into the wilderness, and speak comfortably unto her." Hosea 2:14.

(Prophets and Kings Page 298 Paragraph 2)

March 2, 2017

By continual resistance the sinner places him-

self where he knows nothing but resistance. When he disregards the calls of God's mercy, and continues to sow the seeds of unbelief, the dread mark is placed over his doorway, "Ephraim is joined to his idols; let him alone".

(Letter 51, 1895)

March 6, 2017

The Reformers whose protest has given us the name of Protestant, felt that GOD had called them to give the light of the gospel to the world; and in the effort to do this they were ready to sacrifice their possessions, their liberty, even life itself. In the face of persecution and death the gospel was proclaimed far and near. The word of GOD was carried to the people; and ALL classes, high and low, rich and poor, learned and ignorant, eagerly studied it for themselves. Are we, in this last conflict of the great controversy, as faithful to our trust as the early Reformers were to theirs?

(Prophets and Kings Page 627 Paragraph 1)

March 8, 2017

The Bible is God's great lesson book, His great educator. The foundation of ALL true science is contained in the Bible. Every branch of knowledge may be found by searching the word of God. And above ALL else it contains the science of ALL sciences, the science of salvation. The Bible is the mine of the unsearchable riches of CHRIST.

(Christ's Object Lessons Page 107 Paragraph 3)

March 9, 2017

We are to give ourselves to CHRIST, to live a life of willing obedience to ALL His requirements. ALL that we are, ALL the talents and capabilities we possess, are the Lord's, to be consecrated to His service. When we thus give ourselves wholly to Him, CHRIST, with ALL the treasures of heaven, gives Himself to us. We OBTAIN the PEARL of great price.

(Christ's Object Lessons Page 116 Paragraph 2)

March 13, 2017

Have you, reader, chosen your own way?

Have you wandered far from GOD? Have you sought to feast upon the fruits of transgression, only to find them turn to ashes upon your lips? And now, your life plans thwarted and your hopes dead, do you sit alone and desolate? That voice which has long been speaking to your heart, but to which you would not listen, comes to you distinct and clear, "Arise ye, and depart; for this is not your rest: because it is polluted, it shall destroy you, even with a sore destruction." Micah 2:10. Return to your Father's house. He invites you, saying, "Return unto Me; for I have redeemed thee." "Come unto Me: hear, and your soul shall live; and I will make an everlasting covenant with you, even the sure mercies of David." Isaiah 44:22; 55:3.

(Prophets and Kings Page 319 Paragraph 3)

March 15, 2017

JESUS does not desire those who have been purchased at such a cost to become the sport of the enemy's temptations. He does not desire us to be overcome and perish. He who curbed the lions in their den, and walked with His faithful

witnesses amid the fiery flames, is just as ready to work in our behalf to subdue every evil in our nature. Today He is standing at the altar of mercy, presenting before God the prayers of those who desire His help. He turns no weeping, contrite one away. Freely will He pardon all who come to Him for forgiveness and restoration. He does not tell to any all that He might reveal, but He bids every trembling soul take courage. Whosoever will, may take hold of God's strength, and make peace with Him, and He will make peace.

(Ministry of Healing Page 90 Paragraph 1)

March 17, 2017

NONE of the apostles or prophets ever claimed to be without sin. Men who have lived nearest to GOD, men who would sacrifice life itself rather than knowingly commit a wrong act, men whom GOD had honored with divine light and power, have confessed the sinfulness of their own nature. They have put no confidence in the flesh, have claimed no righteousness of their own, but have trusted wholly in the righteousness of

CHRIST. So will it be with ALL who behold CHRIST.

(Christ's Object Lessons Page 160 Paragraph 2)

March 20, 2017

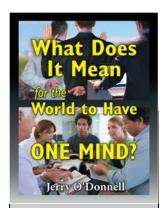
The souls who came to JESUS felt in His presence that even for them there was escape from the pit of sin. The Pharisees had only scorn and condemnation for them; but CHRIST greeted them as children of God, estranged indeed from the Father's house, but not forgotten by the Father's heart. And their very misery and sin made them only the more the objects of His compassion. The farther they had wandered from Him, the more earnest the longing and the greater the sacrifice for their rescue.

(Christ's Object Lessons Page 186 Paragraph 2)

In the parable the shepherd goes out to search for ONE sheep—the very least that can be numbered. So if there had been but ONE lost soul, Christ would have died for that ONE.

(Christ's Object Lessons Page 187 Paragraph 2)

News And Comments



HaveOneMind.com

A website promoting the witnessing book, What Does It Mean for the World to Have ONE MIND?, as well as posting relevant news and comments associated with the topics covered in the book.

Full articles and links available at the website.

March 20, 2017:

Crux Now

15,000 Catholics ask Trump to honor Paris climate agreement

HIGHLIGHT:

Thousands of Catholics have asked President Donald Trump to honor the Paris climate agreement, continue U.S. contributions to the Green Climate Fund, and implement the Clean Power Plan governing power plant emissions.

COMMENT:

Although it appears to be for a good cause to honor the agreement, just remember the ultimate encouragement from the pope to save the planet is Sunday legislation, which gives the planet a day of rest from what is destroying the planet.

We are seeing the beginning of:

"Satan will arouse indignation against the minority who refuse to accept popular customs and traditions. Men of position and reputation will join with the lawless and the vile to take counsel against the people of God. Wealth, genius, education, will combine to cover them with contempt. Persecuting rulers, ministers, and church members will conspire against them. With voice and pen, by boasts, threats, and ridicule, they will seek to overthrow their faith. By false representations and angry appeals, men will stir up the passions of the people. Not having a "Thus saith the Scriptures" to bring against the advocates of the Bible Sabbath, they will resort to oppressive enactments to supply the lack. To

secure popularity and patronage, legislators will yield to the demand for Sunday laws. But those who fear God, cannot accept an institution that violates a precept of the Decalogue. On this battlefield will be fought the last great conflict in the controversy between truth and error. And we are not left in doubt as to the issue. Today, as in the days of Esther and Mordecai, the Lord will vindicate His truth and His people." {Prophets and Kings, page 605.3}

March 27, 2017:

Fox News

United clarifies stance on dress code violations after girls in leggings were barred from boarding flight at DIA

HIGHLIGHT:

Three teenage girls were barred from boarding a United Airlines flight from Denver to Minneapolis-St. Paul, Minn. on Sunday morning after their leggings violated dress code for "company benefited travel," the airline said.

Witnesses said on social media that the girls were wearing "uncovered leggings," which a gate agent deemed inappropriate.

According to our affilate KDVR, one girl was allowed on the flight after she put a dress on over her leggings. The other two girls were held off the flight.

COMMENT:

One of the comments made was "This behavior is sexist and sexualizes young girls. Not to mention that the families were mortified and inconveninced."

So when the Bible teaches "modest" dressing (1 Timothy 2:9) somehow that is sexualizing? That whole thing about not committing adultery has a dual application. Those that get aroused, male or female, are not to act on that but those that can cause the arousal, male or female, ought to make sure they are reasonably dressed so not to encourage the behavior.

Why do prostitutes dress scantily? Because they have crossed over the line of modest dress to reveal the "goods" to entice. And so when girls mimic

that dress, it is they who are sexualizing the situation.

We do say reasonably dressed because some people are turned on by simply looking into other people's eyes or seeing feet or an ankle. At the same time, it can be the wearer of clothing (or lack thereof) that is actually sexualizng. Basically they are living the motto, "if you got it, flaunt it." And so sheer tops with no bras are apparently acceptable; seeing more than part of a butt cheek is now acceptable as in whole cheeks and some of the private areas; and leggings are not pants! To see every nook and wrinkle of one's body is absolutely revealing, in fact, in many cases that it is so revealing they might as well be in the nude.

"Woe unto them that call evil good, and good evil; that put darkness for light, and light for darkness; that put bitter for sweet, and sweet for bitter!" (Isaiah 5:20)

It is good to have dress codes because evidently a number of girls have no clue what adulterating themselves means, but with the newest scare term of "sexualizing", it is an attempt to scare those

with codes into crumbling and allowing whatever they want.

No company, no school, no environment wants to bring on labels onto themselves and when the media portrays these rebellious people to be the popular voice, it makes it harder to remain strong upholding the code. In other words, the media has a huge irresponsible role that they are playing. When they pummel society with sympathy stories, as that the big bad airline inconvenienced family over a silly, outdated dress code, that really makes it hard once again for the company to stay strong. Eventually there will be sexualization boycotts because the media will have successfully brainwashed society to do SO.

Even the balanced approach in the two minute video clip was unbalanced. We have four women from United using a free travel pass but still representing the company. Three women are kicked off the plane with one returning modestly dressed and allowed on. The two are implied to be beautiful young ladies. To balance out the story, a former employee, the fourth

woman, was interviewed saying how she was not allowed to fly over a shoe discrepancy back in the 1980's. To fly, she went and bought shoes. She had no argument against the rule. However, and please do not get distracted when I say this, but she was not very attractive. So you have an unattractive woman upholding that United is right to have a dress code and you have three attractive women looking to get sympathy for wanting to

break the code. Which do you think society is going to lean towards as being correct? The attractive ones of course. [I knew that college course in advertising would pay off some day. I can see through the agendas even when they pretend to be balanced. But how many readers have been distracted wanting to know why I would recognize each of their attractive levels? It is because such readers are carnal minded and not spiritual.]

It is calling a good thing evil while basically saying that the evils of prostituting themselves visually, even that which is condemned in the Bible, is now acceptable, or what people are now saying is a good thing in expressing their bodies.

So as the term homophobe was used to push the agenda of homosexuality, the term sexualizing is now being pushed to permit any form of indecent

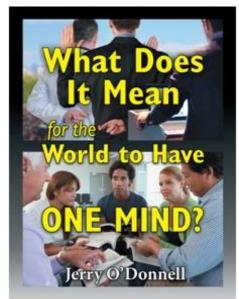
What Does It Mean for the World to Have ONE MIND?

It is the Four Angels' Messages sharing book.

In Bible study format, the book provides:

- 50+ points of who the antichrist is,
- Step-by-step revelation of the Mark of the Beast,
- Identifies United States in Bible prophecy,
- Identifies proper Christian living,
- Reveals numerous last day events,
- Even appeals to atheists in two direct letters.

For more information and the free PDF download, go to www.haveonemind.com.



info@haveonemind.com

Have One Mind □ PO Box 301 □ Boiling Springs, PA 17007

exposure.

April 9, 2017

Chicago Sun Times

Trump statement: 'No child of God should ever suffer such horror'

FULL ARTICLE:

"My fellow Americans: On Tuesday, Syrian dictator Bashar al-Assad launched a horrible chemical weapons attack on innocent civilians. Using a deadly nerve agent, Assad choked out the lives of helpless men, women, and children. It was a slow and brutal death for so many. Even beautiful babies were cruelly murdered in this very barbaric attack. No child of God should ever suffer such horror.

"Tonight, I ordered a targeted military strike on the airfield in Syria from where the chemical attack was launched. It is in this vital national security interest of the United States to prevent and deter the spread and use of deadly chemical weapons. There can be no dispute that Syria used banned chemical weapons, violated its obligations under the **Chemical Weapons** Convention, and ignored the urging of the U.N. Security Council.

"Years of previous attempts at changing Assad's behavior have all failed, and failed very dramatically. As a result, the refugee crisis continues to deepen and the region continues to destabilize, threatening the United States and its allies.

"Tonight, I call on all civilized nations to join us in seeking to end the slaughter and bloodshed in Syria, and also to end terrorism of all kinds and all types. We ask for God's wisdom as we face the challenge of our very troubled world. We pray for the lives of the wounded and for the souls of those who have passed. And we hope that as long as America stands for justice, then peace and harmony will, in the end, prevail.

"Goodnight. And God bless America and the entire world. Thank you."

COMMENT:

Not only does this continue to fulfill Jesus' words, "ye shall hear of wars and rumours of wars" (Matthew 24:6), but we are also seeing fulfillment of Revelation 13. "And I beheld

another beast coming up out of the earth; and he had two horns like a lamb, and he spake as a dragon. And he exerciseth all the power of the first beast before him, and causeth the earth and them which dwell therein to worship the first beast, whose deadly wound was healed. And he doeth great wonders, so that he maketh fire come down from heaven on the earth in the sight of men, And deceiveth them that dwell on the earth by [the means of] those miracles which he had power to do in the sight of the beast; saying to them that dwell on the earth, that they should make an image to the beast, which had the wound by a sword, and did live" (Revelation 13:11-14).

By invoking God as the motive for the strike, specifically "children of God", he is exercising the same power of the Vatican beast (verse 12). It is the combination of religion and government. There is no need to remove the first amendment that people think separates church and state because evidently President Trump is acting with the combined power.

Healthy And Delicious Recipes



Renee Bushor, wife, mother of 4 adult children, grandmother of 5.

Work part-time for a company my son owns, called Inmate Scribes. Helps prisoners to communicate with the outside world, and provide them with Christian literature and sign them up for Bible studies.

For the last 25 years, been studying the subject of health. In several years, have had extensive training and became a Medical Missionary so to help people get to the root of their health issues without masking symptoms. Enjoy teaching people different methods for healing such as diet, water treatments, essential oils, herbs, charcoal, etc.

Also have 25 years of experience in teaching healthful cooking from scratch so as to show people how they are still able to prepare their favorite meals, but in a new way, without sacrificing taste. Everything is plant based, including all condiments, salad dressings, dips, cheeses, crackers, breads, and even laundry soap.

(Continued on page 26)

Three Grain Crackers

IMAGE REMOVED

- 1 cup whole wheat flour
- 1 cup rolled oats, ground fine
- ½ cup sesame seed

flour (sesame seeds ground up)

- 1 cup ground almonds (measure after grinding almonds)
- 1/₃ cup raw sugar
- 1 ½ t. black strap molasses
- 1 t. salt
- ½ cup brown rice flour
- ½ cup olive oil

Mix dry ingredients together and then pour oil and molasses in and then add just enough water to hold together.

Roll ¼ inch thick on back of jelly roll pan or divide in half and roll out on 2 cookie sheets, prick and cut in squares.

Bake at 375° until golden brown about 11-15 minutes. Watch them!

<u>Note:</u> I baked mine 15 min but I have a thick jelly roll pan that is stainless steel.

This recipe makes one jelly roll pan of crackers.

Scrambled Tofu

- 2-3 14-16 oz. containers of x-firm tofu, the refrigerated kind
- Chicken seasoning to taste (I make my own)
- 1 t. turmeric, enough so it turns the tofu vellow
- Fruit or Veggies (see next page)

Veggies:



 Onion or scallions, chopped Broccoli, cut small

(Continued on Next

- Cauliflower, cut small
- Carrots, shredded

Fruits:

- Bell Peppers
- Zucchini
- Tomatoes
- Eggplant

All veggies and fruits are optional, use what you like.

Cut open tofu and drain and put in frying pan and mash with potato masher or fork, cook until tofu dries out and gets rubberylike and looks like scrambled eggs. Add veggies and/or fruit and cook until all the water disappears. Then add the chicken seasoning and enough turmeric to make it look yellow and mix well. Cook 2-3 minutes more. Serve with fresh tomatoes on top and enjoy!

Blog sites:

http:// ravishingrecipesandhealthfacts.blogs pot.com/2017/01/hardfacts-about-softdrinks.html

http:// reneesravishingrecipesandhealthfacts.blogs pot.com/2017/01/ snacking.html

Email Address:

Questions And Answers



Jerry O'Donnell

- Author of What Does It Mean For the World To Have One Mind?
- Bible Worker,
 Evangelist, Pastor,
 Church Planter

QUESTION:

Where does the fourth angel fit in the picture? Sister White has nothing to say about the fourth angel.

ANSWER:

Revelation 18:1-2 says, "And after these things I saw another angel come down from heaven, having great power; and the earth was lightened with his glory. And he cried mightily with a strong voice, saying, Babylon the great is fallen, is fallen, and is become the habitation of devils, and the hold of every foul spirit, and a cage of every unclean and hateful bird." So using basic math, since the three angels of Revelation 14

have already been giving the message since 1844, another one makes four. In other words three plus one equals four. And that is not being sarcastic.

Although Ellen White does not refer to the angel in Revelation 18 as the fourth angel, do take note of what she wrote. "I saw angels hurrying to and fro in heaven, descending to the earth, and again ascending to heaven, preparing for the fulfillment of some important event. Then I saw another mighty angel commissioned to descend to the earth, to unite his voice with the third angel, and give power and force to his message. Great power and glory were imparted to the angel, and as he descended, the earth was lightened with his glory. The light which attended this angel penetrated everywhere, as he cried mightily, with a strong voice, "Babylon the great is fallen, is fallen, and is become the habitation of devils, and the hold of every foul spirit, and a cage of every unclean and hateful bird." The message of the fall of Babylon, as given by the second

angel, is repeated, with the additional mention of the corruptions which have been entering the churches since 1844. The work of this angel comes in at the right time to join in the last great work of the third angel's message as it swells to a loud cry. And the people of God are thus prepared to stand in the hour of temptation, which they are soon to meet. I saw a great light resting upon them, and they united to fearlessly proclaim the third angel's message." {Early Writings, page 277.1

So while the third angel's message is being sounded, having another angel join in makes four. What is represented by this angel of Revelation 18, which Ellen White has a lot to say about, is the loud cry. That will happen when Sunday law is enacted giving much more power to just the third angel alone. When that happens, more than likely this and other similar publications will have been well squashed, hence the focus of this newsletter is to call the people of God up to the higher standard, ready for the latter rain, and when the crisis hits, go to Babylon mightily seeking and saving souls through the final

proclamation done in the manner also foreseen, which is house to house evangelizing. And we can see why church gatherings, evangelizing meetings, books, pamphlets, and even the Internet will not be used during that time. Even now they are squashing on the Internet many of the messages that are online with the truth. The books that will be used to bring people out of Babylon will have been in the homes already. They will be seeking understanding, therefore, the door to door work.

QUESTION:

What makes you a tithe worthy ministry?

ANSWER:

We adhere to the Three Angels' Messages in both living it and proclaiming it. That is what the tithe is to go towards. Please do not misunderstand when I mention the living part. Some reader may read more into it than intended. We are not declaring we have reached perfection, but this do know, we do not make excuses for sins in our own lives. We are serious with the word towards ourselves and "press toward the mark for the prize of the high calling of God in Christ Jesus" (Philippians 3:14).

While on that subject,

this is where the conference is failing us and why apostasy abounds. Tithe is NOT to just pay ministers, it is to pay ministers who are proclaiming present truth. The fact that the conference does not act by stripping away tithe from ministers preaching against the standards makes them just as guilty in the offense, which is why they themselves are in apostasy. As an example, Pastor John McLarty should be removed as a pastor and his salary should be cut off immediately. There is no need to start a dialogue. It is clear by his YouTube videos that not only is he participating in opening a way for the LGBT movement to come in, he has actually stated that verses of the Bible need to be removed, stated that the Bible in general is an ancient document, and more heretical (not just a little off) statements. He is not just misleading his congregation, he is leading them to hell as most of them are in agreement with him. Yet, he is still on the

payroll.

Also while on the subject, anyone thinking that our ministry (or even myself personally) is trying to grab at tithe money to live off the tithe and have an easy life, think again. I personally put in overtime at work to earn the money to send out this publication to as many as possible, plus I send out my book to Babylonians (non-SDA) to try to wake them up. Would it make sense to spend \$10 to earn \$1? That is the ratio presently and for the foreseeable future. Well, it has come down to more like \$9 to earn \$1. And no, I do not expect it ever to balance out or make a profit. But I bring this up because all the unconverted in the church have used the tithe stealing excuse about other ministries all my life as an SDA, all to delegitimize their existence and means of support, and it saddens me that such people are so brainwashed. People do not start these ministries thinking it is a way to get money.

If there ought to be any concern about who is stealing tithe, look to the apostasy. How many preachers are preaching Sunday messages when we ought to be hearing present truth? How many are teaching error which is undermining our doctrines bit by bit? And we ought to be hearing present truth Sabbath after Sabbath, not once a quarter or even once a year. We are a movement called of God with a specific message and all who are not delivering that message are thieves, stealing the tithe.

It is secular thinking that just because a person submitted a resume to be a pastor, they are hired, and that such ought to receive salary from the tithe. That is nothing more than mere em-

ployment. Our pastors are to be qualified by the message, not a resume about what grades they got in school or classes they completed.

QUESTION:

Doesn't 2 Chronicles 7:14 give us hope that the church will be saved since we are praying constantly?

ANSWER:

The Bible says, "If I regard iniquity in my heart, the Lord will not hear [me]" (Psalms 66:18). And sometimes it is not only in the heart, but in actions. What I am saying is that, yes, the church has all these different prayer gimmicks going on so that it looks like we are constantly in prayer, but God is not hearing any of it. Why? Because the church has to repent of the apostasy. Look to Judah and Israel when they played the harlot. God even told Jeremiah, "Therefore pray not thou for this people, neither lift up cry nor prayer for them, neither make intercession to me: for I will not hear thee" (Jeremiah 7:16). But every time someone calls for the

What Are the Most Popular Discussions You Have With Non-Adventists?

Please share at least the question, if not the answer, too, so that none of us is blindsided by the latest anti-truth arguments. repentance, such people are looked upon as troublemakers, extremists, independents attacking the church, people who are just focused upon problems when the love of Jesus should be focused upon, etc.

In other words, "If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land" (2 Chronicles 7:14). Prayer is only one fourth of the verse. Right now, the church at large is not humble, but exercising kingly authority. They are not seeking God, which includes adhering to exactly what the Bible and Spirit of Prophecy teach, as Ellen White's writings are only used as devotional writings, stripped down to a nice book called "The Great Hope", etc. And the church is certainly not showing signs of turning from their wicked ways as they keep pushing for women's ordination. It is also a wicked thing that the NAD is wanting to split from the World Church. It is an abomination, not only allowing LGBT people to be baptized

as members, but to be placed into church positions. It is wicked to have allowed celebration music, despite the warnings, to practice in our churches for years without drawing a line. And for years the lowered dress standard, including jewelry that God calls false gods, to be worn. And they have replaced our logo so we can look like other churches. Until such would be repented of, which is predicted not to happen, God in no wise would hear our prayers of unification or request for the Holy Spirit.

Everything Ellen White has written points to one thing and one thing alone: cleansing. Most of the people in the church will be swept away, including just about every leader. And out of the love of our hearts, we "Cry aloud, spare not, lift up thy voice like a trumpet, and shew my people their transgression, and the house of Jacob their sins" (Isaiah 58:1) because we do not want any swept away if we can help it.

Focusing not on the person, see that Ellen White reveals the same thing as proof that we are telling everyone present truth. The following is addressed to

the description of the purpose of a minister: "Brother Ingraham, you must bear a living, pointed testimony and stand out of the way of the work of God and His people. Step not in between God and His people and wrap up and smooth down the sharp testimony, or lift your voice against the reproof and severe censure He lays upon individual wrongs and sins. God is purifying His people. Stand out of the way that the work be not hindered, and instead of feeling opposition to cutting reproof and pointed testimony, use your influence to set it home. A plain, smooth testimony God will not accept. Ministers must cry aloud and spare not. They must weep between the porch and the altar and cry, Spare Thy people, Lord!" {Letter 17, 1861}

God's servants must feel the burden of souls, and weep between the porch and the altar, crying, "Spare thy people, Lord."

{Gospel Workers, page 249.1}

Crossing Musical Boundaries



Professor Walter Veith, has traveled widely throughout North America and the world presenting his seminars to large enthusiastic crowds. The information presented is based on his in-depth research in the areas of evolution/ Creation, health and diet, and Bible prophecy.

Website:

www.amazingdiscoveries
.org

Phone: 1-866-572-9457

Address:

P.O. Box 189 7101C-120th Street Delta, BC V4E 2A9, Canada

There is no language more powerful than the language of music. Music crosses all cultural and linguistic barriers.

You will find people in Asia appreciating the music of Bach, Mozart, or any number of European composers. You will see North Americans choosing Indian ballads over their own local selections. And, even in the heart of Africa, you will find indigenous tribes singing and dancing to the music of the Western pop heroes.

In Africa, certain tribes even use the music of such composers as Jimi Hendrix in their Voodoo rituals since the beat and atmospheres found in his work, and that of other rock musicians, so closely resemble the rhythmic style of the native jungle groove. Rock is equally suitable for inducing the right atmosphere for the ritual dances and religious ceremonies.

Influencing the Emotions

Music, of all the art forms, speaks most loudly to the emotional faculties. We react to music on the sensory modal level of functioning. Music is heard in the part of the brain that receives the stimuli of sensations and emotions. It bypasses the brain centers involving reason and conscious decision making.

In other words, music does not enter our

minds via the master brain but enters by way of the thalamus, a relay station for sensations and feelings. When a stimulus reaches the thalamus, the master brain is automatically invaded. If the stimulus is continued for some time then the person's brain is eventually influenced to react to its surroundings in the way the stimulus suggests it should. Reason is broken down and the response becomes automatic.

Willem Van de Wall, in his book, Music in Hospitals, puts it this way:

Much of what we call irresistible in music is so because we react on the sensory-motor level of functioning.

Medical research has shown that the nerves of the ear have more extensive connections than any other nerves of the body.

It has also been scientifically revealed that music has a direct effect on the pulse rate, blood pressure, nervous system and glands of the body.

Jimi Hendrix, the guitar hero who wrote the hit song entitled "Voodoo Child," reveals the strength of music as a medium for setting atmosphere and indoctrinating minds:

"The blues are easy to play but not to feel. The background to our music is a spiritual-blues thing. Blues is a part of America. We're making our music into electric church music—a new kind of Bible, not like in a hotel, but a Bible you carry in your hearts, one that will give you a physical feeling. We try to make our music so loose and hard-hitting so that it hits your soul hard enough to make it open. It's like shock therapy or a can opener. Rock is technically blues-based...We want them to realize that our music is just as spiritual as going to church. II

The Spiritual Connection

Classical music great Claude Levi Strauss made the connection between spirituality and music. Here are his words:

Since music is the only language with the contradictory attributes of being at once intelligible and untranslatable, the musical creator is a being comparable to the gods, and music itself the supreme mystery of the science of man. iii

The spiritual implications of these statements are more than clear. And it is only when one has experienced music, not merely as a casual listener, that you can appreciate the incredible depth of influence that can be accomplished through the use of this powerful yet subtle form. I would stop short of comparing the musician to "a being comparable to the gods," but I would most definitely stress that anyone who doubts the persuasive influence of music is doing so purely from the point of ignorance, or stubbornness.

In Christianity we see many denominations, especially the more charismatic churches, using music to create an atmosphere of celebration and liberty of expression, serving much the same purpose as the music in the aboriginal or mystical worship context.

God gave us all wonderfully created ears and brains that we can use for the good of ourselves and those around us. All these intricately and carefully made structures are part of the body temple that belongs to the Creator Himself. He wants to dwell in us through the Holy Spirit by taking up residence in our lives. In love. He warns us about the results of abusing the dwelling

place of His Spirit:

Don't you know that you yourselves are God's temple and that God's Spirit lives in you? If anyone destroys God's temple, God will destroy him; for God's temple is sacred, and you are that temple(1 Corinthians 3:16-17).

Let us seriously consider what we subject our bodies to. Weigh the consequences carefully before just listening to any kind of music at any volume because it feels good. Be aware of the atmosphere that is being created by the music you hear. "Test the spirits, to see whether they are of God" (1 John 4:1), and ask the Holy Spirit to guide you in the choices you make, musically, and otherwise.

- i. Willem Van deWall, Music in Hospitals (New York RusselSage Foundations, 1946):15.
- ii. David Henderson, 'Scuse me while I kiss the sky (Bantam Books, 1978): 9-10.
- iii. Oliver Sacks, Awakenings (Londo n Pan, 1981): 56-57.

Converting the Soul



ConvertingTheSoul.com

A website dedicated to doing what Daniel did:

Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime. (Daniel 6:10)

March 1, 2017

Ever hear how important family is? Jesus didn't think so. "For I am come to set a man at variance against his father, and the daughter against her mother, and the daughter in law against her mother in law" (Matthew 10:35). And when His mom and step-siblings showed up one day, this is what He said, "Who is my mother? and who are my brethren?" (Matthew 12:48). And along that line, did you know the phrase "blood is

The following is a sample of the mid day daily post, one of three posted each day on Facebook as well as at our website: www.convertingthesoul.com and www.convertingthesoul.org.

The audience is everyone and placed into a level that non-SDA's might understand by taking extra time to explain the understanding. The mid day post is a random thought while the morning post is a sequential verse-by-verse study found in the Old Testament and the evening post is a sequential verse-by-verse study found in the New Testament.

thicker than water" is mostly misunderstood? It is to be understood as "The blood of the covenant [Jesus] is thicker than the water of the womb." So, how important are your unconverted family members to you?

March 2, 2017

Politics aside, the difference between liberals and conservatives is that liberals are lead by their hearts, their feelings, but the

Bible says, "He that trusteth in his own heart is a fool" (Proverbs 28:26). As for conservatives, feelings are not brought into the commands of God. We let consequences with God and simply obey for the Bible says, "If ye continue in my word, [then] are ve my disciples indeed" (John 8:31). That does not mean all feelings are wrong. We are just not to be led by our feelings as such change per

NEED A RECEIPT?

We will be happy to provide you with a receipt but please indicate that you would like to receive one. Many give without claiming it on their taxes. Personally, I would so as to have more to give. But for us to mail a receipt to those that do not use such would be a waste of God's funds. So do not hesitate to ask, and even if you already gave, we have record of it, so if you still want a receipt, just ask.

circumstance as well as per attitude of the moment. Even the Bible says, "If ye love me, keep my commandments" (John 14:15). Without love, which is a feeling, obedience to the commandments is legalism or formality. Therefore feelings are involved but are kept secondary. They have to be otherwise, how could the Israelites "slay both man and woman, infant and suckling" (1 Samuel 15:3). I would find it very hard to kill a newborn baby, but if God commanded it, I would. I would probably do it with tears in my eyes because it is not only a loss of human life, but eternal life. But when

God gave such an awful command, He knew that if that newborn grew up to be an adult, that person would be lost. And so when the whole group of people were completely handed over to Satan, God commanded such to be done. So, when we wrestle between liberals and conservatives, what we really are wrestling with is the importance of feelings. How important are feelings in the tough decisions you make?

March 4, 2017

Jesus said, "If ye love me, keep my commandments" (John 14:15). The Ten Commandments contain the words, "And shewing mercy unto thousands of them that love me and keep my commandments" (Deuteron omy 5:10). Also, Jesus said, "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second [is] like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets" (Matthew 22:37-4). The first four commandments are about our love to God, the last six our love to our neighbor. Any question on which commandments Jesus wants us to keep?

ConvertingTheSoul.com

Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime. (Daniel 6:10)

Let's face it, if we are serious about getting through Babylon, we need to take Daniel's example and also be praying at least three times a day.

To help direct one's thought on a subject, this website offers three Bible references a day: morning, afternoon, and evening.

MORNING—Sequential verse from the Old Testament and a mini study.

AFTERNOON—Random biblical message without restriction to any particular part of the Bible.

EVENING—Sequential verse from the New Testament and a mini study.

Tailored more for the non-Adventist, we do keep it all Bible based, but do have to admit, inspiration does come from the writings of Ellen White.

A Lack of Sympathy

Testimonies for the Church Volume Nine, pages 45-48



Ellen White

- A messenger of God, more than a prophet
- One of the founders of the Seventh-day Adventist Church

Among professing Christians of today there is a fearful lack of the sympathy that should be felt for souls unsaved. Unless our hearts beat in unison with the heart of Christ, how can we understand the sacredness and importance of the work to which we are called by the words: "Watch for . . . souls, as they that must give account"? We talk of Christian missions. The sound of our voices is heard, but do we feel Christ's tender heartlonging for souls?

The Saviour was an untiring worker. He did not measure His work by hours. His time, His heart, His strength, were given to labor for the benefit of humanity. Entire days were devoted to labor, and entire nights were spent in prayer, that He might be braced to meet the wily foe in all his deceptive working,

and fortified to do His work of uplifting and restoring humanity.

The man who loves God does not measure his work by the eight-hour system. He works at all hours and is never off duty. As he has opportunity he does good. Everywhere, at all times and in all places, he finds opportunity to work for God. He carries fragrance with him wherever he goes. A wholesome atmosphere surrounds his soul. The beauty of his well-ordered life and godly conversation inspires in others faith and hope and courage.

It is heart missionaries that are needed. Spasmodic efforts will do little good. We must arrest the attention. We must be deeply in earnest.

By aggressive warfare, in the midst of opposition, peril, loss, and human suffering, the work of soulsaving is to be carried forward. At a certain battle, when one of the regiments of the attacking force was being beaten back by the hordes of the enemy, the ensign in front stood his ground as the troops retreated. The captain shouted to him to bring back the colors, but the reply of the ensign was: "Bring the men up to the colors!" This is the work that devolves upon every faithful

standard-bearer --to bring the men up to the colors. The Lord calls for wholeheartedness. We all know that the sin of many professing Christians is that they lack the courage and energy to bring themselves and those connected with them up to the standard.

From all countries the Macedonian cry is sounding: "Come over, . . . and help us." God has opened fields before us, and if human agencies would but co-operate with divine agencies, many, many souls would be won to the truth. But the Lord's professing people have been sleeping over their allotted work, and in many places it remains comparatively untouched. God has sent message after message to arouse our people to do something, and to do it now. But to the call, "Whom shall I send?" there have been few to respond, "Here am I; send me." Isaiah 6:8.

When the reproach of indolence and slothfulness shall have been wiped away from the church, the Spirit of the Lord will be graciously manifested. Divine power will be revealed. The church will see the providential working of the Lord of hosts. The light of truth will shine forth in clear, strong rays, and, as in the time of the apos-

tles, many souls will turn from error to truth. The earth will be lighted with the glory of the Lord.

Heavenly angels have long been waiting for human agents--the members of the church--to cooperate with them in the great work to be done. They are waiting for you. So vast is the field, so comprehensive the design, that every sanctified heart will be pressed into service as an instrument of divine power.

At the same time there will be a power working from beneath. While God's agents of mercy work through consecrated human beings, Satan sets his agencies in operation, laying under tribute all who will submit to his control. There will be lords many and gods many. The cry will be heard, "Lo, here is Christ," and, "Lo, there is Christ." The deep plotting of Satan will reveal itself everywhere for the purpose of diverting the attention of men and women from present duty. There will be signs and wonders. But the eye of faith will discern in all these manifestations harbingers of the grand and awful future, and the triumphs that await the people of God.

Work, oh, work, keeping eternity in view! Bear in mind that every power must be sanctified. A great work is to be done. Let the prayer go forth from unfeigned lips: "God be merciful unto us,

and bless us; and cause His face to shine upon us. ... That Thy way may be known upon earth, Thy saving health among all nations." Psalm 67:1, 2.

Those who realize, even in a limited degree, what redemption means to them and to their fellow men, will walk by faith and will comprehend in some measure the vast needs of humanity. Their hearts will be moved to compassion as they see the widespread destitution in our world--the destitution of the multitudes who are suffering for food and clothing, and the moral destitution of thousands who are under the shadow of a terrible doom, in comparison with which physical suffering fades into nothingness.

Let church members bear in mind that the fact that their names are registered on the church books will not save them. They must show themselves approved of God, workmen that need not be ashamed. Day by day they are to build their characters in accordance with Christ's directions. They are to abide in Him, constantly exercising faith in Him. Thus they will grow up to the full stature of men and women in Christ--wholesome, cheerful, grateful Christians, led by God into clearer and still clearer light. If this is not their experience, they will be among those whose voices will one day be raised in the bitter lamentation:

"The harvest is past, the summer is ended, and my soul is not saved! Why did I not flee to the Stronghold for refuge? Why have I trifled with my soul's salvation, and done despite to the Spirit of grace?"

"The great day of the Lord is near, it is near, and hasteth greatly." Zephaniah 1:14. Let us be shod with the gospel shoes, ready to march at a moment's notice. Every hour, every minute, is precious. We have no time to spend in selfgratification. All around us there are souls perishing in sin. Every day there is something to do for our Lord and Master. Every day we are to point souls to the Lamb of God, who taketh away the sin of the world.

"Be ye also ready: for in such an hour as we think not the Son of man cometh." Matthew 24:44. Go to your rest at night with every sin confessed. Thus we did when in 1844 we expected to meet our Lord. And now this great event is nearer than when we first believed. Be ye always ready, in the evening, in the morning, and at noon, that when the cry is heard, "Behold, the Bridegroom cometh; go ye out to meet Him," you may, even though awakened out of sleep, go forth to meet Him with your lamps trimmed and burning.

(Continued from page 2)
autumn that people use
everything and anything
that Jones and Waggoner published, so much so
that our standards have
greatly decreased. But
do not take my word for
it:

"The Lord in his great mercy sent a most precious message to his people through Elders Waggoner and Jones. This message was to bring more prominently before the world the uplifted Saviour, the sacrifice for the sins of the whole world. It presented justification through faith in the Surety; it invited the people to receive the righteousness of Christ, which is

made manifest in obedience to all the commandments of God. Many had lost sight of Jesus. They needed to have their eyes directed to his divine person, his merits, and his changeless love for the human family. All power is given into his hands, that he may dispense rich gifts unto men, imparting the priceless gift of his own righteousness to the helpless human agent. This is the message that God commanded to be given to the world. It is the third angel's message, which is to be proclaimed with a loud voice, and attended with the outpouring of his Spirit in a large measure." {Special Testimony
to Battle Creek Church,
page 35.2}

So when you read the articles, especially that of our young author, Elijah, calling everyone to "hate sin", that is Christ's Righteousness as revealed in the Three Angels' Messages.

Now, it is our prayer that none would resist the straight testimony, calling people to the higher standard, and that all would be saved and be seen on the Sea of Glass.

May God's blessing and power be upon all who read these truths.