



# The Four Angels' Messages

## A Monthly Magazine

It is the Three Angels' Message of Revelation 14 empowered by "another angel" (Revelation 18:1) producing the Loud Cry, which is yet future, but now is the time of preparation, which is the purpose of this publication.

### *The Privilege of Being a Christian*

*Ellen White*

September 19, 1886

(Sermon by Mrs. E. G. White, Grimsby, England)

1 John 3:1-3. Here the beloved disciple is trying to present before us the great love of God to fallen man. He cannot find language broad enough and deep enough to express this wondrous love, and he calls upon the world to behold what manner of love the Father hath bestowed upon us that we should be called the sons of God. How can we behold this love? By looking to the cross of Calvary. The light from the

cross expresses the love God had for fallen man. John says, "Behold, what manner of love." Behold the Man of Calvary; behold Him who is equal with the Father; behold the Majesty of heaven; behold the King of glory. God's own dearly beloved Son—He gave Him, a freewill offering for us, and here we see the wonderful condescension of the Father. We dwell much upon the love of Christ, but we frequently lose sight of the love of the Father in giving His only beloved Son to die that we might live. We want to call your attention to

the love of God for fallen man in that He did not withhold His only beloved Son, but gave Him as a freewill offering for us; and how much more will He not with Him freely give us all things?

After the fall of Adam and Eve the race was plunged in hopeless misery, and it was then that this great plan of redemption was advanced. It was then the Son of God consented to leave His Father's throne, lay aside His royal crown, clothe Himself with humanity, take

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

# Dear Brothers and Sisters ...

*Jerry O'Donnell*

As you may know, when this ministry states that it is self-supporting, it literally is primarily supported financially from my personal employment, just as Paul supported himself from time to time.

I would like to use a recent discovery regarding my employment as a Bible example, as I write this in the month of October, because it impressed me so much when I found out the facts. I do not mean to make my employment into some type of saga to follow, but it is, according to my records, about the fourth editorial this year on my employment.

I am currently employed by a contracting company to the Federal government. To recap for the sake of the new subscribers, I was hired by one company back in March after the COVID scare destroyed my self-employment work relying upon a super large client which collapsed by the end of 2020. After a short period of unemployment, I was thankful to have some income again.

Unfortunately, that contracting company lost the contract in May. The usual process is that the existing contractors are invited to come over to the new contracting company. In our group, there were three of us. As stated before, the new contracting company initially invited only one of us to come over. They first asked the one who was on the old contract the longest, and most knowledgeable, but he allowed pride to lead the way and refused the offer. The second, bragged about other sources of income that caused the Federal Government representatives to not want that person. Then there was myself, who was initially asked to come over only to find out that the new company was "going in a different direction". It was initially reported that it came down to the amount of money because I expected the same salary but the new company offered much less yet did not allow me to agree to such a salary.

Now, here is the newly discovered miracle.

There were further complications it seems. The Federal Government really did not want either of the first two contractors to come over to the new contract for their bad attitudes. They burned some relationships. The higher-ups, who did not know me, suggested cleaning away the entire group of three and start fresh. By association, I was with those that had a bad attitude, which was not true, but what comes to mind is that "He that walketh with wise [men] shall be wise: but a companion of fools shall be destroyed" (Proverbs 13:20). "Whoso keepeth the law [is] a wise son: but he that is a companion of riotous [men] shameth his father" (Proverbs 28:7).

So, here is what changed their minds – "A man [that hath] friends must shew himself friendly" (Proverbs 18:24). Early on, in every meeting with the lower-level government people that I interacted with on a regular basis, I made sure I was always respectful,

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**The mission of The Four Angels' Messages Ministry** 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, to get ready and be ready very soon to go and preach them, even being active now. 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. Keep in mind, the final movements of the message are described thus:

"Are we hoping to see the whole church revived? That time will never come." {1SM 122.1}

"We must enter upon the work individually." {1SM 122.2}

We are not against conference churches as there are some still faithful, but most are not.

#### **About The Four Angels' Messages Ministry**

This ministry is founded by Jerry O'Donnell upon the necessity to raise the standard higher and higher. It is a non-profit, Seventh-day Adventist volunteer organization who love God's church and love the people, hating to see a single person deceived.

**Subscription and Donations:** Although we are volunteers, the cost of

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this publication is challenging to provide to everyone for free. So we are asking for a subscription on the honor system of **\$29 annually for 12 issues**, and if the Lord impresses you with the means to be able to pro-

vide a donation, we definitely would welcome such and would put it to proper use, including helping to pay for subscriptions of those who cannot afford the cost. The publication is free online in PDF format.

*(Continued from page 1)*

upon Him the nature of man, and become a man among men. He became a Man of sorrow and acquainted with grief; wounded for our transgressions, bruised for our iniquities. Then shall we not say with John, "Behold, what manner of love the Father hath bestowed upon us that we should be called the sons of God!" Many in our world seem to think that to be a Christian is to step down very low, getting upon a very low level. But this is a very mistaken idea. What is it to be a Christian? It is to be like Christ. Who is Christ? The Son of the living God. He is the One who wrought out the plan of salvation for the fallen race. Every blessing we have comes through this Source, through Jesus Christ. Anyone who would entertain the idea that it is a great sacrifice to become a Christian should remember, when seated around the family board partaking of the bounties there, that all these blessings come from Jesus Christ. It was in consequence of sin that man was shut out from the throne of God, but Christ steps in and pays the price; and through His merits man is brought back in favor with God.

As Christ bowed upon Jordan's banks after His

baptism, there was a bright light that descended like a dove of burnished gold and lighted upon Him, and from heaven was heard a voice, saying, "This is My beloved Son in whom I am well pleased." We read over these words, but do not take in their significance. We do not seem to understand their value to us. They are stating to you that you are accepted in the Beloved. Christ with His long human arm encircles the fallen race, while with His divine arm He grasps the throne of the Almighty, thus uniting earth with heaven, and fallen, finite man with the Infinite God. And this earth, which was divorced from heaven, is again united with heaven. A communication is opened with heaven through Jesus Christ that man, who was fallen, is brought back again into favor with God. Here Jesus passed into the wilderness of temptation, and the trial is brought to bear upon Him one hundred times more trying than that brought upon Adam and Eve in the Garden of Eden. And will He endure the temptation? Satan comes with his temptation upon the point of appetite, the same point upon which Adam stumbled and fell.

Christ fasted forty days and forty nights. The race had degenerated and had been growing weaker and weaker. The Son of God saw it was impossible for man to overcome in his own behalf, and therefore He comes to our world and gives man divine power that he might obtain the victory. Here we see that Satan's first attempt was upon the point of appetite, and he seeks to overcome Him. But Christ was to pass over the ground where Adam fell and redeem his disgraceful fall. He met Satan every time with, "It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." If human beings for whom Christ has died would take these words to heart and live them out in their lives, we would see a different state of things in our world today. There would be less selfishness, less love of the world, and more love for God. He has entrusted man with talents that he might carry the knowledge of the truth and of Christ to all nations in our land. If Adam and Eve had lived by every word that proceeded out of the mouth of God, they never would have fallen, never lost the right to the tree of life. All who will live by every word

that proceedeth out of the mouth of God now will be brought back to the Eden home.

And now the question is, Will man fasten his thoughts upon the things of eternal interest and work in harmony with God? Is it any condescension on our part to accept the cup of salvation? To us it is no condescension to accept of the crucified and risen Saviour. Do we consider the sacrifice and take hold of the only chain let down from heaven for man to grasp? We answer, No; but it is the highest exaltation that can be placed upon us. Heaven we want, every one of us. You cannot afford to lose heaven. You cannot afford to have the gates of paradise closed to you.

You want heaven, eternal life. Then what will you do in order to obtain it? You must be obedient to all of God's commandments. It is the only moral standard and rule that God has given for the use of His subjects. He has rules and statutes, and it is for man to obey them. It was because Adam and Eve did not obey that they lost the paradise of God. Now He says, "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." Then there is something to gain; it is a right to the tree of life; a right to the tree that Adam and Eve were forbidden to partake of after their transgression. Now how much more study is given to what kind of hats to wear, and to the house, what shall I eat and what shall I drink, than to the things that pertain to the eternal interests and the salvation of the soul. These things will soon pass away.

We want to seek with all the powers that God has given us to unfold the Scriptures to those who are in darkness. There is happiness, hope, and peace for the desponding. We cannot afford to give our God-given ability and devote it to the commonplace things of this earth. We want a faith that will grasp the promise set before us in the gospel. What if we should lose our soul? It would be better for us had we never been born. One soul is worth more than all the gold and silver that could be heaped up on this earth.

Think of a world to perish because they will not give their attention to the things that are unseen. The things which are eternal do not seem to have any charm for them; it is the things of this earth that attract them. But where does

the skill and knowledge you possess come from? Have you manufactured it? No, it comes from the God of heaven, and He will require it of you again. What have you done with the gift of reason God has given you? Have you studied the Scriptures and trusted your souls to the Master? We want to understand how to keep this house in order that we can serve God acceptably.

We remember Calvary. We remember who endured temptation in the wilderness, faint, pale, and hungry on the field of battle that He might work out for man a glorious victory. And when we are tempted to indulge appetite at the expense of reason and health, we remember how Christ overcame Satan that man might become victor on his own account and in his own behalf. We want to bear these things in mind. You know not how soon any of you may be called to lie down on a bed of sickness and death. We want to know if you are ready? We want to know if you are seeking to purify yourselves soul and body from every spot and stain of sin? We want to know if you have a hope full of immortality?

I see matchless charms in Jesus. I never talk of

any trials I cannot bear, or any self-sacrifice that I cannot make; I see One who died in my behalf, and He shall not die for me in vain. I will place myself in right relation to God, and I will have a right hold from above. I am not studying what the world will say of me, but my study is, Lord, how shall I please Thee? How shall I perform my mission in this world? How shall I save the precious souls around me? Here it says, "They shall shine as the brightness of the firmament, and those that turn many to righteousness as the stars for ever and ever." I want the eternal weight of glory; I want to see Jesus who suffered and died a shameful death on the cross of Calvary; I want to cast my crown at His feet; and I want to touch the golden harp and fill all heaven with sweetest music.

If we are overcomers at last, there are battles for us to fight, and we will find that the flesh warreth against the spirit and the spirit against the flesh. It is for us to say which will triumph. But our carnal hearts will not submit to God's will, but refuse to obey. Christ said, "I have kept My Father's commandments," and He is our example in all things. What shall we do when trials come? We must

flee to the Mighty Helper. Christ never leaves us to fight these battles alone. He came into this world of darkness to fight with the prince of darkness, and when He cried out, "It is finished," there was joy in heaven. "He was tempted in all points like as we are, yet without sin." Then what are we to do? Come to Christ as a child would to its earthly parents and believe that He will hear us. He says, If thy son asks bread, wilt thou give him a stone? and if he asks a fish, wilt thou give him a scorpion?

We want to cultivate living faith in God. We want to have our eyes turned away from the attractions of this earth and centered upon heaven and heavenly things. We do not want the earth to intervene between us and God, but we want an eye single to the glory of God. We talk of heaven and of its blessing, and it would be a great loss to lose it. Well then, if it is so lovely, so desirable, bring it into this life; bring it into your families and educate your children not to live for this world, but for the future immortal life. You want to weave Jesus into their experience from their very childhood and teach them Jesus will help them to

overcome their evil desires.

I have been where I have had children of my own to educate, and I know how hard they have to struggle to gain the victory. I know how hard it was in times when Satan was tempting them to evil. We want a practical, living Jesus with us every day of our lives, and then we can educate and train our children, and peace will be in our house. God says, I know Abraham that he will command his household and his children after him. And this is the work we want to teach parents to do in this age of the world, just like Abraham, to command their children and their household after them. God says, I know him that he will command his children and his household after him to keep the way of the Lord. Abraham knew God had commandments, and he would keep them. He knew God had a law, and he would obey it. He would not deviate from it himself nor allow his children to.

We don't want to make Jesus ashamed of us. There are many ways we can dishonor Christ, by the love of self, love of the world—what shall we eat and what shall we drink, and where-



withal shall we be clothed?—when Christ has promised to provide for us if we will only put our trust in Him. But all this will pass away if you educate yourselves to wait upon Christ, and you can reflect light to all around you. Now in the place of talking of these things and dwelling upon them, turn your mind to the paradise of God and the riches and glory that are to be given to the saints of the Most High God; and if this is to be our home, why should we not talk about it? If you are to join the heavenly choir and sing the praise of God in heaven, why not learn to sing it here? You never can sing it there unless you learn it here. How much praise do you give to God?

Why not educate yourselves to talk of Jesus?—Him in whom our hope of eternal life is centered; Him who has shown so much love for us that He has given His life to redeem us. “Behold, what manner of love the Father hath bestowed upon us that we should be called the sons of God!” The world knows us not because it knew Him not. You see how the world treated Jesus; does it treat you any better than it did Jesus? If you have conformed your life to Jesus, you will have the privilege of being a light-

bearer to the world. Why? Because you represent Him in character, you are saying, Behold Him. By precept and example you are representing Christ. And He is not ashamed to call you His brethren. I appreciate the favor of God more than all the praise that men or women could bestow upon me in this world.

I love Jesus. I see in Him matchless charms. I hold up before you the Man of Calvary. I want you to become acquainted with Him; and if you bring Him into your daily life, let me tell you, you will lose sight of the little perplexities here. Jesus says, “Come unto Me all ye that labor and are heavy laden, and I will give you rest.” There is rest in Jesus. And if you see poor souls fretting and worrying, it is because they have not the yoke of Jesus on. Perhaps in that extra ruffle and that extra trimming they have neglected to let Jesus in. Says He, “Behold, I stand at the door and knock: if any man hear My voice, and open the door, I will come in to him, and will sup with him, and he with Me.”

You can have a little heaven here below if you will only get your eye fixed upon God—not looking at Christ half the time and at the world the other half.

When you live for God, He will put His everlasting arm beneath you, and then He says, “My yoke is easy and My burden is light.” Do you believe it? I can testify this is so. By my past experience I can testify that I would not have one trial less, one sorrow less, for Paul says, “These light afflictions which are but for a moment, work for us a far more exceeding and eternal weight of glory; while we look not at the things which are seen, but the things which are unseen.” We want to look at the things of eternal interest, that we may think seriously in regard to what use we have made of our reasoning powers, whether we have tried to strengthen them with idle things that we cannot take with us when we shall be caught up to meet Christ in the air.

We want to learn the lesson that Christ has told us we must learn—meekness and lowliness of spirit. And we want to be fitting that we may have an abundant entrance into the city of God, that we may have a life that measures with the life of God. Everything compared with this is of no consequence compared with that which God has in store for us if we will only do His will.

In the last days there are to be only two parties, the one on the right hand and the other on the left; and Christ says unto one, "Come, ye blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: for I was an hungered, and ye gave Me meat: I was thirsty, and ye gave Me drink: I was a stranger, and ye took Me in: naked, and ye clothed Me: I was sick, and ye visited Me: I was in prison, and ye came unto Me." And they answer, When saw we Thee thus and ministered unto Thee? And Christ says, "Inasmuch as ye have done it unto one of the least of these My brethren, ye have done it unto Me." But to those on the left He says, "Depart from Me, ye cursed, into everlasting fire, prepared for the devil and his angels." The first class had Christ interwoven into their character, and they were not conscious of anything they had done. "Come, ye blessed of My Father," is the benediction, "inherit the kingdom prepared for you from the foundation of the world."

So we see Christ identifies His interests with fallen man. He turns to those on the left hand and says, "I was an hungered, and ye gave Me no meat: I was thirsty, and ye gave Me no

drink: I was a stranger, and ye took Me not in: naked, and ye clothed Me not: sick, and in prison, and ye visited Me not." And when they ask Him, "When saw we Thee an hungered, or athirst, or a stranger, or naked, or sick, or in prison, and did not minister unto Thee?" the answer comes, "Inasmuch as ye did it not to one of the least of these, ye did it not to Me." Matthew 25:34-46. Not the greatest, but the least. Well now, we want to bring Christ into our everyday life. Those who had not fed the hungry or clothed the naked or visited the sick were not conscious of it. Why? Because they had educated and trained themselves in the school of self-indulgence, and the result was they lost heaven and the eternity of bliss which they might have had, had they devoted their powers to God.

Has He given you power? Give it to Him. All your body and soul belongs to God; give it to Him. In the place of devoting all your time to the pleasures of this world, in eating and drinking and dressing, give it to God. And the light God has given you, use it to bring souls to God. Remember that Daniel says, "They that be wise shall shine as the brightness of the firmament, and they

that turn many to righteousness, as the stars for ever and ever." Oh, say you, that belongs to the minister; I beg to be excused. It belongs to every disciple of Christ, however weak they are. You will be judged according to the light given you. You have taken Christ into your life to represent Him to the world. What we want is more of Jesus and less of self.

A little longer and we shall see the King in His beauty. The work will be over, and we shall hear the words, "Child, come up higher. Enter into the city and have a right to the tree of life, and behold the matchless charms of Jesus." Will you be there? Will the crown of glory be placed upon your brow? and will the white robe of righteousness be placed upon you? Shall we eat of the tree of life? God grant that we shall every one be there. You cannot afford to lose this. God bless you here tonight; and may God come into your souls and shine around you here; and may you walk in the light as He is in the light! {Manuscript 16, 1886}.





# "True Temperance Is Self-control"

*Alonzo Trevier Jones*

TRUE temperance is temperance in all things. To be temperate in one thing and intemperate in others is not temperance at all. This will be the more readily seen when it is understood, as it always ought to be, that temperance is self-control. Whatsoever it may be in which a person has not the control, the mastery, of himself, just so far he is intemperate. Thus it will be seen at a glance that the practice of temperance is not completed when a person has only renounced the use of strong drink. A person may never have touched a drop of spirituous or of malt liquors, yet at the same time he may be intemperate in many ways. In many things he may not have control of himself.

Some there are, yes, a multitude, who have not control of their temper. They are as quick-tempered as a flash. In this respect they have hardly any control of themselves at all. They are intemperate. Others there are by the thousands who are ruled by their passions. Such was Fe-

lix, before whom and with whom Paul reasoned of righteousness, self-control, and judgment to come. Such are intemperate. Others again are ruled by their appetites—things which in themselves are perfectly lawful, but by which thousands of people allow themselves to be controlled, instead of assuming the mastery themselves, and acting with self-control. These are intemperate. Others yet again allow the desire of gain to rule, and to drive them onward into many foolish and hurtful things. All such are intemperant.

So it is in all things, in every phase of life. Instead of ruling themselves they allow themselves to be ruled by some wicked, sinful thing. One is controlled by strong drink, another is controlled by impure thoughts and lustful desires, another by a gluttonous appetite, and so on through the long list of human frailties. All are intemperate. Each one lacks something of that self-control which he owes himself, in filling the place of a real manly man, or womanly wom-

an, in the world. No one of us has much in which he can boast himself over his fellow-mortals.

"Happy is he that condemneth not himself in that thing which he alloweth," saith the Lord. Rom. 14:22. It is perfectly allowable to eat and to drink. How could any live without it? But the human race from the first pair onward through the world's history has condemned itself in that thing which in itself is one of God's good gifts to men. God created men and women in the world together. He himself established the marriage relation and surrounded it with his own holy sanctions. He created men and women with social qualities, capable of enjoying and mutually profiting by the social relation with the sanctions which he established. But for men and women to condemn themselves in these relations, which in themselves are perfectly allowable, has been not the least of the banes of human existence. The Lord directs that men shall be diligent in business, and prosperity is the

inevitable result of such a course. But instead of holding the course with an even hand under God, men allow prosperity to lead them into the love of it for its own sake, and so condemn themselves in the thing which in itself is not only strictly allowable, but highly commendable. In all these things we must needs keep ourselves the subjects of our own control, or else we shall always be what we always have been, and that is, very slaves sold to serve under the arbitrary and cruel mastery of a perverted appetite or an unholy ambition.

It is for this cause that in the Scriptures we are so often exhorted to the practice of self-control, that is, temperance. Does the great apostle tell of "the faith in Christ"? He does it by reasoning of "righteousness, temperance [self-control], and judgment to

come." Acts 24:24, 25. Does he call men to a race for the heavenly crown? He lays down the one great rule of the contest, "every man that striveth for the mastery is temperate in all things." 1 Cor. 9:24, 25. Does he give directions as to who shall be intrusted with the care of the flock of God? One of the necessary qualifications is that he shall be "temperate." Titus 1:8. Does he enumerate for us the fruits of the Spirit of God? One of these precious fruits is "temperance." Gal. 5:23. Does Peter show us how we shall obtain an abundant entrance into the everlasting kingdom of our Lord and Saviour Jesus Christ? It is by adding to "faith virtue; and to virtue, knowledge; and to knowledge, temperance," etc. 2 Peter 1:5, 6, 11. Does Jesus himself tell us who shall be his follower? He says:

"If any man will come after me, let him deny himself [control himself, master himself], and take up his cross daily, and follow me." Luke 9:23.

This is true temperance. Without it man is not himself. Without it he is not the whole man that God wants him to be, and which he must be to enjoy the full, symmetrical measure of all his powers.

It follows from this that if a man will be master of himself in all things, he must have the full use of his own will. Paul simply expressed the experience of the human race when he said, "To will is present with me; but how to perform that which is good I find not." Rom. 7:18. Every man is ready to, and does, will to do certain things, but he cannot hold himself up to the height of his will. He resolves to do many things, but cannot hold

## ***Subscription Renewal***

Subscriptions are based on the honor system because we are trying to conserve on the cost by putting God's money to the most efficient means possible as well as precious time.

Sure, that may mean we do not collect more funds, but we would like to trust God to prompt people to do so instead of conducting God's work in a business fashion.

If you do send it in "too early", it will be applied properly.

Also, if you are sincerely unable to pay the annual subscription, do not feel guilty for still receiving the bread in times of need.

himself to his resolution. To will to do better is ever present with every man, but they do not do better. How to perform that which their own better judgment, and their honest convictions, tell them is the right thing to do, is what they do not find.

The sole trouble about all this failure is that men have not the full use of their own will. Evil habits and intemperate practices destroy the will; they render impotent the power to perform that to which the mind readily assents as being right and proper. To convince men of what is right is ever the easiest task of the reformer, while the hardest task is always to bring them up to the place where they will do that which they know to be right. With temperance workers it is not at all difficult to convince men that the use of alcoholic drinks is injurious, and that the only right thing to do is to let it entirely alone; but the great task is to get them to let it entirely and forever alone. It is not at all difficult to convince men that the use of tobacco is only injurious and that continually, without one redeeming quality; but

it is the hardest kind of a task to get them to quit it, even when they

themselves confess that they ought to quit it. It is so also with the

## Need Some Past Issues?

***We cannot supply all of 2021 as we exhausted some months already, but we will include what we have of 2020 and 2019 as well.***

There are no August or September 2021 issues available.



Since these are just extras laying around, all we ask is that you would cover the postage. Please send us **\$6.00** and request 2021 issues.

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man or woman who uses opium or arsenic or morphine, or who is addicted to any wrong habit whatever.

And yet all are ready to say, "Oh, I could quit it if I only would!" Yes, that is true, but they don't. As one old gentleman expressed it, who had been an inveterate user of tobacco, and had at last really quit: "I always said I could quit it if I would, but I couldn't would." In that single expression there lies couched whole volumes of philosophy. Men can quit evil habits if they will, but they can't will. Men can do right if they only will, but they can't will. They can say "I will," but they can't do "I will". This truth was excellently illustrated in an article in the sanitary columns of the New York Independent a few years ago. In discussing the subject of "Stimulants and Narcotics as Related to Health," the writer referred to those who

have become enslaved by the use of these things, and then remarked:—

"If ever we have seen sadness in this world, it is in the case of those who are conscious of this enthralling enchantment and yet feel unable to extricate themselves from the wiles of the adversary. . . We do not believe anything has happened to us over and above the experience of most practitioners; yet we almost shudder to recall instance after instance where life has been burdened with this direful deceit, and whole families involved in the secret malady. The remedies are few unless the will itself is rallied to a high determination, and then for a time fortified and affiliated with another will stronger than itself."

This is true. And whether the remedies be many or few, this is the only one that is sure.

But it is also true that with no human will can any will be fortified or affiliated in any adequate degree whatever. A stronger human will may be found, and by it the weak will may be fortified in a certain sense by personal encouragement and watchful influence, and this only while that stronger will is present. But even then there can be no affiliation of wills so that the weaker will shall be really vitalized from the energy of the stronger. That is an impossible relationship between human wills. Under such circumstances the most that can possibly be done is that the weaker will shall be encouraged and guarded by the stronger until it shall of itself recover its wasted energies. But that is not enough, by far, and therefore such a remedy can never be certain in its results.

Far more than that is required if the wasted energies of the will are

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I hope everyone would understand that if this publication were to be shutdown beyond our control that we also would be unable to provide any refunds to subscriptions paid in advanced.

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ever to be restored. As we have stated, what is required is that the stronger will shall be one that can be ever present, and which, at the same time, can be so affiliated with the weakened will that the weaker shall be actually vitalized and renewed by the very energy itself imparted from the stronger. It is evident that such a remedy would prove effectual and permanent. And there is such an one offered willingly to every enthralled soul. It is found alone in the will of the Lord Jesus Christ. There is a will with which by faith every weakened and enthralled will on earth may be fortified and affiliated, and that to such a degree that whereas it was a struggling, despairing victim, it may be transformed and translated into the glorious liberty of a conqueror, to such a

degree that whereas the enthralled soul could only cry, "O wretched man that I am! who shall deliver me from the body of this death?" he may freely and gladly exclaim, "Thanks be to God, which giveth us the victory through our Lord Jesus Christ." And then, and so, God, in Christ, "worketh in us both to will and to do of his good pleasure." Jesus is the great Physician, who will supply strength for every weakness, a remedy for every ill, freedom to every slave, and victory to every warrior. Through Jesus Christ alone every man may become master of himself, and so, alone, can we be temperate in all things.

But out of Christ none can attain to it. Christ filled the measure of every perfection. He did it as a man, that in him man might do it.

Out of Christ man is not himself, as he ought to be, nor as God wants him to be; he is handicapped with the weight of his own wrong tendencies, entailed upon him or acquired by him, and of himself he cannot rise to the complete dignity of a man. But in Christ his lapsed powers are restored, he recovers the strength that he must have to control himself completely. In Christ, and in him alone, can man surely acquire the mastery of himself, and so succeed in the practice of true temperance—self-control. Then he will be his own free man and Christ's servant forever.

A. T. JONES. {March 1888 ATJ, BEST 36.1-13}



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## Isaiah 58, Our Marching Orders (part 4)

Jerry O'Donnell

**Isaiah 58:9-11 states, "Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I [am]. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity; and [if] thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness [be] as the noonday: and the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not."**

The word "then" means that if we comply with the prior verses, already studied in parts 1, 2, and 3, then we ought to expect these next verses to be fulfilled.

We should be able to call upon the Lord and expect Him to answer. Even 1 John 3:22 states, "And whatsoever we ask, we receive of him, because we keep his commandments, and do those things that are pleasing in his sight." Keep in mind that the

"whatsoever" is qualified by Jesus stating, "seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you" (Matthew 6:33). Therefore, we will not be asking for a new car, a million dollars, or even a new home. "Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you" (Matthew 6:31-33). We may even be careful of arbitrarily asking benefits, including healings, of other people before knowing the situation. I did not say we cannot, but just added a caution.

"In some instances of healing, Jesus did not at once grant the blessing sought. But in the case of leprosy, no sooner was the appeal made than it was granted. When we pray for earthly blessings, the answer to our prayer

may be delayed, or God may give us something other than we ask, but not so when we ask for deliverance from sin. It is His will to cleanse us from sin, to make us His children, and to enable us to live a holy life. Christ 'gave Himself for our sins, that He might deliver us from this present evil world, according to the will of God and our Father.' Galatians 1:4. And 'this is the confidence that we have in Him, that, if we ask anything according to His will, He heareth us: and if we know that He hear us, whatsoever we ask, we know that we have the petitions that we desired of Him.' 1 John 5:14, 15. 'If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.' 1 John 1:9" {DA 266.2}.

"I saw that the reason why God did not hear the prayers of His servants for the sick among us more fully was that He could not be glorified in so doing while they were violating the laws of health. And I also saw that He designed the health reform and Health Institute to prepare the way



for the prayer of faith to be fully answered. Faith and good work should go hand in hand in relieving the afflicted among us, and in fitting them to glorify God here and to be saved at the coming of Christ. God forbid that these afflicted ones should ever be disappointed and grieved in finding the managers of the Institute working only from a worldly standpoint, instead of adding to the hygienic practice the blessings and virtues of nursing fathers and mothers in Israel" {CH 247.1}.

As for taking away the yoke, remember what Jesus said, "Come unto me, all [ye] that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke [is] easy, and my burden is light" (Matthew 11:28-30). Instead of carrying

the yoke of sin, we are to carry the yoke for soul winning. We do not just lay off our yoke and sit back to relax, but we carry a much lighter burden. Ellen White comments on these verses by stating, "Jesus gives all a blessed invitation who are burdened, and laden with sin, to come to him, the sinner's friend" {SA 78.1}.

Along with the removal of the yoke of sinning comes also the ceasing of "putting forth the finger, and speaking vanity." So, finger pointing should also be put away, but here is one that is more troublesome – vanity.

All that is spoken, is it profitable? No, of course not, so, although we do not have to speak of God every moment of the day, but we have to ask ourselves what fills the gap in between? "Hey, did you hear the team won the game last night!" "Did you see who end-

ed up dating who in that show?" "Can you believe how tongue-twisted the president was in his speech?" "What's your high score in that video game?" All of that is vanity, but the Bible also defines it in several places.

Psalms 12:2 tells us that "They speak vanity every one with his neighbour: [with] flattering lips [and] with a double heart do they speak." So, any unnecessary flattering of a person to overboost their ego is vain.

Psalms 41:6 says, "And if he come to see [me], he speaketh vanity: his heart gathereth iniquity to itself; [when] he goeth abroad, he telleth [it]." Therefore, any speaking to glorify iniquity is vanity. And that means that some testimonies need to be very careful of the details. Instead of glorifying God for pulling a person out of sin,

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sometimes the details draw others into sin.

Psalms 144:8 states, “Whose mouth speaketh vanity, and their right hand [is] a right hand of falsehood.” Now, any falsehood, including fooling around, jesting, etc. that involves lying is vanity. This is very popular around certain holidays and the day set aside for fools.

Isaiah 59:4 reveals, “None calleth for justice, nor [any] pleadeth for truth: they trust in vanity, and speak lies; they conceive mischief, and bring forth iniquity.” Here we have today’s politics being the most prevalent example, but anyone who knows the truth and keeps it to himself about a matter while trusting in the lies that are being spoken of that matter because of advantage to one’s self as a result – well, it is vanity.

And lastly, 2 Peter 2:18 expresses, “For when they speak great swelling [words] of vanity, they allure through the lusts of the flesh, [through much] wantonness, those that were clean escaped from them who live in error.” Swelling words leading into the allure of the lusts, lacking re-

straint, is vanity. It does not have to be physical relationships between people either. Teasing someone who is weak in a particular area is vanity. Those who are subject to giving in to appetite ought not be teased with food in front of them. How many people think it is funny, “Aw, too bad you can’t have this”? That is not only vanity, but it is just downright mean.

Now, Jesus spoke regarding the hungry and other types of afflictions upon the soul, “For I was an hungred, and ye gave me meat: I was thirsty, and ye gave me drink: I was a stranger, and ye took me in: Naked, and ye clothed me: I was sick, and ye visited me: I was in prison, and ye came unto me. Verily I say unto you, Inasmuch as ye have done [it] unto one of the least of these my brethren, ye have done [it] unto me” (Matthew 25:35-36, 40).

Keep in mind that this is not only a physical list of things. There is a spiritual application, too. For instance, give the bread of the Word of God to those who are hungry for it (Deuteronomy 8:3, Mark 6:37). Give the water of life to those

that need a drink (John 4:13-14). Guide those who are strangers towards God, the commandments, and right relationship with God, and teach them God’s ways (Deuteronomy 31:12, Psalms 119:19). Naked people should be clothed in Christ’s righteousness (Zechariah 3:1-5). Sin is an illness and sin keeps people in prison, so leading them into obedience towards God should be visited upon them (John 8:33-34, John 5:14).

When this becomes the focus of the church, then our light shall rise and darkness shall be as the noonday. And this will be most evident under the loud cry, the fourth angel of Revelation 18 increasing the strength of the Three Angels’ Messages.

“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" {EW 277.1}.

Not only that, but "when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, [that] shall he speak: and he will shew you things to come" (John 16:13). Many suffer for lack of being fed due to most conference churches giving sermons that are meant for visitors only instead of "For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ" (Ephesians 4:12). Many cannot travel to congregations where a true minister is pre-

sent. Many do not even have a computer connection to the Internet to search for present truth messages. There is indeed a great drought, but God said that He will take care of that drought, and our bones will be made fat. And Jesus said, "the water that I shall give him shall be in him a well of water springing up into everlasting life" (John 4:14), even as a watered garden. Seeing that the supply comes from God, it will not fail.

These are the things that we can experience when we cooperate with His plans.

What shall we accomplish then? That will be explained in the concluding message next time.



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# How Do You Resolve It?

*It is one thing to know some verses that help a person stay in the faith, but it is another thing to know the Word in such a way that when a verse seems contradictory to know how to resolve it. True Seventh-day Adventists do not ignore verses. It is our hope that this section will help answer some of those challenges that we may come across personally or be used by others against our beliefs.*

## **Is God Good to All or No Matter What, Makes Third and Fourth Generations Pay**

Exodus 20:5, “Thou shalt not bow down thyself to them, nor serve them: for I the LORD thy God [am] a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth [generation] of them that hate me;”

Psalms 145:9, “The LORD [is] good to all: and his tender mercies [are] over all his works.

So, if a person does evil in the sight of God, according to the surface reading of Exodus 20:5, that sin will appear upon that person’s children, their grandchildren, their great-grandchildren, and possibly the great-great-grandchildren, even if a person in one of those generations wants to obey and follow God.

The confusion by surface readers is further

confounded by connecting Psalms 145:9, where, if God is good to all and willing to bestow His mercy upon all, would that also include first, second, third, and fourth generation people as well?

The main answer relies upon the proper reading of Exodus 20:5, where it is applied to those that hate God. Looking at one of the best examples in the Bible, reading the list of kings and the brutality they commanded along with the constant wanting to worship Baal (1 Kings 16:32) instead of the true God, there indeed was hatred towards God. When a king died and the son reigned afterwards and did even more evil than his father, that evil would technically start a new timeline for counting towards the third and fourth generation because of the new evils.

However, in the line of kings, we have glimpses of some kings that

loved God either for part or all of their reign. Technically, in some cases, they would be part of one of those generations that supposedly God was to visit the iniquity upon, yet God had mercy instead (2 Chronicles 20:30-32).

God is also always open to hearing from a repentant heart for He is “good, and ready to forgive; and plenteous in mercy unto all them that call upon thee” (Psalms 86:5).

Therefore, there is no contradiction. Only those of subsequent generations that continue to hate God shall God allow the iniquity of the father and the father’s father to pass forward. Those that stop the hatred and repent, God will show forth His tender mercies.



# Keep the Sabbath Holy

*This regularly scheduled column is to enlighten us to proper keeping of the Sabbath through the writings of Ellen White and then additional comments by us, the publishers of this publication since we have so many surface readers as well as those that do not know how to apply certain statements.*

Ellen White wrote, **“While cooking upon the Sabbath should be avoided, it is not necessary to eat cold food. In cold weather let the food prepared the day before be heated. And let the meals, though simple, be palatable and attractive. Provide something that will be regarded as a treat, something the family do not have every day”** {6T 357.3}.

There are many Seventh-day Adventists who cringe when the words, “Let me turn on the stove” are said on the Sabbath. Clearly, especially in Ellen White’s day, reheating took a lot of effort with wood stoves.

Therefore, we are not restricted to peanut butter and jelly sandwiches, or just sandwiches in general. Morning meal time does not have to be toastless.

Again, baking from scratch, cooking from scratch, should all be avoided, but some fam-

ilies enjoy a baked breakfast resembling oatmeal in a serving dish. It is a good way to start the Sabbath morning off on those cold mornings. Prepared ahead of time by cooking the oats as one would cook oatmeal, then adding various fruits as the cooked oats are combined with the fruit into a baking dish, or serving dish, it is then easily warmed up in the morning on Sabbath and served.

For the afternoon meal, again something prepared ahead of time in a container that can be easily reheated is highly recommended.

The excuse of, “Well, it is early sunset Sabbath time and there’s no time to prepare a meal for Sabbath afternoon on a Friday” to justify boiling pasta, or rice, or whatever, on the Sabbath should be avoided. Just remember, there is no problem in preparing the Sabbath meal Thursday night. It should be easily kept for reheating just 36 hours later.

Do keep in mind, presentation of the meal can do wonders for the attitude. Slapping food on the table or everyone fending for themselves and eating separately is not what God would have us do. Simple meals can be made attractive and especially palatable.

Some families enjoy the “Sabbath-only” meals as a special treat, but for those who want to go a bit further, there is no harm in a simple treat that is not experienced every day. It does not have to be sugary, but it still can be sweet – a sweet dessert of sorts. Appetites that just have to have a desert after every meal may not appreciate or even may struggle at what to make, but those who are watching the effects that such combination of food has with the meal can easily create some “once in a while” or “Sabbath-only” treat.

Again, when we think of treat, many turn to cookies, pies, sugary

content. It does not have to be that way. Be creative. In the morning, it may be trying new fruit that has not been experienced before, or experienced in a while. As for the afternoon meal, again, it may simply be the

reservation of certain meals that are only on the Sabbath day.

Basically, like everything, even the meals should be something looked forward to on the Sabbath. One should not wake up and say, "Is this all we

have for breakfast?" Or in the afternoon to call the meal boring. Through food, being the current topic, the Sabbath ought to also be a delight along with all of the other parts of the Sabbath.



## Healthy Living

Ellen White

*Periodically, we need reminded that our bodies are not our own. And sometimes we need to get back to the basics. We need to hear from the words of inspiration, the Spirit of Prophecy.*

### Dangers of Sedentary Habits

For persons of sedentary habits late suppers are particularly harmful. With them the disturbance created is often the beginning of disease that ends in death. {CG 389.5}

Those of sedentary and literary habits should exercise the physical, even if they have no need to labor so far as means is concerned. Health should be a sufficient inducement to lead them to unite physical with their mental labor. {CE 19.2}

The lungs should be allowed the greatest freedom possible. Their capacity is developed by free action; it diminishes if they are cramped

and compressed. Hence the ill effects of the practice so common, especially in sedentary pursuits, of stooping at one's work. In this position it is impossible to breathe deeply. Superficial breathing soon becomes a habit, and the lungs lose their power to expand. A similar effect is produced by tight lacing. Sufficient room is not given to the lower part of the chest; the abdominal muscles, which were designed to aid in breathing, do not have full play, and the lungs are restricted in their action. {MH 272.2}

But not all foods wholesome in themselves are equally suited to our needs under all circumstances. Care should be taken in the selection of

food. Our diet should be suited to the season, to the climate in which we live, and to the occupation we follow. Some foods that are adapted for use at one season or in one climate are not suited to another. So there are different foods best suited for persons in different occupations. Often food that can be used with benefit by those engaged in hard physical labor is unsuitable for persons of sedentary pursuits or intense mental application. God has given us an ample variety of healthful foods, and each person should choose from it the things that experience and sound judgment prove to be best suited to his own necessities. {MH 296.2}



If your work is sedentary, take exercise every day, and at each meal eat only two or three kinds of simple food, taking no more of these than will satisfy the demands of hunger. – U. T., Aug. 30, 1896. {HL 81.5}

Strictly temperate habits, combined with exercise of the muscles as well as of the mind, will preserve both mental and physical vigor, and give power of endurance to those engaged in the ministry, to editors, and to all others whose habits are sedentary. . . . {CH 123.2}

Those whose habits are sedentary should, when the weather will permit, exercise in the open air every day, summer or winter. Walking is preferable to riding or driving, for it brings more of the muscles into exercise. The lungs are forced into healthy action, since it is impossible to walk briskly with-

out inflating them. {MH 240.4}

The various trades and occupations have to be learned, and they call into exercise a great variety of mental and physical capabilities; the occupations requiring sedentary habits are the most dangerous, for they take men away from the open air and sunshine, and train one set of faculties, while other organs are becoming weak from inaction. Men carry on their work, perfect their business, and soon lie down in the grave. Much more favorable is the condition of one whose occupation keeps him in the open air, exercising his muscles, while the brain is equally taxed, and all the organs have the privilege of doing their work. {FE 319.2}

Many writers and speakers fail here. After eating heartily, they give themselves to sedentary occupations, reading, study, or

writing, allowing no time for physical exercise. As a consequence the free flow of thought and words is checked. They cannot write or speak with the force and intensity necessary in order to reach the heart; their efforts are tame and fruitless. {MH 309.1}

Those of sedentary habits should certainly discard flesh-meats. Many greatly abuse their stomachs by eating too much of even healthful food. But how much more those who eat of unhealthful food. The abused stomach bears up in a wonderful manner under the continued abuse daily heaped upon it, until malignant disease brings down the victim. The entire system seems to be corrupted, and nothing can stay the rapid work of disease and premature death. {PH123 42.1}



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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.

# Healthy And Delicious Recipes

## Veggie Parmesan Cheese

### Ingredients

- ½ cup raw cashews
- 2 tablespoons nutritional yeast
- ½ teaspoon sea salt
- ½ teaspoon lemon zest

### Instructions

- Place the cashews, nutritional yeast, salt, and lemon zest in a small food processor. Pulse until the mixture resembles a coarse

meal and has a soft, crumbly texture.

- Store in the fridge for up to 5 days, freeze after that.



## Natural Remedies

**COMMENT:** *In these times we live in, even access to natural supplements will become increasingly difficult to access, so we are going to try our best to use the most natural means possible to deal with health situations.*

### OREGANO OIL STEAM INHALATION

- Bring 6 cups of water to a boil, lower heat but maintain boil.
- Put 2 drops of organic oregano essential oil on a spoon, then stir

into the boiling water.

- Remove from heat.
- Using a towel or other cloth, form a hood over the steaming pot of

water and inhale for 5 - 10 minutes.

For infection, do every 2 hours. For prevention, do 1 - 2 times a day.



## Natural Vitamins

### Clove

Clove is an aromatic spice that adds flavor to many dishes, but did you know one teaspoon contains fiber, minerals and vitamins such as Vitamin K and Manganese (55% of the Daily Value!) Manganese is an essential for building strong bones

and maintaining brain function.

Clove is high in antioxidants which help fight oxidative stress. Some research suggests that the compounds found in cloves might help protect against cancer, reduce stomach ulcers

and improve liver function, however, these studies were test tube studies and more research is needed.

Clove kills bacteria and in studies has shown to kill common types of bacteria including E. coli. It is also great for

your oral health! Used in herbal mouth washes it has improved gum health as well as re-

duced the amount of plaque and bacteria in the mouth. If you have a toothache, rub a little

clove oil on the area and it will reduce the pain temporarily.



## Authorized KJV vs Catholic Bible

*If you are using anything but the KJV, you are using a Catholic influenced Bible, which strategically twists and leaves out key words and verses so as to make even the ecumenical movement between religions outside of Christianity possible. And Ellen White does identify not to use them for reliability: “Wycliffe's Bible had been translated from the Latin text, which contained many errors.” {GC 245.1}. Latin is Catholic or which most modern versions rely upon.*

2 Thessalonians 2:3 cautions Christians about the great falling away, primarily by the hands of the “man of sin”. Several versions use the words “the rebellion” instead of “falling away”. The use of “the rebellion” implies an event that will occur that may have no impact on Christians. It could be protests in the street. It could be the rejection of the vaccines. It could be a rebellious activity that the populace is involved in, having no spiritual implication whatsoever. All of that is the wrong focus. The focus is on our faithfulness. Will we remain faithful when we see so many falling away from the truth, where “in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils” (1 Timothy 4:1). That is the concern.

Now the word “apostasy” on the other hand is very much related to falling away from the faith. So, that may be acceptable to a point.

### King James Version:

Let no man deceive you by any means: for [that day shall not come], except there come a falling away first, and that man of sin be revealed, the son of perdition

### In Error:

#### Aramaic Bible in Plain

**English:** Let no man deceive you by any means, to the effect that surely no revolt will first come and The Man of Sin, The Son of Destruction, be revealed,

#### Berean Study Bible:

Let no one deceive you in any way, for it will not

come until the rebellion occurs and the man of lawlessness—the son of destruction—is revealed.

#### Douay-Rheims Bible:

Let no man deceive you by any means, for unless there come a revolt first, and the man of sin be revealed, the son of perdition,

#### English Standard Version:

Let no one deceive you in any way. For that day will not come, unless the rebellion comes first, and the man of lawlessness is revealed, the son of destruction,

#### GOD'S WORD® Translation:

Don't let anyone deceive you about this in any way. [That day cannot come unless] a revolt takes place first, and the man of sin, the man of destruction, is revealed.

#### Good News Translation:

Do not let anyone

deceive you in any way. For the Day will not come until the final Rebellion takes place and the Wicked One appears, who is destined to hell.

**International Standard Version:** Do not let anyone deceive you in any way, for it will not come unless the rebellion takes place first and the man of sin, who is destined for destruction, is revealed.

**Lamsa Bible:** Let no man deceive you by any means: for that day shall not come, unless it is preceded by a rebellion, and the man of sin be revealed as the son of perdition,

**Mace New Testament:** don't be led into any mistake, because the previous rebellion does not yet appear, nor the man of sin throw off the disguise, that offspring of perdition:

**NET Bible:** Let no one deceive you in any way. For that day will not arrive until the rebellion comes and the man of lawlessness is revealed, the son of destruction.

**New Heart English Bible:** Let no one deceive you in any way. For it will not be, unless the rebellion comes first, and the man of lawless-

ness is revealed, the son of destruction,

**New International Version:** Don't let anyone deceive you in any way, for that day will not come until the rebellion occurs and the man of lawlessness is revealed, the man doomed to destruction.

**New Living Translation:** Don't be fooled by what they say. For that day will not come until there is a great rebellion against God and the man of lawlessness is revealed—the one who brings destruction.

**In Error Because It Implies That It May Not Happen When In Fact the Revelation Does Not Happen Until The Falling Away Does Happen**

**Literal Standard Version:** do not let anyone deceive you in any way, because if the departure may not come first, the man of lawlessness may [not] be revealed—the son of destruction,

**Close and possibly allowable:**

**A Faithful Version:** Do not let anyone deceive you by any means because that day will not come unless the apostasy shall come first,

and the man of sin shall be revealed – the son of perdition,

**Amplified Bible:** Let no one in any way deceive or entrap you, for that day will not come unless the apostasy comes first [that is, the great rebellion, the abandonment of the faith by professed Christians], and the man of lawlessness is revealed, the son of destruction [the Antichrist, the one who is destined to be destroyed] *{Close because of the clarification with the words “the abandonment of the faith by professed Christians”}*

**Anderson New Testament:** Let no one deceive you by any means; for that day will not come, unless the apostasy come first, and the man of sin be revealed, the son of perdition,

**Berean Literal Bible:** No one should deceive you in any way, because it is not until the apostasy shall have come first, and the man of lawlessness shall have been revealed – the son of destruction,

**Catholic Public Domain Version:** Let no one deceive you in any way. For this cannot be, unless the apostasy will have arrived first, and the man of sin will have

been revealed, the son of perdition,

**Christian Standard Bible:** Don't let anyone deceive you in any way. For that day will not come unless the apostasy comes first and the man of lawlessness is revealed, the man doomed to destruction.

**Contemporary English Version:** But don't be fooled! People will rebel against God. Then before the Lord returns, the wicked one who is doomed to be destroyed will appear. *{Close because of the reference "against God" is included}*

**Darby Bible Translation:** Let not any one deceive you in any manner, because [it will not be] unless the apostasy have first come, and the man of sin have been revealed, the son of perdition;

**Godbey New Testament:** Let no one deceive you in any way: because unless there may first be an apostasy and the man of lawlessness may be revealed, the son of perdition,

**Haweis New Testament:** Let no man deceive you in any way: because that cannot be till the apostasy come first, and the man of sin appear, the son of perdition,

**Holman Christian Standard Bible:** Don't let anyone deceive you in any way. For that day will not come unless the apostasy comes first and the man of lawlessness is revealed, the son of destruction.

**Literal Emphasis Translation:** Let no one deceive you in any way, because it will not be unless the apostasy has first come and the man of lawlessness, the son of perdition shall have been revealed;

**Smith's Literal Translation:** Let none deceive you in any manner: for, except an apostasy come first, and the man of sin be revealed, the son of perdition;

**Weymouth New Testament:** Let no one in any way deceive you, for that day cannot come without the coming of the apostasy first, and the appearing of the man of sin, the son of perdition, who sets himself against,

**Worsley New Testament:** Let not any one deceive you by any means; for it shall not come till there come an apostasy first, and the man of sin be revealed,

**New American Standard Bible:** No one is to deceive you in any way! For it will not come unless the apos-

tasy comes first, and the man of lawlessness is revealed, the son of destruction,

**Correct This Time:**

**American Standard Version:** let no man beguile you in any wise: for it will not be, except the falling away come first, and the man of sin be revealed, the son of perdition,

**Bishops' Bible of 1568:** Let no man deceaue you by any meanes, for the Lorde shall not come excepte there come a fallyng away first, & that that man of sinne be reuealed, the sonne of perdition,

**Coverdale Bible of 1535:** Let noman deceaue you by eny meanes. For the LORDE commeth not, excepte the departynge come first, and that that Man of synne be opened, euen the sonne of perdition,

**English Revised Version:** let no man beguile you in any wise: for it will not be, except the falling away come first, and the man of sin be revealed, the son of perdition,

**Geneva Bible of 1587:** Let no man deceiue you by any meanes: for that day shall not come, except there come a departing first,

and that that man of sinne be disclosed, euen the sonne of perdition,

**New King James Version:** Let no one deceive you by any means; for that Day will not come unless the falling away comes first, and the man of sin is revealed, the son of perdition,

**Tyndale Bible of 1526:** Let no ma deceive you by eny meanes for the lorde commeth not excepte ther come a departynge fyrst and that that synfull man

be opened ye sonne of perdition

**Webster's Bible Translation:** Let no man deceive you by any means: for that day shall not come, except there come a falling away first, and that man of sin be revealed, the son of perdition;

**World English Bible:** Let no one deceive you in any way. For it will not be, unless the departure comes first, and the man of sin is revealed, the son of destruction,

**Worrell New Testament:** Let no one deceive you in any manner; because that day will not come, unless the falling away come first, and the man of lawlessness be revealed?the son of perdition;

**Young's Literal Translation:** let not any one deceive you in any manner, because – if the falling away may not come first, and the man of sin be revealed – the son of the destruction,



## Questions And Answers

**QUESTION:** Are you aware that when using the Lexicon on Jude 24, it indeed uses the word you reject as being in error – “stumbling”?

**ANSWER:** Yes, the Lexicon states:

*Translated as: keep from falling (1 time)*

*Possible Definitions: 1) not stumbling, standing firm, exempt from falling*

Although there is an implication from the Lexicon that the word “stumble” is acceptable, today’s usage of “stumble” just does not carry the same weight. The word “stumble”

and “fall” may have had the same meaning at one point, but today, “stumble” is too weak. I can stumble without falling is the modern understanding and that is not what God means regarding sin. If we sin, at the moment before confession, we are in a “fallen” state – not a “stumbled” state. In the article, we used 2 Thessalonians 2:3 where it, too, uses the word “falling” and not stumbling. Here is another Bible use: Lamentations 5:16 says, “The crown is fallen [from] our head: woe unto us, that we have sinned!”

Today’s modern versions simply water down the sinning part, hence why the NIV is a favorite among Evangelicals.

The use of the word “stumble” is like the word “gay”. Hardly anyone would dare say, “I feel gay today”, though it would be a proper statement if one were happy. The first thought of “gay” today is not happiness. So, we dare not use “stumble” because the first thought is not to be in a fallen state as God is warning us of.



**QUESTION:** Should we be renting today instead of owning seeing we are so close to Sunday law, the plagues, and the Second Coming?

**ANSWER:** First off, those advocating renting, thinking they are saving money, ought to think again. All of the typical expenses along with the landlord making a profit are all rolled into one monthly bill. Therefore, a renter is paying the monthly mortgage payments, insurance payments, taxes, and exaggerated utilities if any “free” utilities are included in the monthly renter’s fee. Keep paying that amount each month and one will have nothing to show as an investment, and the waste of means adds up. On top of that, a good landlord estimates needed repairs and wear and tear on the facility and usually will increase the monthly fee to prepare for such expenses, otherwise, the landlord would lose money on properties as facilities are bound to need repairs. And landlords usually makes their living, or supplemental income, based upon rental properties, therefore, if there were no profit in it, no one

would take on such risks to be landlords. The only thing saved is time invested on the repair.

Now this is not a criticism against those that do rent. This is purely addressing those who think they ought to be selling their existing property and place themselves underneath a landlord instead.

Second, and most importantly, we are told that God will tell us when to sell our property and for how much. So, unless Heaven has spoken to you, there is no need, though it is getting close, to sell the property. Be careful of anyone appearing as a prophet today saying that it is time to sell. We are told clearly that the time to sell is before the big time of trouble, the seven last plagues basically, in which we shall be running to the mountains. Selling property before the Sunday law difficulties is not the expectation.

“Houses and lands will be of no use to the saints in the time of trouble, for they will then have to flee before infuriated mobs, and at that time their possessions cannot be disposed of to advance the cause of present truth. I was shown that

it is the will of God that the saints should cut loose from every encumbrance before the time of trouble comes, and make a covenant with God through sacrifice. If they have their property on the altar and earnestly inquire of God for duty, He will teach them when to dispose of these things. Then they will be free in the time of trouble and have no clogs to weigh them down” {EW 56.3}.

“I saw that if any held on to their property and did not inquire of the Lord as to their duty, He would not make duty known, and they would be permitted to keep their property, and in the time of trouble it would come up before them like a mountain to crush them, and they would try to dispose of it, but would not be able. I heard some mourn like this: “The cause was languishing, God's people were starving for the truth, and we made no effort to supply the lack; now our property is useless. Oh, that we had let it go, and laid up treasure in heaven!” I saw that a sacrifice did not increase, but it decreased and was consumed. I also saw that God had not required all of His people

to dispose of their property at the same time; but if they desired to be taught, He would teach them, in a time of need, when to sell and how much to sell. Some have been required to dispose of their property in times past to sustain the Advent cause, while others have been permitted to keep theirs until a time of need. Then, as the cause needs it, their duty is to sell" {EW 57.1}.

In fact, Ellen White was actually against renting:

"I was shown that the people were badly situated to make the most of their influence where they were living. They were dependent upon others who were opposed to truth for lodgings; and as the owners of the houses or rooms they hire become stirred up with enmity against the truth, by the great adversary of souls, they will do all in their power to hinder the advancement of the truth. They will oppress and restrict the rights of those who occupy their houses, that their privileges to entertain those of their own faith will be taken away; and the more the truth advances, the more will

this oppression be felt" {Ms37-1886}.

"I saw that our people would be unable to hire rooms for meetings or for dwellings in which to lodge, without great prices and having their liberties restricted. I was told I would have a testimony to bear to these—but I know not whether it would be by writing or word of mouth—that they should study and devise means to obtain humble lodgings under their own control, where they could be free to assemble together and worship God and hold meetings and not be forced or oppressed by those who will make them feel their power. Many can do nothing in this direction, but those who can do this should not delay to place themselves in positions where they will not be molested, where they can entertain their brethren and sisters who shall assemble together to worship God. Much of this work is to be done. Because all cannot better their situation is no reason some should not do this" {Ms37-1886}.

Do not give landlords the power to hinder the truth from going forth. If one thinks the mask and vaccination

requirements are challenging, they are more challenging for renters if landlords enforce the regulations. Can you imagine what landlords will be like during the Sunday law crisis? If they find out that you are conducting Bible studies on the matter and they disagree strongly, eviction would be one of their weapons to cause you to stop. Again, do not be artificially subject to landlords by selling your home before the time.

**QUESTION:** Should we be using CBD products?

**ANSWER:** We have yet to compile anything of a convincing position on the matter. We have requested such from various Seventh-day Adventists on the matter who are more inclined medically and also agriculturally. None of the information received provides what is called the "knock out punch". It seems each article starts out with the intention of debunking the use of CBD products, but ends up connecting it with marijuana. The CBD people keep coming back with the argument that all of the narcotic parts of the usage of the plant have been removed

making such arguments against the usage a moot case.

With that said, here are some alarming points that everyone should be made aware of.

First, we know that not everything that is called health reform or beneficial for health is of God. In other words, if we are told, “God’s people will not find their safety in working miracles, for Satan will counterfeit the miracles that will be wrought” {9T 16.1}, how much more does one think that Satan would not counterfeit health reform? Many things that are called natural and beneficial to the body are not, given time. Do realize that Satan’s counterfeits do have positive effects, otherwise, it would not be so acceptable.

Second, the fact that this is somewhat new is

also alarming. It points to a potential fad. And we know that fads come and go.

Third, the fact that governments are approving it, merchants everywhere are selling it, all kinds of groups of people are promoting it, etc., is alarming as well. When the world is onboard with something, it should cause all of us that are true to God’s way to pause for a moment and be more reserved about the matter.

Fourth, the product seems to be a miracle cure to heal just about every ailment imaginable, not only for humans but for pets, too. Some wonder drug that can do all that, and more, surely has the backing of something bigger, more sinister.

Finally, we equate the CBD product similar to extracting good content from feces and

servicing it as food. The plant that CBD is extracted from is a known for drug usage, just like the coffee bean plants with caffeine. To use the laboratorial method to make a bad plant have good properties just seems to liken the activity of saying to God, “I know you condemned the use of this plant for the body, but we’re smarter today and know how to use the good parts while discarding the bad parts.” This sounds like a spiritual tower of Babel all over again.

So, although this is mostly an answer based on opinion, and we wish we had more evidence [especially godly evidence], we think there is enough concern in the eyes of God to leave the product alone.



## Watchman, Let Him Declare What He Seeth

*This section is not about revealing the apostasy and creating ill feeling towards the conference. It is to make sure that no one is caught up in those that participate in the apostasy. That is what it means to “Declare What I See” because God says, “When I say unto the wicked, Thou shalt surely die; and thou givest him not warning, nor speakest to warn the wicked from his wicked way, to save his life; the same wicked [man] shall die in his iniquity; but his blood will I require at thine hand” (Ezekiel 3:18). We have enough to worry about our own life; we do not need your (in general) blood to be on us too.*

**September 30**

## **Adventist Record**

### **Adventists recognized for environmental achievements**

Ms. Alofa, from Kiribati, has been honoured with a Commonwealth Points of Light award by the UK Prime Minister's office for her work helping communities respond to climate change and raising awareness of the issue at an international level.

**EGW:** "We are living in a time when order, system, and unity of action are most essential. And the truth must bind us together like strong cords in order that no distracted efforts may be witnessed among the workers. If disorderly manifestations appear, we must have clear discernment to distinguish the spurious from the genuine. Let no messages be proclaimed until they have borne a careful scrutiny in every jot and tittle." {3MR 26.3}

**Comment:** Why would any Seventh-day Adventist be involved in the world-wide agenda that is leading to unification of nations to implement stringent rules upon the people that the papal solution states is the institution of a Sunday law? Why would any Seventh-day

Adventist be involved in the pope's agenda?

**October 1**

## **Advent Messenger**

### **Pope Francis Praises Greta Thunberg and the Youth4Climate Conference, an event in which Seventh-day Adventist Youth Participated**

**EGW:** "The Jesuits rapidly spread themselves over Europe, and wherever they went, there followed a revival of popery." {GC88 234.3}

**Comment:** Why are Seventh-day Adventists handing their children over to be influenced by popery?

**October 1**

## **Adventist Education in New South Wales**

"The Seventh-day Adventist Church places strong emphasis on health and well-being. The Adventist health emphasis is based on biblical revelation, the inspired writing of E.G. White (co-founder of the Church), and on peer-reviewed scientific literature. As such, we encourage responsible immunization/vaccination, and have no religious or faith-based reason not to encourage our adherents to responsibly par-

ticipate in protective and preventive immunization programs. We value the health and safety of the population, which includes the maintenance of "herd immunity".

"We are not the conscience of the individual church member and recognize individual choices. These are exercised by the individual. The choice not to be immunized is not and should not be seen as the dogma nor the doctrine of the Seventh-day Adventist Church".

**EGW:** "Drug medication, as it is generally practiced, is a curse. Educate away from drugs." {CH 261.2}

**Comment:** Someone is lying to us, and it is not Ellen White.

**October 7**

## **Universidad Adventista del Plata (UAP) Website**

### **The UAP is projected towards Sustainable Development**

During this instance, and invited by the Vice-Government, the Universidad Adventista del Plata (UAP), the Universidad Autónoma de Entre Ríos and some municipalities signed acts of adhesion to the articulation of actions within the framework

of the Sustainable Development Goals (ODS).

**EGW:** “I inquired why those who could read their Bibles and see the perils of these last days were so ready to snatch up matters they had best let alone. How can they connect with men who are advancing principles that originated in the councils of demons? Why do they not see that this is no work the Lord has set them to do? The answer came, Because their hearts are lifted up unto vanity. They are beguiled. They do not know how weak they are. There are many who will be deluded, and who, by pen and voice, will cast their whole influence to create an evil condition of things (a condition that will exist just the same whatever they may do); but they should not be bound up with the evil workers. All who are longing for some engagement that will represent Jehu riding furiously will have opportunity enough to distinguish themselves. Their arm will be linked with his who was once an exalted angel, and who has not forgotten his manners in the heavenly courts. These manners he will assume; and in representing persons, he will lure many whose life is not

hid with Christ in God.” {TM 333.1}

## **October 8**

**[www.central-states.org](http://www.central-states.org)**

### **Kimberly Bulgin ordinee**

**Comment:** Kimberly is one of two candidates for pastoral ordination.

**EGW:** “Rebellion in the church is caused by its members feeling opposed to God and to His terms of salvation. Human beings want abundant room to express themselves and to attract attention. They do not know or understand that they are working out the plans of Satan. If they refuse to see and to become enlightened, if they refuse to be instructed, they reject the mediatorial remedy that has been given to save the sinner—not in sin but from sin. For the express purpose of saving sinners was the remedial work of Christ planned.” {CTr 227.3}

## **October 15, 2021**

### **Advent Messenger**

#### **Wild Dancing and Revelry were Recently Exhibited at an Adventist Institution in India**

Khunti Seventh-day Adventist Senior Secondary School celebrat-

ed a “Teacher’s Day” last month in September, 2021. The day started out with celebrating the school’s administrators and teachers, but then ended with confusion, blaring secular music and wild dancing. It was the same kind of revelry and party atmosphere that you see in a worldly dance club; but this didn’t take place in a nightclub, it took place on the campus of a Seventh-day Adventist institution.

## **October 18**

### **Adventist News**

#### **Reshaping our fear-filled misunderstanding of the three angels’ messages**

Diop gave a 36-minute talk on Revelation 14 and the Three Angels’ Message and challenged “church members to assess their own theological misconceptions and reframe Revelation as a message of hope, rather than weaponizing it as one of judgment or fear.”

**EGW:** “Those ministers who are men-pleasers, who cry, Peace, peace, when God has not spoken peace, might well humble their hearts before God, asking pardon for their insincerity and lack of moral courage. It is not from love

for their neighbor that they smooth down the message entrusted to them, but because they are self-indulgent and ease-loving. True love seeks first the honor of God and the salvation of souls. Those who have this love will not evade the truth to save themselves from the unpleasant results of plain-speaking. When souls are in peril, they will not consider self, but will speak the word given them to speak, refusing to excuse or palliate evil." {RH, September 11, 1913 par. 17}

## October 19

### Advent Messenger

#### Disgraceful Dancing at Another Adventist Institution

Instead of influencing the culture with the gospel, the church is being adapted to imitate our world. There is a phenomenon that is sweeping Seventh-day Adventist institutions with worldly music and dancing. The video comes from Bobbili Seventh-day Adventist High School located in Andhra Pradesh, India and was uploaded by the school's principal, J. David Mark. This institution is listed in the Seventh-day Adventist yearbook [1] and is

hosting performances that are similar to what you would see at worldly R&B, hip-hop or rap concerts.

**EGW:** "The things you have described as taking place in Indiana, the Lord has shown me would take place just before the close of probation. Every uncouth thing will be demonstrated. There will be shouting, with drums, music, and dancing. The senses of rational beings will become so confused that they cannot be trusted to make right decisions. And this is called the moving of the Holy Spirit." {2SM 36.2}

## October 21

### Central States Conference

#### YouTube - Ordination 2021 - One Step Closer

The attire during the ordination of a woman to be a pastor was done in Catholic garb.

**EGW:** "That night I dreamed that I was in Battle Creek looking out from the side glass at the door and saw a company marching up to the house, two and two. They looked stern and determined. I knew them well and turned to open the parlor door to receive them, but thought I would look

again. The scene was changed. The company now presented the appearance of a Catholic procession." {1T 577.2}

## October 22

### Fulcrum

#### Berrien County Removes Mask Mandate. Andrews Diversity Officer Is Indignant

The Andrews University Vice President of Diversity & Inclusion called the removal of the Berrien County mask mandate "infuriating", blaming Michigan Republican state politicians for the change.

**EGW:** "They will not wear political badges, but the badge of Christ." {GW 392.1}

"What are we to do, then? – Let political questions alone. "Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness? and what concord hath Christ with Belial? or what part hath he that believeth with an infidel?" [2 Corinthians 6:14, 15.] What can there be in common between these parties? There can be no fellowship, no communion." {GW 392.2}





# News And Comments

June 15

## Vatican News

### Abrahamic Family House in Abu Dhabi to open in 2022

"The cultural landmark in the UAE capital, which includes a synagogue, a church and a mosque, is meant to be a beacon of understanding and peaceful coexistence, inspired by the Document on Human Fraternity. Each aspect of the design is brought to life through the architectural features and unique constructional details of the facades, the external and internal views, the columns, and the windows and vaults that reflect the unique characteristics of each of the three Abrahamic faiths. He explained that the names of the three houses of worship recognize the work of the Grand Imam, Pope Francis and Moses Ben Maimon, and 'harnesses their teachings to forge a message of goodwill for future generations around the world'. " Around the world is another way of saying that the one world religion, guided mostly by the pope, is here, supposedly to culminate in 2030. This is working towards the

fulfillment of Revelation 17:13, which says, "These have one mind, and shall give their power and strength unto the beast." Ellen White comments on this verse by saying, "There will be a universal bond of union, one great harmony, a confederacy of Satan's forces" {3SM 392.4}.

October 3

## Market Watch

### Fauci says legitimate claims to religious exemptions from vaccine mandates are scarce

Basically, this is an attempt to undermine the religious exemption. It is easy to prove from the Bible the religious exemption if you believe. First, 1 Corinthians 3:17 says, "If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which [temple] ye are." Now this assumes one is also health conscious because to resist the vaccine while smoking and drinking and being a glutton is hypocritical. Second, Revelation 18:23 states, "by thy sorceries were all nations deceived", where "sorceries", as every one should know by

now, comes from the Greek word "pharmakeia" where we get all of the "pharm-" words in use today. So, by the pharmaceutical industry will all nations be deceived. And that is now!

October 12

## ABC Australia

### Kim Jong Un vows to build 'invincible' North Korea military while slamming US for 'creating tensions'

"And ye shall hear of wars and rumours of wars: see that ye be not troubled: for all [these things] must come to pass, but the end is not yet" (Matthew 24:6).

October 12

## NY Post

### Child actors used for Kamala Harris' bizarre space video

This is small scale scheming to present one picture to the public showing concern, encouragement, etc. while all the time it being fake. But you know it is bad when the party's own faithful news outlets are also running the story. "The Lord would have His people

bury political questions. On these themes silence is eloquence. Christ calls upon His followers to come into unity on the pure gospel principles which are plainly revealed in the word of God. We cannot with safety vote for political parties; for we do not know whom we are voting for. We cannot with safety take part in any political schemes" {FE 475.2}. And before anyone gets upset claiming that we picked on the Democratic party, keep in mind the quote applies to all political parties. They are all guilty, and we need to be staying out of politics.

### **October 13**

#### **CBS News**

#### **Mysterious radio waves coming from the heart of the Milky Way**

Luke 21:11 tells us that "fearful sights and great signs shall there be from heaven" (Luke 21:11). Basically, the devil is playing around with us earthlings. It also points to the nearness of the devil's last attempt to gather all under his command. The faithful are going to have to "walk by faith, not by sight" (2 Corinthians 5:7).

### **October 14**

#### **Reuters**

#### **U.S. pastors, advocacy groups mobilize against COVID-19 vaccine mandates**

Basically, the allowance for religious exemption is under attack. Religious exemption is based upon a person's biblical belief of their understanding of the position, right or wrong. It does not even have to be biblically sound. We do not have to prove the Bible to the government, and for those that are simply impressed of God, they do not have to prove to the government that they are being impressed of God. Are their fake religious exemption activities going on? Absolutely, but such should not restrict our amendment rights. When the government can determine if our belief is valid or not, the government controls religion. For example, it is well known that the Jehovah's Witnesses do not celebrate certain holidays, maybe none, nor birthdays. Agreed or not, the government cannot dictate that the Jehovah's Witnesses' belief is wrong because the government does not accept the logic behind the belief. "We ought to obey God ra-

ther than men" (Acts 5:29).

### **October 18**

#### **MCU Times**

#### **Opposition to IRS snooping proposals driven by top 1% and lazy banks**

No! It is not lazy banks and the one-percenters. The one-percenters know how to hide things. It is the average person who is upset. No, we do not have anything to hide, but it is simply an unconstitutional act to spy on the citizens without a warrant, for probable cause, or anything like that. This act would assume that people are guilty and they (IRS) would be purposefully looking for proof, even if proof does not exist. Further, what happens when an innocent transaction occurs but the IRS does not like it? Does it get reported to another group and they confiscate the funds just because they can confiscate funds? Will this be a new "spread the wealth" overreach? The short of it is, this administration continues to fulfill prophecy: "our country shall repudiate every principle of its Constitution as a Protestant and republican government" {5T

*(Continued from page 2)*

non-complaining, very positive, etc. It was well recognized because not a few times did I hear, "It is refreshing to talk to one of you contractors that is not bothered by all of the red tape", "It is refreshing to talk to someone with a good attitude", "It is..." So, they went to the higher-ups and presented the case of why I ought to be kept on board.

Now, I encourage everyone to be like a Joseph, who, despite the challenges of slavery and being in prison, made the best of the situation as possible. It was obvious because he excelled in Potiphar's house and had special privileges while in prison. A Christian character opens doors.

All glory and praise to the One that is able to change us from selfishly complaining into pleasant representatives that others may delight in our presence. "Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust" (2 Peter 1:4).



## ***Ellen White Abbreviations In this Issue***

- 1SM - Selected Messages Book 1
- 1T - Testimonies For The Church Volume One
- 2SM - Selected Messages Book 2
- 3MR - Manuscript Releases Volume Three
- 3SM - Selected Messages Book 3
- 5T - Testimonies For The Church Volume Five
- 6T - Testimonies For The Church Volume Six
- 7MR - Manuscript Releases Volume Seven
- 9T - Testimonies For The Church Volume Nine
- CE - Christian Education
- CG - Child Guidance
- CH - Counsels on Health
- CTr - Christ Triumphant
- DA - The Desire of Ages
- EW - Early Writings
- FE - Fundamentals of Christian Education
- GC - The Great Controversy
- GC88 - The Great Controversy (1888)
- GW - Gospel Workers
- HL - Healthful Living
- MH - The Ministry of Healing
- MS37 - Manuscript Number 37
- PH123 - Pamphlet 123 - Testimony to the Church at Battle Creek
- RH - The Review and Herald
- SA - A Solemn Appeal
- TM - Testimonies to Ministers and Gospel Workers

## Health Addendum


This goes along with our November news article on sleep before midnight being so important showing that the medical field is just now catching up with the writings of Ellen White:

**Sept. 8—Yahoo News**

**Sorry, Night Owls: The Sleep You're Missing Before Midnight Is Crucial—Here's Why**

"I know from the testimonies given me from

time to time for brain workers, that sleep is worth far more before than after midnight. Two hours' good sleep

before twelve o'clock is worth more than four hours after twelve o'clock. . . . " {7MR 224.3} 

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