



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.

How to Meet Temptations

Ellen White

"My brethren, count it all joy when ye fall into divers temptations; knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing. If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. For let not that man think that he shall receive any thing of the Lord." James 1:2-7.

What greater promises could be given us than are found in these verses? A cunning and cruel foe attends our steps, and is working every moment, with all his strength and skill, to turn us from the right

way. Ever since he succeeded in overcoming our first parents in their beautiful Eden home, he has been engaged in this work. More than six thousand years of continual practice has greatly increased his skill to deceive and allure. On the other hand, he who once yields to temptation becomes spiritually weak, and yields more readily the second time. Every repetition of sin blinds his eyes, stifles conviction, and weakens his power of resistance. Thus while the power of the human race to resist temptation is continually decreasing, Satan's skill and power to tempt are continually increasing. This is one great reason why the temptations of the last days will be more severe than those of any other age.

(Continued on page 4)

- Authorized KJV vs Catholic Bible
- Healthy and Delicious Recipes
- Healthy Living
- How Do You Resolve It?
- How to Meet Temptations
- Keep the Sabbath Holy
- Natural Remedy

- Natural Vitamins
- News and Comments
- Prophecy Made Plain
- Questions and Answers
- Watchman, Let Him Declare What He Seeth
- Which Day of the Week is God's?

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

Dear Brothers and Sisters ...

Jerry O'Donnell

You may have noticed that we are no longer advertising the usual “postage deal” on past publications. That was where we packaged up the previous year's publications along with any remaining publications from prior years and for the mere cost of postage, we were willing to send out those packages to you, or to whomever you directed us to mail them to.

Three of the months in 2022 were printed and used right to the number, leaving us none to distribute afterwards. Usually, the print shop prints extras in case of damage, and that was exactly what the extras went to three times during 2022. So, that means that we would not be able to offer complete sets of 2022 publications.

Now, in regards to the other nine months of extras, as a side benefit of partnering with *Truth Triumphant Ministries*, they will send bulk packages for free to other countries. That means that all of the extras since the beginning are now being sent out making our publication international. And I say international not to brag but to explain that the magazines will now be in the hands of those in other countries, which alone, we could not support financially, hence why we have remained a United States-only ministry.

So, between having months with no extras and the opportunity to send all of the other extras to foreign lands, we have none to advertise for a cheap price at this time.

Further, we also have gathered numerous extras from our non-Seventh-day Adventist publication

called, *Have One Mind in Christ*. It is basically the same format of the *Four Angels' Messages* publication but articles being only Bible content, no Spirit of Prophecy writings. These, too, are being sent to other countries free of charge. All I do is place them in the hands of *Truth Triumphant Ministries* during my monthly trip to Florida and they take care of the rest.

Additionally, *Truth Triumphant Ministries*, has been sending our book *Who is the Real Antichrist* to other countries as well, free of charge. These are all of the undeliverable copies that came back to us from the mass mailing back in October, 2022. So, it has been a real blessing in spreading our publications as the leaves of autumn.

In personal efforts of spreading the material like leaves of autumn, the economy has greatly hampered the plans. Despite having a secular income in addition to doing the ministry work, I am unable to save up for bulk mailings at this time. So, I am requesting prayers that opportunities will present themselves to continue to awaken the Babylonian denominations and other religious organizations to the truth. I am not asking for donations towards this project as that would not be personal effort anymore.

We were told that things would become more difficult in getting the truth out, and they have indeed become more difficult, and they will be getting even more difficult as time passes. But God also promises that the truth will get out, and I have faith that it will.

God bless you.



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

TABLE OF CONTENTS

How to Meet Temptations Ellen White	Page 1
Editorial	Page 2
Synopsis Of the Twenty-Fourth of Matthew Charles Fitch	Page 7
Which Day of the Week is God's? Jerry O'Donnell	Page 14
How Do You Resolve It?	Page 17
Keep the Sabbath Holy	Page 18
Healthy Living Ellen White	Page 19
Recipe	Page 21
Natural Vitamins	Page 22
Authorized KJV vs Catholic Bible	Page 23
Questions And Answers	Page 26
Prophecy Made Plain	Page 28
Watchman, Let Him Declare What He Seeth	Page 29
News and Comments	Page 31
Natural Remedy	Page 36

this publication is challenging to provide to everyone for free. So we are asking for a subscription on the honor system of **\$35 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)

The admonition of the Saviour is, "Watch and pray, that ye enter not into temptation." If Satan cannot prevent persons from exercising faith, he will try to lead them to presume upon the willingness and power of God, by placing themselves unnecessarily in the way of temptation. Presumption is a most common temptation, and as Satan assails men with this, he obtains the victory nine times out of ten. Those who profess to be followers of Christ, and who claim by their faith to be enlisted in the warfare against all evil in their nature, frequently plunge without thought into temptations from which it would require a miracle to bring them forth unsullied. Meditation and prayer would have preserved them from these temptations by leading them to shun the critical, dangerous position in which they placed themselves.

Although the promises of God are not to be rashly claimed by us when we recklessly rush into danger, violating the laws of nature, and disregarding prudence, and the judgment with which God has endowed us, we should not lose courage when temptations come upon us. If we do not knowingly place ourselves in the way of temptation, it is our privilege to claim the promise of the inspired word: "God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it."

Those who have weighty responsibilities to bear in connection with the work of God are the ones that will be beset with the strongest temptations. If Satan can cause them to waver from the right, he not only takes away their own strength, but

he destroys their influence for good over others. They lose their confidence in God, and feel that they hardly dare approach him in prayer; for they are under condemnation. Acting upon the principle that Christ presented in his prayer, "I sanctify myself, that they also might be sanctified through the truth," they should take the position that they will be steadfast to God under every circumstance, that they may exert an influence to make others steadfast.

The temptations of Satan are manifold; but those to which our attention is called in the text are unbelief and impatience. "Knowing this, that the trying of your faith worketh patience." Impatience, then, is the result of a lack of faith. "But let patience have her perfect work, that ye may be perfect and entire, wanting nothing." If we do not maintain the grace of patience, we shall never reach a state of perfection. Some of us have a nervous temperament, and are naturally as quick as a flash to think and to act; but let no one think that he cannot learn to become patient. Patience is a plant that will make rapid growth if carefully cultivated. By becoming thoroughly acquainted with ourselves, and then combining with the grace of God a firm determination on our part, we may be conquerors, and become perfect in all things, wanting in nothing.

"If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him." It is our privilege in our great weakness to take hold of the strength of the Mighty One. If we think to meet and overcome the enemy in our own strength, we shall be disappointed. It may seem at times that when we pray the most and try the hardest to do right, we

have the greatest temptations. This is because Satan is perfectly satisfied with our condition when we are clothed with self-righteousness and do not realize our need of divine aid; but when we see our great need of help, and begin to draw near to God, he knows that God will draw near to us; therefore he places every possible obstruction in the way so that we shall not come into close connection with the Source of our strength.

The exhortation of the apostle is, "Cleanse your hands, ye sinners; and purify your hearts, ye double minded." It is by engaging in this work, and by exercising living faith in God, that we are to perfect Christian character. The work of cleansing the soul-temple and preparing for Christ's appearing must be done while we are in this world of temptation. Just as Christ finds us in character when he comes, so we shall remain.

We should make daily advancement in the work of character-building. When we try to separate from us our sinful habits, it may at times seem that we are tearing ourselves all to pieces; but this is the very work that we must do if we would grow up unto the full stature of men and women in Christ Jesus, if we would become fit temples for the indwelling of the Holy Spirit. It is not the will of God that we should remain in feebleness and darkness. He would have us put on the whole armor, and fight valiantly the battle against sin and self. And after we have truly repented of our sins, and done all that we can to overcome them, he would have us manifest a calm, unyielding trust in the merits of a crucified and risen Saviour.

If we make an entire surrender to him, leave our life of sin and passion and pride, and cling to Christ and his

merits, he will fulfill to us that he has promised. He says that he will give liberally to all who ask him. Cannot we believe it? I have tested him on this point, and know that he is faithful to fulfill all his promises.

Let not him that wavereth think that he shall receive anything of the Lord. When persons begin to draw nigh to God, Satan is always ready to press in his darkness. As they look back over their past life, he causes every defect to be so exaggerated in their minds that they become discouraged, and begin to doubt the power and willingness of Jesus to save. Their faith wavers, and they say, "I do not believe that Jesus will forgive my sins." Let not such expect to receive anything from the Lord. If they would only exercise true repentance toward God, at the same time possessing a firm faith in Christ, he would cover their sins and pardon their transgressions. But, instead of this, they too often allow themselves to be controlled by impulse and feeling.

When Satan tells you that your sins are such that you need not expect any great victories in God, tell him the Bible teaches that those who love most are those who have been forgiven most. Do not try to lessen your guilt by excusing sin. You cannot come near to God by faith unless you realize your sinfulness. Then you can place yourselves right on the promises, and with unwavering faith can claim a share in the infinite sacrifice that has been made for the human race. Cling closely to Jesus, and his great heart of love will draw you unto himself.

I cannot bear the thought that any should go away from this meeting without having their faith greatly strengthened. There are those here who will develop into good and useful workers. But every advance

step they take must be a step of faith. If they have a religious experience that is rich in faith, one can chase a thousand, and two can put ten thousand to flight. But all the talents that they may possess, all the skill and eloquence that they may acquire, will effect nothing unless they are consecrated to God.

I am so anxious that those who labor in the cause shall have all the strength, and peace, and joy that Christ has for them. I want them to have the consolation of the Holy Spirit. The apostle Paul desired that his brethren should be comforted with “the consolation where-with he was comforted.” The Christian finds constant comfort and strength in Jesus. And when he complains of weakness and darkness, he gives good evidence that he has not a close connection with Jesus.

Brethren, let us have an eye single to the glory of God. Let us not allow anything to interpose between us and him. “If we follow on to know the Lord,” we shall know that “his going forth is prepared as the morning; and he shall come unto us as the rain, as the latter and former rain unto the earth.” If we are partakers of the divine nature, we shall reflect in life and character the image of our divine Lord. We cannot be indolent in

seeking this perfection of character. We cannot yield passively to our surroundings, and think that others will do the work for us, “Every man that hath this hope in him purifieth himself, even as He is pure.” We must be workers together with God. Life must become to us a humble, earnest working out of salvation with fear and trembling; and then faith, hope, and love will abide in our hearts, giving us an earnest of the reward that awaits the overcomer.

A relentless and determined foe has prepared his wiles for every soul that is not braced for trial, and guarded by constant prayer and living faith. We cannot individually, or as a body, secure ourselves from his constant assaults; but in the strength of Jesus every temptation, every opposing influence, whether open or secret, may be successfully resisted. Remember that “your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour.” Therefore “be sober, be vigilant.”

~Historical Sketches of the Foreign Missions of the Seventh-day Adventists, pages 133.2 to 136.1



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.

Synopsis Of the Twenty-Fourth of Matthew

Charles Fitch

1. Declaration of Christ that the buildings of the temple shall be destroyed.

2. Inquiry of the disciples, "when shall these things be, and what shall be the sign of thy coming and of the end of the world?"

3. Christ proceeds to name events that shall transpire before the end of the world.

(1.) There shall be false Christs.

(2.) Wars, rumors of wars, etc.

(3.) Famines, pestilence and earthquakes.

(4.) Persecutions.

(5.) Betraying and hating one another.

(6.) False prophets.

(7.) Iniquity abounding, love waxing cold.

(8.) Gospel preached in all the world, a witness to all nations; then shall the end come.

4. Christ teaches his disciples what course to pursue at the siege of Jerusalem – to flee, etc.

5. He tells them how to distinguish between false Christs and himself. Go after none into deserts or secret chambers. For as lightning from heaven shall the coming of the Son of man be. Hence, receive none as Christ, until I shall thus come. Of these I have told you before, that is, in the former part of the chapter.

6. Another sign – the sun darkened, the moon giving no light, and the stars falling from heaven, etc.

7. Then shall appear the sign of the

Son of man in heaven – tribes of earth shall mourn, and the Son of man shall be seen coming in clouds, with power and great glory.

8. He shall send his angels to gather his elect, that is, to take up the righteous into the clouds.

9. As surely as the summer is near when the fig-tree putteth forth leaves, so surely is my coming in clouds near, even at the doors, when these things have come to pass. What things? The signs already enumerated. Heaven and earth shall pass away, but my words shall not pass away. "This generation shall not pass till all these things be fulfilled." This verse I shall notice hereafter.

I shall for the present raise the following inquiry. Have these signs been fulfilled?

(1.) False Christs. Of these the Religious Encyclopedia names twenty-four, giving also the places and the periods where and when they rose and fell, with some other circumstances. The last of these appeared in Germany, in 1682, and was called Rabbi Mordecai. That sign was fulfilled.

(2.) Wars, rumors of wars, etc. None surely will deny that that has been fulfilling, and is now.

(3.) Famines, pestilence, earthquakes. All fulfilled.

(4.) Persecutions. Of these there were ten general persecutions, in the days of the Roman emperors, in which it is supposed three millions perished. Besides these, we have the persecutions of Protestants by Papists, century after century, up to

within a short period; in which it is believed that fifty millions have suffered death for their religion. (See Religions Encyclopedia.) That sign has surely had fulfilment.

(5.) Betraying and hating one another. Episcopalians persecuted non-conformists in England in the time of Charles II. Presbyterians persecuted Episcopalians in 1645. Congregationalists persecuted Baptists and Quakers in New England. In the reign of Charles II. the Quakers and non-conformists were greatly persecuted – thousands deprived of their goods, confined in prison, and many brought to the grave. Thus have Christians hated and betrayed one another. This sign has had fulfilment.

(6.) False prophets. Within the last hundred and fifty years many have arisen, and taught, professedly from the Bible, that Christ shall not come under, at least, a thousand years, or perhaps 360,000; declaring that there shall be such a period of unexampled prosperity in the earth before our Lord's appearing; a thing of which neither Christ, nor one of the writers of the New Testament, ever gave the least intimation. It is declared that many shall be deceived. This is strikingly fulfilled. This false prediction is founded upon prophecies of the Old Testament, which are to be fulfilled only in the new earth after Christ has come. The sixtieth chapter of Isaiah is one of these Scriptures, to be fulfilled, as we learn from the 21st verse, in a land which all the righteous shall inherit forever; of course not in this land, which is reserved unto fire, and

therefore not till after Christ's coming. But this prophecy of a temporal millennium has "deceived many", who love the Lord Jesus, to put off his coming; and other multitudes, who know not Christ, are deceived in the same way, with the cry of "peace and safety, while sudden destruction is about to come upon them as travail upon a woman with child, and they shall not escape." This false prediction of a temporal millennium previous to Christ's coming, is a fatal delusion, and will prove eternally so to many souls; because it will lead them to defer preparation for the Lord's coming until it shall be eternally too late. Not that the dear brethren who hold to it are willfully uttering falsehood, but that they are deceiving themselves, and deceiving others, while they should be faithfully sounding the alarm, and warning the world to prepare for the coming of the great and notable day of the Lord. False prophets have arisen, and many have indeed been deceived. This sign therefore is fulfilled.

(7.) Iniquity shall abound, and love wax cold. This is emphatically true, of vast multitudes of professed Christians, at this moment. Iniquity is love of this present world. "Demas hath forsaken us, having loved this present world." "If any man love the world, the love of the Father is not in him." When the gospel was first preached, we read that "as many as were possessors of lands or houses, sold them, and brought the prices of the things that were sold and laid them down at the apostles' feet; and distribution was made unto every

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man according as he had need." Thus obedience was rendered to the injunctions of Christ, "Sell that ye have and give alms; provide for yourselves bags which wax not old, a treasure in the heavens that faileth not, where no thief approacheth, neither moth corrupteth." "Lay not up for yourselves treasures on earth," etc.

But what has been the course of multitudes of professed Christians for the last fifty years? Much indeed has been done, by way of missionary effort, to spread the gospel, and bring to pass that temporal millennium for which we have been looking; but instead of selling houses and lands for such an object, Christians have been laboring to add house to house and field to field, and by all manner of speculations to increase their worldly substance, and get to themselves a treasure on

earth. I know the pretence has been, to make money for doing good; that is, ten dollars to the contribution-box, and ten thousand to purposes of personal aggrandizement – so as to be able to dwell in a fine house, and drive a splendid equipage, and wear purple and fine linen every day; and thus, by a respectable appearance among men, to give respectability to the religion of the meek and lowly Jesus. All this time the love of this present world has been increasing in the hearts of Christians, and in equal proportion their love to Christ has been waxing cold; because the love of this present world, and the love of Christ are perfect incompatibilities. Hence, love to Christ has waxed so cold, through the love of this world, that when we now tell professing Christians, that their Savior, "who gave himself for their sins, that he might deliver them from this present evil world, according to the will of

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God and our Father," is coming soon to complete that deliverance, and give his people to inherit forever that new earth wherein dwelleth righteousness; multitudes who profess to love Christ above all, are by no means willing to see him. They love this present evil world so well, that it is pleasure to them to believe that Christ will not come under a thousand years; and some think that there is great glory in the thought, that his coming may be delayed 360,000 years. So that, instead of needing now the inspired injunction, "Be patient, brethren, for the coming of the Lord draweth nigh," many professed friends of Christ seem greatly to want patience to endure being told, that their glorious Lord and Master is now to appear. Has the grace of patience so greatly increased since the days of the apostles, that Christians now can so well endure to have their Lord's appearing delayed for thousands of years? No-no. Such Christians love this present world, and therefore they wish it to remain. Their love to Christ has waxed cold, and they wish him not to come; they do not love his appearing. This sign is fulfilled.

"But he that endureth unto the end, the same shall be saved." He whose

love to Christ and his glorious and everlasting kingdom shall hold out, through all this earthliness, so that he trample this world beneath his feet, and love and look out for the coming of his Lord, "and seek a better country, even an heavenly," "the same shall be saved."

I am fully convinced that the doctrine of a temporal millennium, by putting off the expectation of Christ's speedy coming, from the minds of his people, has accomplished a vast amount of evil, in causing iniquity, that is, the love of this world, to increase, and love to Christ and his glorious kingdom to wax cold. Tell Christians that this world is accursed of God, and reserved unto fire against the day of judgment and perdition of ungodly men, and that Christ's glorious kingdom, which is to stand forever, can be found only in that new earth which John saw in vision, after that the first heaven and first earth had passed away – and that there only the tabernacle of God is to be with men, and he is to "dwell with them and be their God, and there wipe away all tears from their eyes, and there shall be no more death, neither sorrow nor crying, nor pain;" tell them that the time is near, when Christ will come, and this world

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be no more, and you strike at the root of their worldliness, and make them feel the importance of being prepared to meet their Lord. I do not say that all whose hearts are fixed on a temporal millennium have that expectation because of their want of love to Christ. I do believe that this is true of vast multitudes; while some who love Christ truly are deceived, expecting the glory of the Lord in a temporal millennium in this accursed world, which must pass away; instead of Christ's immortal glory in that new earth which is to remain. See Isaiah lxvi. 22.

(8.) "The gospel shall be preached in all the world, for a witness unto all nations, and then shall the end come;" – the end of the world, of which the disciples inquired. Some maintain that this preaching of the gospel in all the world for a witness to all nations, proves that the world is to be converted: but this is impossible, for the children of the wicked one are to remain here till the harvest at the end of the world. Has the gospel been preached in all the world since Christ uttered this prediction? The gospel was preached in Asia in the first century, in Africa in the fourth century; it has gone over Europe, over this continent, to the shores of the Pacific. Multitudes beyond the Rocky Mountains have been converted. The isles of the Pacific have received God's law. Thousands have there embraced the gospel. Since about the commencement of the nineteenth century, the Bible has been translated into about a hundred and sixty different languages, and missionaries are at this moment in nearly, if not quite, every nation under heaven. And now, since the children of the wicked one are to remain till the end of the world, and Christ at his coming is to find the

world as before the flood, and in the days of Sodom, I see not what more we have to expect. I cannot resist the conviction that even this sign is fulfilled.

Our Savior, having given his disciples the foregoing signs of his coming and of the end of the world, then directs them what to do at the time when Jerusalem shall be destroyed.

4. "When ye shall see the abomination of desolation spoken of by Daniel," or, as it is by Luke, "when ye shall see Jerusalem compassed with armies, then know that the desolation thereof is nigh;" therefore flee into the mountains.

Those who oppose the truth that the coming of Christ is near, tell us that the abomination of desolation spoken of by Daniel was Antiochus Epiphanes, and that the prophetic periods in Daniel had their fulfilment in him, and of course can have no reference to the present time. But Antiochus died about 170 years before Christ was born, while this was a power that was to compass Jerusalem with armies at a period still future, when Christ spake the words we are considering. Of course it could not refer to a power which had ceased to be, two hundred years before. It is therefore certain that the 2300 days in the eighth of Daniel, unto which this abomination was to continue, since they referred to this abomination, could not have been fulfilled in Antiochus. Since, therefore, they refer to the Romans, they must have denoted years, instead of literal days, as many claim; and since the time appointed reaches to the end of indignation, when the sanctuary shall be cleansed, the 2300 days must measure the time of pagan and papal Rome, at the end of which the Ancient of days shall come, with his fiery flame, and his wheels of

burning fire, and the body of the beast shall be slain and given to the burning flame. Thus shall the sanctuary be cleansed.

5. Having directed his disciples to flee when Jerusalem should be compassed with armies, and informed them that this fact would be a sign to them that the desolation thereof was nigh; our Savior again directs their attention to the things of which he had already spoken as betokening his coming and the end of the world; and directs them how to distinguish between false Christs and his own second advent. They would be seen in deserts and secret chambers, but He like lightning from heaven.

6. Another sign of his coming, not previously mentioned, is now presented. "The sun shall be darkened, and the moon shall not give her light, and the stars shall fall from heaven, and the powers of heaven shall be shaken."

John tells us, in Revelation xii. 1, that he saw a woman clothed with the sun, and the moon under her feet, and upon her head a crown of twelve stars. This woman fled into the wilderness, where she had a place prepared of God, that they should feed her there a thousand two hundred and threescore days. This refers to the time when the church of Christ, (the light of the world, through the light received from Christ,) was persecuted and driven into dens or caves of the earth, and

the light of her sun, moon, and stars quenched; so that the deep, moonless, starless midnight of the dark ages brooded for centuries over the world. This was the dark night of papal authority, when the church, for a thousand two hundred and threescore days, (each day denoting a year,) or time, times, and a half, was given into the hands of that power. This period commenced when the bishop of Rome became Pope, in 538, and ended when the Pope was carried captive, in 1798; since which time an angel has been flying in the midst of heaven, having the everlasting gospel to preach to them that dwell on the earth, and to every nation, and kindred, and tongue, and people; saying, "Fear God, and give glory to him, for the hour of his judgment is come: and worship Him that made heaven and earth, and the sea, and the fountains of waters. And there followed another angel, saying, Babylon is fallen, is fallen, that great city, because she made all nations drink of the wine of the wrath of her fornication."

This darkening of the light of sun, moon, and stars, must have a figurative fulfilment, because there is to be no sign of our Savior's coming that will open the eyes of an unbelieving world, until he shall come upon them as a thief in the night. The literal darkening of sun and moon, and the falling of stars from heaven to earth, would be what none could disregard. Since, therefore, it must be a sign which

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unbelievers will disregard, it must be figurative. In the way now described, it has had its fulfilment. It is the last sign which our Savior gave: and in the Revelation, the last sign previous to the fall of Babylon is that very preaching of the gospel for a witness, in relation to which our Savior said, in this very chapter, the gospel shall thus be preached, and then shall the end be; that is, the end of the world, at Christ's coming; of which the disciples had inquired; or the fall of Babylon. The angel flying to preach that gospel is to cry with a loud voice, Fear God and give glory to him, for the hour of his judgment has come; not the hour of the world's conversion, but of its destruction. Another follows, saying, "Babylon is fallen."

Everything, therefore, mentioned by our Savior to precede his coming in the clouds of heaven with power and great glory, has transpired. And he has told us, when ye see these things, be as sure that my coming is at the doors, as that summer is nigh when ye see the trees putting forth leaves. It is, therefore, a matter of certainty, as absolute and unchanging as the truth of Him who cannot lie, that the coming of Christ in the clouds of heaven is near, even at the doors. Everything set forth in Daniel, and in

Revelation, and in the words of our Savior, and of his apostles, to precede his coming, has transpired. Not an event is mentioned in these prophecies which is not now in the past, not a sign named which is not now fulfilled. All that can now be done, by way of effort to prove that the Lord's coming is still to be delayed, is the attempt to make it appear that all the earth is to be filled with the glory of the Lord, before Christ comes to destroy it. But this is impossible – impossible – impossible. The children of the wicked one, I repeat, are to remain to the harvest, at the end of this world; and when Christ's dominion commences, it is to be without end; and when the saints take the kingdom with him, they are to possess it forever, even forever and ever." Again I say, therefore, that a temporal millennium is impossible.

"But of that day and hour knoweth no man," etc. True; but that it is near, even at the doors, we do know. Prophetic events which were to precede, have all come to pass. Signs are all fulfilled, and all prophetic periods terminate in 1843. (See works of Miller, Litch, and others.) {1842 CF, The Glory of God in the Earth, pages 19.4 to 32.2}



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FourAngelsMessages.com—All of our monthly magazines, speaking schedules, YouTube links, PayPal donation processing.

ConvertingTheSoul.com—Morning, mid-day, and evening post where we supply a Bible verse and comment working through the Old Testament verse-by-verse in the morning, various thoughts around noon, and working through the New Testament verse-by-verse in the evening. Made for the general public.

HaveOneMindInChrist.com—All three books for free in PDF, News with comments appearing before they come out in print, and the general monthly publication for the general public.

Which Day of the Week is God's?

Jerry O'Donnell

As Seventh-day Adventists, we should be able to quickly state, "That the Son of man is Lord also of the sabbath" (Luke 6:5). You would not be wrong, but you are also not wholly correct. Are we stating that we can pick any day as God's day? Are we about to say that calling Sunday the "Lord's day" is alright? Absolutely not! And that goes to both of those questions.

Before answering the main question, let us ask another question. How much of your income is God's? As good standing Seventh-day Adventists, we should be able to quickly quote, "the tenth shall be holy unto the LORD" (Leviticus 27:32). Again, you would not be wrong, however you are also not wholly correct. Are we saying that offerings should be considered in the equation? That is a bit closer to the correct answer but, again, not wholly correct either.

Let us see if you can answer the question yourself through this real scenario of many Seventh-day Adventist households, though not necessarily true Seventh-day Adventists.

In such households, the Sabbath comes in and in usual manner, prior to the sunset the house was made ready, the Sabbath meal was prepped for simple reheating during the day, and all distractions were put away. The family may attend Sabbath school and a church service and, in many circles, maybe even an afternoon service. As the sun appears to set Saturday night, the family begins to gather around to close out the Sabbath with some traditional

manner or they just wait until the sun is very much down without any acknowledgment. They may even "guard the edges" as we are told through Ellen White's writings.

During winter Sabbaths, the number of hours left Saturday night, technically the first day of the week, are numerous. Here in central Pennsylvania, with a cushion of time to guard the edges, it still can be taken out by around 5:00 p.m. That leaves quite a few hours in the evening, especially if one does not adhere to the suggested bed time of 9:30 p.m. or so. Now seeing that the Sabbath is out, the family is free to do whatever they would like or need to take care of. The parents may hop in the car to run to the store to take advantage of that "Saturday only sale" on items they really did not need but just cannot pass up such a deal. The older child or children may contact their friends, many of which are not Seventh-day Adventist, and go hang out with them, and while "hanging out", who knows what is passed around: inappropriate conversation, a little sip of something the Bible condemns, etc.? The younger child or children, though able to stay home alone and possibly may even watch other younger siblings, whip out the video games and play all sorts of things since it is just video games. That could include shooting games, scantily dressed characters, thievery, magic, etc.

So, did you figure out the correct answers to both questions? If not, let us provide the answer now. The answer is that every day of the week is God's. It is just that only one, and a very specific one, is considered holy,

but how we spend our God-given time all seven days is all accountable to God.

Let us read carefully what the commandment states: “Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day [is] the sabbath of the LORD thy God: [in it] thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that [is] within thy gates: For [in] six days the LORD made heaven and earth, the sea, and all that in them [is], and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it” (Exodus 20:8-11).

Many of us focus upon the “seventh day” part of the commandment to keep it holy and it being the true Lord’s Day, but that neglects the application of the command “six days shalt thou labor and do all thy work”. To “labor” is just as much as a command as keeping the seventh day holy.

In our scenario, Ellen White would state, “They do not act like sensible beings, whose life is capable of measuring with the life of God, and who are accountable to him for every

hour of their time” {YI, July 20, 1893 par. 8}. “They are reckoned among the godless company, and must give an account to God for their wasted time and money” {RH, March 6, 1894 par. 4}. “And again, time is wasted; time that is not your own, but lent you of God; and he holds you responsible for it; and in the day of judgment you must give an account what disposition you have made of your time” {YI, June 1, 1856 par. 5}.

We are accountable for every moment of time during the whole week. There is no “my time” at all. There is only God’s time. In other words, we need to be careful of how we use our God-given time. There are responsibilities to tend to and careless moments to avoid. Although God does not expect anyone to be constantly in the motion of work, we need to be careful of “gossip time”, “wasted time”, and “private sin time”. And “private sin” does not have to involve watching pornography. Reading, listening to, and watching content that is inappropriate, especially with foul words flying around along with bad character representation, is still “private sin”, even if nudity is not present.

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There is a difference between “my time” and recouping from a bit of exhaustion. As Ellen White states, “There is a distinction between recreation and amusement. Recreation, when true to its name, re-creation, tends to strengthen and build up. Calling us aside from our ordinary cares and occupations, it affords refreshment for mind and body, and thus enables us to return with new vigor to the earnest work of life. Amusement, on the other hand, is sought for the sake of pleasure and is often carried to excess; it absorbs the energies that are required for useful work and thus proves a hindrance to life’s true success” {Ed 207.1}.

So, let us address the money matter then. The correct answer, using the same pattern as we addressed time, is that it is all God’s money. It is just that He expects us to provide tithe and offering in the form of supporting the ministry work to be practiced. The rest of the money is not ours to spend freely. No, it does not have to be wholly spent on things

needful or godly. Even Ellen White spent a bit of money in beautifying her property. Now, when I stated that she spent “a bit of money”, that is not to imply the words “quite a bit”. Just as stated, she used a portion of her means to make the house presentable, inside and out. Is that a real need? Of course not! However, it is an impression thing that can detract from sharing the gospel. A dilapidated house shows neglect. And neglect speaks volumes in a negative manner to those we are trying to witness to.

“‘We are laborers together with God,’—‘stewards of the manifold grace of God.’ The knowledge of God’s grace, the truths of his Word, and temporal gifts as well, — time and means, talent and influence, — are all a trust from God to be employed to his glory and for the salvation of men” {RH, December 24, 1908 par. 10}.

So, how do you spend your time and means?



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How Do You Resolve It?

Jerry O'Donnell

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.

Are Our Sins to Be Covered or Not?

Psalms 32:1 Blessed [is he whose] transgression [is] forgiven, [whose] sin [is] covered.

Proverbs 28:13 He that covereth his sins shall not prosper: but whoso confesseth and forsaketh [them] shall have mercy.

The answer is yes and no. It all depends who is covering the sin and how the word “cover” is being used. Psalms 32:5 sheds some light on the matter: “I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin.”

If we choose to hide or cover up our sinning with excuses, then we ought not do that. Any sin remaining on our record in Heaven that has been excused away will crush us in the end, and we shall miss out on eternal life. Those sins will not be covered to our benefit by Jesus.

Too often people are worried about their reputation, especially if a sin involves another person that they harmed in the process, one way or another, from simple feelings getting hurt to having something taken or made to be disadvantaged, or even really getting hurt physically. All of these and other examples require restitution. Confessing sins to God alone is not all that is necessary. A

bank robber repentant for stealing from a bank needs to return the money and not benefit from his old life. In so doing, they may have been covering up their sins through lies and deception, and despite confessing the sin to God, they need to confess it to the party they hurt, and deal with the consequences. So, that type of covering up is dangerous to the soul.

However, according to Psalms 32:5, by not trying to hide the sin, but confessing the sin, allows Jesus to blot the sin from the record books, which is the covering we need. It is like going out to dinner and running up a bill. When the bill arrives with the balance of zero, that would startle the person that ran up the bill. Upon asking the waiter why the balance is zero, the waiter may say, “There was a gentleman at the next table who decided to COVER your bill.”

Jesus paid the price for our sinfulness. This is stated in the Bible as being equated with debt. And all of our good works can never cover our past. In fact, Jesus stated, “when ye shall have done all those things which are commanded you, say, We are unprofitable servants: we have done that which was our duty to do” (Luke 17:10). The best we can ever be is unprofitable. Yet, it is the profitable that go to Heaven. So, how is that possible? It is possible because

Jesus covers our sins with His blood; again, He has paid the price.

So, us covering up our sins with lies, deception, or simply not drawing attention to ourselves, is the wrong type of covering. Saying, “God will understand” is the wrong type of covering. Claiming that people of the past smoked and drank, like Martin Luther, and yet he is expected to be

in Heaven is no justification for us today who know better and that is a poor covering to think of using. The only cover that matters is from Heaven, and we receive that covering only through confession, forsaking, and making restitution where necessary.

May the true cover be upon our sins.



Keep the Sabbath Holy

Jerry O'Donnell

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.

Let Us Stay Awake

Ellen White penned, **“Let none come to the place of worship to take a nap. There should be no sleeping in the house of God. You do not fall asleep when engaged in your temporal business, because you have an interest in your work. Shall we allow the service which involves eternal interests to be placed on a lower level than the temporal affairs of life?”** {6T 361.4}.

The last line encompasses a lot. Many spend all of their energy at the weekly labor so as to please their supervisor, keep a job, etc., but because the Sabbath service is not something tangible, it does not seem to be worth as much effort.

Sure, some preachers are not the best of speakers and can lull people to sleep despite the content being beneficial. Although such situations are a challenge, we hope it is a rarity, and just maybe some suggestions will help.

For the church service, to help one stay awake during the sermon part, do give all to what leads up to it. It starts with not using the Sabbath hours to catch up on rest, but get out of bed. Stay on a consistent schedule as one would do for the daily job. Do not overeat at breakfast as a full stomach draws the blood from the brain to the digesting process. Attend Sabbath school and be prepared ahead of time with the answers to the questions as if it were a report to turn in during the “meeting”. Being ready to participate contributes to being alert. Easily being lost because you are not ready with the biblical answer, for there is not enough time to look up the verses during the class time, lacks in brain exercising and contributes to sleepiness. One would not attend a temporal meeting without prepping for it. Further, participate in the Sabbath school, as silence actually contributes to drowsiness. During the break in between Sabbath school and church service, get some fresh air. Now, when the church service begins,

make sure all activities are conducted to the best of one's ability. Primarily, sing as if you are the only singer even if you do not think you have a good voice. Again, simply being a by-stander contributes to drowsiness. When movement is expected, do not be lazy about it. Rush to your feet and do not be so quick to sit down. And when it comes to the actual sermon, have your Bible, not cell phone, ready to go and follow along. As an added attention activity, take notes as if you were attending an office meeting. Also, do not let your mind drift, but bring it back into

focus. Try to grasp each word being spoken, and if you know how something may be concluded, like a verse or statement, mouth it out. It does not have to be audible but do move the lips. All of these little exercise activities help with remaining alert.

Like the quote states, let us not allow our temporal affairs to have the better attention than the spiritual. Give every effort to stay alert and absorbing the contents.



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.

Exercise Conducive to Health.

The do-nothing system is a dangerous one in any case. The idea that those who have overtaxed their mental or physical powers, or who have broken down in body or mind, must suspend activity in order to regain health is a great error. In a few cases, entire rest for a time may be necessary; but such instances are rare. In most cases the change would be too great to be beneficial.

Those who have broken down by intense mental labor, should have rest from wearing thought; yet to teach them that it is wrong, or even dangerous, for them to exercise their mental powers at all, leads them to think their condition worse than it really is. They are nervous and are in danger of becoming a burden to themselves, as well as to those who care for them. In this state of mind

their recovery is doubtful indeed.

Those who have overtaxed their physical powers should not be advised to forego labor entirely. To shut them away from all exercise would in many cases prevent their restoration to health. The will goes with the labor of the hands; and when the will power is dormant, the imagination becomes abnormal, so that it is impossible for the sufferer to resist disease. Inactivity is the greatest curse that could come upon one in such a condition.

In the case of the invalid, physical exercise in the direction of useful labor has a happy influence upon the mind. It strengthens the muscles, improves the circulation, and gives him the satisfaction of knowing that he is not wholly useless in this busy world; but if he has nothing to occupy his time and attention, his

thoughts will be centered upon himself, and he will be in constant danger of exaggerating his difficulties.

If invalids would engage in some well-directed physical exercise, using their strength, but not abusing it, they would find it an effective agent in their recovery; in the case of many whose minds and imaginations are diseased, such exertion is indispensable to health. They may be able to do but little at first, but they will soon find their strength increasing, and they can increase the task they set themselves accordingly. Physicians often advise invalids to take an ocean voyage, to go to some mineral spring, or to visit foreign countries in order to regain health, when in nine cases out of ten, if they would eat temperately and take cheerful, healthful exercise, they would become well, and would save time and money.

Exercise aids the dyspeptic by giving the digestive organs a healthy tone. To engage in deep study or violent exercise immediately after eating, hinders the digestive process, for the vital force, which is needed to carry on the work of digestion, is called away to other parts. But a short walk after a meal, with the head erect and the shoulders back, exercising moderately, is a great benefit. The mind is diverted from self to the beauties of nature. The less the attention is called to the stomach, the better. If you are in constant fear that your food will hurt you, it most assuredly will. Forget your troubles; think of something cheerful.

More people die for want of exercise than from overwork; very many more rust out than wear out. Exercise quickens and equalizes the circulation. In idleness the blood does not circulate freely, and the changes

in the vital fluid, so necessary to health and life, do not take place. The little mouths in the skin, through which the body breathes, become clogged, thus making it impossible to eliminate impurities through that channel. This throws a double burden upon the other excretory organs, and disease is soon produced. Those who accustom themselves to working in the open air generally have a vigorous circulation. Men or women, young or old, who desire health and would enjoy life, should remember that they cannot have these blessings without a good circulation. Whatever their business or inclinations, they should feel it a religious duty to take as much exercise in the open air as possible.

Many have suffered from severe mental taxation, unrelieved by physical exercise. Ministers, teachers, students, and other brain workers do not become as intelligent as they should in regard to the necessity of physical exercise in the open air. They neglect this duty, a duty which is most essential to the preservation of health, and while closely applying their minds to study, they eat enough for a laboring man. The result is a deterioration of their powers, and they are inclined to shun responsibilities.

This is not true simply of the aged; men young in years have fallen into the same state. Some grow corpulent because the system is clogged. Others become thin and feeble because their vital powers are exhausted in throwing off the excess of food. The liver is burdened in its efforts to throw off the impurities of the blood, and sickness is the result.

When the mind is continually taxed with study and the body is allowed to be inactive, the nerves of emotion are excited, while those of motion

are not called into exercise. The mental organs are enfeebled through overwork and the muscles through lack of employment. There is no inclination to exercise; exertion seems to be irksome.

What these persons need is a more active life. Physical exercise, a diversion from mental effort, would draw the blood from the brain. Strictly temperate habits, combined with proper exercise, would preserve both mental and physical vigor, and give power of endurance to all brain workers.

Those whose habits are sedentary,

should, when the weather will permit, walk out in the open air every day, summer and winter. The clothing should be suitable and the feet well protected. Walking is often more beneficial to health than all the medicine that can be prescribed. For those who can endure it, walking is preferable to riding, for it brings more of the muscles into exercise. The lungs also are forced into healthy action, since it is impossible to walk briskly without inflating them.

Manuscript 58, 1890



Healthy And Delicious Recipes

Lisa O'Donnell

Pumpkin Bars

Ingredients:

Crust:

- 1 c rolled oats
- 2 Tbsp monk fruit sugar
- 1 ½ c almond flour
- 1 Tbsp maple syrup
- ¼ tsp sea salt
- 4-5 Tbsp melted coconut oil

Filling:

- 2 ¾ c pumpkin puree
- 2 ½ tsp cornstarch
- ¼ c maple syrup
- 1 ¾ tsp pumpkin pie spice
- ¼ c monk fruit sugar
- ¼ tsp sea salt
- ¼ c unsweetened plain almond milk

Directions:

1. Preheat oven to 350°.
2. Line an 8x8 inch baking dish with parchment paper.
3. To make crust, add oats to blender/food processor and blend until it has the consistency of flour.
4. Then add almond flour, salt and sugar, and mix once more.
5. Then add maple syrup and melted coconut oil and mix to combine.
6. Add crust to parchment paper-lined dish and press the crust down to pack it down, making it even.
7. Bake 20 minutes.
8. Set aside to cool.
9. While crust cools, add all filling ingredients to blender and combine until smooth. Scraping

- down sides as needed.
10. Taste and adjust seasonings as needed.
 11. Once crust is cooled, pour filling into the crust and tap out air bubbles.
 12. Bake 50 min to 1 hour.
 13. Remove from oven and cool completely.
 14. Lightly cover and refrigerate overnight (at least 4-6 hours).



The dessert should be placed on the table and served with the rest of the food; for often, after the stomach has been given all it should have, the dessert is brought on, and is just that much too much.—Letter 53, 1898 {CD 334.3}

Natural Vitamins

Jerry O'Donnell

Health Benefits of Eating Avocados

1. They are high in a number of important nutrients, many of which are lacking in modern diets.
2. They are high in fiber, providing about 14 grams in each avocado.
3. They could help protect against heart disease.
4. They are packed with bioactive compounds including carotenoids, vitamin C, vitamin E, and phenolic compounds.
5. They may help promote a healthy body weight.
6. They have lutein and zeaxanthin, which absorb light waves that can harm your vision.
7. They may boost the mood being that they contain a significant amount of folate.
8. They can fight inflammation in the body and protect your arteries by improving cholesterol and triglyceride levels.
9. They convert into energy.
10. They give you a good dose of vitamin E, which may help protect against Alzheimer's disease and slow decline in your memory and thinking skills.
11. They may help improve bone density and prevent fractures.
12. They are low in carbs and sugar and high in healthy fat and fiber and therefore, friendly for someone with diabetes.
13. They have oleic acid, a monounsaturated fatty acid (also found in olive oil and nuts) that can slash the odds of breast cancer.
14. They contain avocatin B which can kill leukemia cells, according to a lab study.
15. They may help relieve symptoms of an enlarged prostate.



Authorized KJV vs Catholic Bible

Jerry O'Donnell

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.

Atonement or Reconciliation?

Although the terms are used almost interchangeably, according to the Oxford dictionary, "atonement" means "reparation or expiation for sin" while "reconciliation" means "the restoration of friendly relations".

Admittedly, the original Greek word translated as either "reconciliation" or "atonement" as being "katallage" has been translated into "reconciliation" twice and "reconciling" once elsewhere in the King James. The fourth and final translation is in **Romans 5:11** where the word "atonement" appears.

Most may dismiss this as being a little picky, however, with Jesus fulfilling the feast day prophecies, we do not recognize the Feast of Reconciliation but rather the Feast of Atonement. In other words, though it appears to be a minor discrepancy between the versions, it should be significant among the learned Seventh-day Adventists as it undermines the connections we make between Jesus and the feast days.

King James Version: And not only [so], but we also joy in God

through our Lord Jesus Christ, by whom we have now received the atonement.

In Error (or in Discrepancy):

A Faithful Version: And not only this, but we also boast in God through our Lord Jesus Christ, by Whom we have now received the reconciliation.

American Standard Version: and not only so, but we also rejoice in God through our Lord Jesus Christ, through whom we have now received the reconciliation.

Amplified Bible: Not only that, but we also rejoice in God [rejoicing in His love and perfection] through our Lord Jesus Christ, through whom we have now received and enjoy our reconciliation [with God].

Anderson New Testament: And not only so, but we rejoice in God through our Lord Jesus Christ, by whom we have now received the reconciliation.

Aramaic Bible in Plain English: And not in this way only, but also we glory in God by our Lord Yeshua The Messiah, by whom we have now received the reconciliation.

Berean Literal Bible: And not only so, but also we are rejoicing in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Berean Study Bible: Not only that, but we also rejoice in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Catholic Public Domain Version: And not only that, but we also glory in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Christian Standard Bible: And not only that, but we also boast in God through our Lord Jesus Christ, through whom we have now received this reconciliation.

Contemporary English Version: And in addition to everything else, we are happy because God sent our Lord Jesus Christ to make peace with us.

Darby Bible Translation: And not only [that], but [we are] making our boast in God, through our Lord Jesus Christ, through whom now we have received the reconciliation.

Douay-Rheims Bible: And not only so; but also we glory in God, through our Lord Jesus Christ, by whom we have now received reconciliation.

English Revised Version: and not only so, but we also rejoice in God through our Lord Jesus Christ, through whom we have now received the reconciliation.

English Standard Version: More than that, we also rejoice in God

through our Lord Jesus Christ, through whom we have now received reconciliation.

Godbey New Testament: but not only so, but even rejoicing in God through Jesus Christ our Lord, through whom we now received reconciliation.

GOD'S WORD® Translation: In addition, our Lord Jesus Christ lets us continue to brag about God. After all, it is through Christ that we now have this restored relationship with God.

Good News Translation: But that is not all; we rejoice because of what God has done through our Lord Jesus Christ, who has now made us God's friends.

Haweis New Testament: And not so only, but we exult in God through our Lord Jesus Christ, through whom already we have received reconciliation.

Holman Christian Standard Bible: And not only that, but we also rejoice in God through our Lord Jesus Christ. We have now received this reconciliation through Him.

International Standard Version: Not only that, but we also continue to boast about God through our Lord Jesus the Messiah, through whom we have now been reconciled.

Lamsa Bible: And not only so, but we also glory in God through our LORD Jesus Christ, by whom we have now received the reconciliation.

Literal Emphasis Translation: And not only this, but we are also

boasting in God, because of our Lord Jesus Christ, through whom we now received the reconciliation.

Literal Standard Version: And not only [so], but we are also boasting in God, through our Lord Jesus Christ, through whom we now received the reconciliation;

Mace New Testament: and not only so, but we have present joy in God, through our Lord Jesus Christ, by whom we have now obtained the reconciliation.

NET Bible: Not only this, but we also rejoice in God through our Lord Jesus Christ, through whom we have now received this reconciliation.

New American Standard Bible: And not only this, but we also celebrate in God through our Lord Jesus Christ, through whom we have now received the reconciliation.

New Heart English Bible: Not only so, but we also rejoice in God through our Lord Jesus Christ, through whom we have now received the reconciliation.

New International Version: Not only is this so, but we also boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

New King James Version: And not only that, but we also rejoice in God through our Lord Jesus Christ, through whom we have now received the reconciliation.

New Living Translation: So now we can rejoice in our wonderful new relationship with God

because our Lord Jesus Christ has made us friends of God.

Smith's Literal Translation: And not only, but also boasting in God through our Lord Jesus Christ, by whom we have now received reconciliation.

Weymouth New Testament: And not only so, but we also exult in God through our Lord Jesus Christ, through whom we have now obtained that reconciliation.

World English Bible: Not only so, but we also rejoice in God through our Lord Jesus Christ, through whom we have now received the reconciliation.

Worrell New Testament: and not only so, but we are rejoicing in God through our Lord Jesus Christ, through Whom we now received the reconciliation.

Worsley New Testament: And not only so, but we also boast in God through our Lord Jesus Christ, by whom we have now received reconciliation.

Young's Literal Translation: And not only so, but we are also boasting in God, through our Lord Jesus Christ, through whom now we did receive the reconciliation;

Correct, This Time:

Bishops' Bible of 1568: Not only so, but we also ioye in God, through our Lorde Iesus Christe, by who we haue nowe receaued the atonement.

Coverdale Bible of 1535: Not onely that, but we reioyse also in God thorow oure LORDE Iesus

Christ, by whom we haue now receaued the attonement.

Geneva Bible of 1587: And not onely so, but we also reioyce in God through our Lord Iesus Christ, by whom we haue nowe receiued the atonement.

Tyndale Bible of 1526: Not only so but we also ioye in God by the

meanes of oure Lorde Iesus Christ by whom we have receayd the attonment.

Webster's Bible Translation: And not only so, but we also joy in God, through our Lord Iesus Christ, by whom we have now received the atonement.



Questions And Answers

Jerry O'Donnell

Allow at least three (3) months before your question may appear.

QUESTION: Which is more important: to dress to please Jesus (Deuteronomy 22:5) and be covered with His robe of righteousness or to keep the Sabbath holy (Exodus 20:8)?

ANSWER: Neither is more important than the other. "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind" (Matthew 22:37). All means that we do all that is expected with the same amount of God given ability. All of it is equal. If we neglect one area then that would not be our all. So, in addition to dressing approvingly, keeping holy the Sabbath day, we are to do everything to the glory of God for "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God" (1 Corinthians 10:31).

QUESTION: Was Jesus hung on a pole or cross?

ANSWER: Galatians 3:13-14 tells us that some form of a tree was involved. "Christ hath redeemed us from the curse of the law, being made a curse for us: for it is written,

Cursed [is] every one that hangeth on a tree: That the blessing of Abraham might come on the Gentiles through Jesus Christ; that we might receive the promise of the Spirit through faith."

Further, Luke 23:26 states, "And as they led him away, they laid hold upon one Simon, a Cyrenian, coming out of the country, and on him they laid the cross, that he might bear [it] after Jesus." A pole would not be called a cross.

Finally, let us look at the layout of the tribes stationed around the tabernacle in the time of Moses. The use of "by him" in a number of verses in Numbers chapter 2 indicate the tribes were next to each other. Most artists draw a tabernacle surrounded with all twelve tribes in neat little sections forming a square or rectangle. If that were the case, then why does the Bible not simply list the three tribes to the west, north, east, and south? Why are the words "by him" used in reference to certain tribes and for others the words "and then" to imply more of a distance away from the tabernacle as opposed

to being next to the tabernacle.

Plainly spoken, we have a tabernacle in the center. On the west side is “the camp of Ephraim” (Numbers 2:18). “And by him [shall be] the tribe of Manasseh” (Numbers 2:20), and “Then the tribe of Benjamin” (Numbers 2:22). Instead of thinking the tribes as Ephraim on top, Manasseh in the middle, and Benjamin on the bottom all on the west side of the tabernacle, think of it as Ephraim is the tribe on the west side of the tabernacle. To the west of Ephraim would be the tribe of Manasseh because the Bible states that Manasseh is by Ephraim and not necessarily next to the tabernacle. And then further west would be the tribe of Benjamin. The same would be on the east with Judah encamped next to the tabernacle. Further east would be “next unto him [shall be] the tribe of Issachar” (Numbers 2:5). So, next to Judah but not against the tabernacle is Issachar. “[Then] the tribe of Zebulun” (Numbers 2:7) would be even further east. Take notice of the word “then”. Again, the tribe of Judah would be next to the tabernacle, with Issachar next to Judah but not next to the tabernacle, and then would be Zebulun where they are not next Judah or the tabernacle but, in a line, away from the tabernacle.

In this fashion, going north and south as well in the linear location would form a cross, confirming that the plan of salvation involves a cross and not a pole. Do remember, “Thy way, O God, [is] in the sanctuary” (Psalms 77:13).

QUESTION: Can you elaborate on “the synagogue of Satan” referenced in Revelation 2:9 and 3:9?

ANSWER: These are not Satanists.

These are not people who worship Satan or even have a church building for Satan, although such places do exist today, but rather Proverbs 21:16 sheds light on the matter: “The man that wandereth out of the way of understanding shall remain in the congregation of the dead.” So, “church” or “congregation” are words that can be interchangeable and imply a spiritual application. And being with the dead or with Satan are also interchangeable and not necessarily reserved to worshipping a deity. It also implies that teaching that is set forth in the Bible, “He that is not with me is against me; and he that gathereth not with me scattereth abroad” (Matthew 12:30). We can attend the same physical church but one may be in the Church of God while the other is attending the Church of Satan. It is no different from what Jesus stated, “I tell you, in that night there shall be two [men] in one bed; the one shall be taken, and the other shall be left. Two [women] shall be grinding together; the one shall be taken, and the other left. Two [men] shall be in the field; the one shall be taken, and the other left” (Luke 17:34-36).

Now Jesus said, “Follow me; and let the dead bury their dead” (Matthew 8:22). Dead people cannot bury dead people, and so Jesus does not make sense, taken literally. Now, if one understands that the first reference to “the dead” is spiritual, then it does make sense. Let the spiritually dead bury the dead people.

So, to be part of the congregation of the dead, one is attending a place that is not preaching lively sermons. And by “lively sermons”, we are not talking about a preacher shouting and jumping and dancing to be very animated. We are talking about the words the lead people to eternal life.

Proverbs 19:27 tells us specifically, “Cease, my son, to hear the instruction [that causeth] to err from the words of knowledge.” Instruction from the pulpit that causes one to err from knowing the true God is what is taught among the congregation of the dead.

Now, we think that any church that is teaching error would constitute being part of the congregation of the dead and is usually referred to those of other denominations. Sadly, our own denominational churches can also be part of the same congregation – the dead. All those that fail to teach the doctrines unique to our movement, that fail to encourage the congregation to be active in teaching

the public about the antichrist and the mark of the beast along with the other truths, that fail to reinforce our past history, etc., can be part of the congregation of the dead.

Come to think about it, most Seventh-day Adventists would not even apply the term “congregation of the dead” to other denominations as the ecumenical train continues to chug along. I guess that would mean that the application applies solely to those that are considered “unchurched”, maybe just to those satanists after all, even to them that do not attend church, nor are a member of a particular church.



Prophecy Made Plain

Jerry O'Donnell

Millerite Movement in Revelation 10

How do we know that the Millerite movement fulfills Revelation 10?

There are significant clues that are given in Revelation 10 that when pieced together that only the Second Great Awakening movement fulfills, which is mostly attributed to the Millerite Movement.

Revelation 10 describes a worldwide message by stating, “he set his right foot upon the sea, and [his] left [foot] on the earth” (Revelation 10:2). The word “sea” refers to water and by Bible definition, “The waters which thou sawest, ..., are peoples, and multitudes, and nations, and tongues” (Revelation 17:15). This basically translates to being populated areas of the planet. The opposite of water is earth and therefore the opposite of populated

is unpopulated or sparsely populated areas. So, that covers every location on this planet.

Now, we already covered the “little book” referring to the book of Daniel (April, 2023), but that, too, is part of the identification. So, since the first coming of Christ, has there been a worldwide message using the contents of Daniel. That alone should be sufficient to identify with all those who preached the same message in addition to William Miller, and overall pointing to the Second Great Awakening.

However, there is a very specific item that clinches the connection. This is no generic message. The specific message would contain the contents of “that there should be time no longer” (Revelation 10:6). Some form of telling people that the world, as

we know it, is going to end. In the minds of many, that would equate to announcing the second coming, which is exactly what was being stated based not on the number 1,000 as many who lived in that year and prior were expecting Jesus to return. This message of “no more time” is by using the Book of Daniel in which there is but one timeline that insinuated such a message – the twenty-three hundred day prophecy. That, too, we already covered (November, 2022), but it would be part of the message.

One last point to make is this: the message of meeting Jesus would be in the “mouth sweet as honey” but end with the “belly was bitter” (Revelation 10:10). Something may taste good but once it hits the

stomach, it can be a great disappointment.

Now, with all of those identifiable marks, that points to only one event and one event alone – the Second Great Awakening. It was a worldwide message, telling about the second coming that would end life as we know it now and begin a new and grand experience, was based upon the Book of Daniel and specifically from the twenty-three hundred day prophecy, and those that proclaimed it were looking with joy towards the event, however, it ended in a bitter disappointment. Their attitudes were not bitter but having to face this dark world still a bit longer than desired is a bitter taste.



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.

April 2—Advent Messenger

The Presidents of the North and South German Union Conferences of Seventh-day Adventists “Praised” the Work of Ecumenical Unity Between Roman Catholics and Protestants

Presidents Johannes Naether and Werner Dullinger are praising Babylon’s efforts to unite the churches with Rome’s intoxicating wine. They are not teaching or defending the Seventh-day Adventist faith in these forums. As a result of these ecumenical worship services

and interfaith collaborations, Protestants are joining Roman Catholics en masse. Why are these leaders unable to discern their course? Solidarity with Rome will lead us to accept and celebrate Catholic rituals and traditions.

EGW: “As the storm approaches, a large class who have professed faith in the third angel’s message, but have not been sanctified through obedience to the truth, abandon their position, and join the ranks of the opposition.” {GC88 608.1}

April 3—Advent Messenger

At a Divine Sabbath Seventh-day Adventist Worship Service, a Puppet Declared, “I Haven’t Changed My Underwear in a Month”

On Saturday, March 18, 2023, the puppet ministry of Auburn Academy and Walla Walla University in Tacoma, Washington, joined the Alofau Seventh-day Adventist Church in American Samoa for “the entire divine service.” The puppets sang and told stories that Sabbath morning. One of the puppets even told the church congregation during the “divine service” that he hadn’t changed his underwear in a month.

EGW: “It is important also that the clothing be kept clean. The garments worn absorb the waste matter that passes off through the pores; if they are not frequently changed and washed, the impurities will be reabsorbed.” {CG 109.1}

Comment: By declaring such nonsense, it implanted into children’s minds an anti-health message by making light of it.

April 4—Advent Messenger

An Adventist Evangelist Cried Out During Jamaica’s Champs 2023, “Go Home and Keep the Sabbath Holy”

Evangelist Williams’ protest was also extended to any Seventh-day Adventist who might have been tempted to forgo Sabbath-keeping in order to attend one of the most prestigious and renowned track and field competitions in the entire country. Praise the Lord for the voice of protest, even if it was just one solitary voice. We know that the divine presence of the Almighty was with him.

EGW: “God has sent message after

message to arouse our churches to do something, and to do it now. But to the call of God, “Whom shall I send?” there have been few voices to respond, “Here am I, send me.” Through this neglect, many souls will lose the opportunity the Lord desired to give them.” {15MR 307.2}

April 5—Fulcrum 7

Southern Students to Host 'Fight Night' Boxing Complete with Rapper Entertainment

At 5:30 pm on Sabbath, April 15, the doors open for a community boxing event in Collegedale, TN. Called Fight Night, this event offers a carnival, a petting zoo, and a rapper performing at half time. This event is hosted by two Southern University students; Cole Gentry and Jake D’Avanzo.

Comment: Though it is held off campus, the fact that it occurs partially on the Sabbath is an abomination, clearly being blatant Sabbath-breakers and these two, along with their supporters, should be disciplined, and not only for Sabbath-breaking but supporting an offensive sport that God condemns compounds the issue.

EGW: “The way that they have been conducted at the college does not bear the impress of heaven. It does not strengthen the intellect. It does not refine and purify the character. There are threads leading out through the habits and customs and worldly practices, and the actors become so engrossed and infatuated that they are pronounced in heaven, lovers of pleasure more than lovers of God. In the place of the intellect becoming strengthened to do better work as students, to be better qualified as Christians to perform the Christian duties, the exercise in these

games is filling their brains with thoughts that distract the mind from their studies.” {2SM 322.2}

April 18—Fulcrum 7

Andrews University Adds LGBTQ+ Group to The Official University Faith App

Bible: Romans 1:26-27 “For this cause God gave them up unto vile affections: for even their women did change the natural use into that which is against nature: And likewise also the men, leaving the natural use of the woman, burned in their lust one toward another; men with men working that which is unseemly, and receiving in themselves that recompence of their error which was meet.”

Comment: Even God basically has given up on such a community. Those that come out of it, of course, are restored in God’s eyes, but why are we, as a people in general, making accommodations for that which God has given over basically to the devil.

April 21—Advent Messenger

Ecumenism at its Worst: Several Adventist Pastors and Theologians Join Catholics and Evangelicals to Promote a Generic Day of Rest for the Stressed-out Modern World

EGW: “Men will employ every means to make less prominent the difference between Seventh-day Adventists and observers of the first day of the week. A company was presented before me under the name of Seventh-day Adventists, who were advising that the banner, or sign, which makes us a distinct people should not be held out so strikingly; for they claimed that this was not the best policy in order to secure success to our institutions. But this is not a time to haul down our colors, to be ashamed of our faith” {6T 144.1}.

April 25—Advent Messenger

Adventists Participated in the First Ever Queer Interfaith Meeting that Promoted “Queerituality,” the Union of Queerness and Spirituality

EGW: “The question may be asked, Are we to have no union whatever with the world? The word of the Lord is to be our guide. Any connection with infidels and unbelievers that would identify us with them, is forbidden by the Word. We are to come out from among them, and be separate. In no case are we to link ourselves with them in their plans of work.” {GW 394.1}



News And Comments

March 31—Washington Times

Pelosi ripped for tweet saying Trump can ‘prove innocence’ at trial

“A presumption of innocence means that any defendant in a criminal trial

is assumed to be innocent until they have been proven guilty,’ the law school states.” This attitude that is actually no mistake but a purposeful intent to brainwash the public to turn the position on rights that people

have will be used against those that refuse to go along with the Mark of the Beast. To be called into court to prove innocence at that time instead of being guilty makes it easier for the courts to jail and execute those that do not consent to the Mark. This change in society's understanding is evident because those involved with setting up the image of the beast will "cause that as many as would not worship the image of the beast should be killed" (Revelation 13:15). Society supporting such an attitude goes against the laws of the land of today. Evidently the law is ignored or changed into having to prove innocence.

April 5—Rolling Stone

MAGA Pastors: Trump Was Indicted for Your Sins

Equating Donald Trump with terms belonging to Christ alone is mixture of the world with religion. "No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon" (Matthew 6:24).

April 1—Huffington Post

My Dying Mom Chose To End Her Life With Dignity. Then Her Choice Was Stolen From Her.

This is nothing short of a sympathetic article to have people permit right-to-die. Instead of dying from a terminal illness that wrecks havoc with the body, and also one's accumulated wealth, suggesting the option to take something that allows a peaceful passing instead by their own hands. Here is the verse(s) in the Bible that permits this form of dealing with such terminal situations: ... (there are

none). Yes, it is sad to see one suffer like that and it seems we are more humane to animals than to humans, but we have not been given the license from God to determine when our time is over. Even in our dying moments or closing moments, we can still provide a witness to Christ. And that is what we are called to be – witnesses (Acts 1:8).

April 3—CNN

A Florida toddler found in an alligator's mouth was put in the lake by his father, police say

The Bible states, "Can a woman forget her sucking child, that she should not have compassion on the son of her womb? yea, they may forget, yet will I not forget thee" (Isaiah 49:15). Now, we need to ask, "Can a father murder his own child?" What a very sad world we live in.

April 5—Today

Social media prank left California mom of two hospitalized: 'Instantly it was dark'

Pranking, fooling, jesting, etc. are all in the same category. People will even go as far as to say, "Everyone else does it!" "So [is] the man [that] deceiveth his neighbour, and saith, Am not I in sport?" (Proverbs 26:19). Ephesians 5:3-4 states that "let it not be once named among you, as becometh saints; Neither filthiness, nor foolish talking, nor jesting..."

April 9—Rolling Stone

Ghost Blasphemously Celebrate Easter With Genesis Cover 'Jesus He Knows Me'

Although the video attached reveals the serious hypocrisy of most

Christian preachers, especially those that are multi-millionaires, the intent of the video is to discredit all Christianity, from hypocritical preachers to blind donors that enable the lewd behavior. It is blatantly an attempt to smack God in the face. "Because sentence against an evil work is not executed speedily, therefore the heart of the sons of men is fully set in them to do evil" (Ecclesiastes 8:11).

April 10—Daily Mail

Abuse survivors' network blasts Dalai Lama's 'blatantly sexual act' after he asked a 12-year-old boy to suck his tongue in public - before the 87-year-old head monk's office said he was just being 'playful'

"But whoso shall offend one of these little ones which believe in me, it were better for him that a millstone were hanged about his neck, and [that] he were drowned in the depth of the sea. Woe unto the world because of offences! for it must needs be that offences come; but woe to that man by whom the offence cometh!" (Matthew 18:6-7). Even immoral people, like Cardi B., has come out condemning this action. What utter nonsense that is allowed in the world today with but a simple apology to dismiss it.

April 11—NPR

Gen Z is the most pro union generation alive. Will they organize to reflect that?

"The trades unions will be one of the agencies that will bring upon this earth a time of trouble such as has not been since the world began. – Letter 200, 1903" {2SM 142.1}. "The work of the people of God is to

prepare for the events of the future, which will soon come upon them with blinding force. In the world gigantic monopolies will be formed. Men will bind themselves together in unions that will wrap them in the folds of the enemy. A few men will combine to grasp all the means to be obtained in certain lines of business. Trades unions will be formed, and those who refuse to join these unions will be marked men. – Letter 26, 1903" {2SM 142.2}.

April 10—CNN

Elderly couple dies after eating poisonous pufferfish in Malaysia

If this couple followed God's rules, they would still be alive: "Whatsoever hath no fins nor scales in the waters, that [shall be] an abomination unto you" (Leviticus 11:12).

April 12—NBC News

Pennsylvania mother strangled son so he wouldn't face family's financial troubles, authorities say

So death is better than struggle? This is one place where parents do not have a right to choose for their children. There were other options available. "Teach the young women to be sober, to love their husbands, to love their children" (Titus 2:4).

April 17—Dessert

Ice cream might have surprising health benefits, Harvard research suggests

People who read or listen only to the headlines and not get the details will be encouraged to consume ice cream when the supposed benefit is for those with diabetes, and it applies to

"a lower risk of heart problems". The truth of the matter is: "But the sugar and milk combined are liable to cause fermentation in the stomach, and are thus harmful. The free use of sugar in any form tends to clog the system, and is not unfrequently a cause of disease" {CD 196.4}.

April 18—Telegraph

No one believed the Covid Wuhan lab leak theory – then the world changed its tune

The reason the world “changed its tune” was to show how the media and government controls the minds of the populace. They label the truth as being a conspiracy theory, laugh at it, label it as misinformation, and after a long period of delay, finally acknowledge it when it no longer matters. "No lie is of the truth" (1 John 2:21).

April 19—Live Science

Dinosaur-killing asteroid did not trigger a long 'nuclear winter' after all

For decades, it was taught as fact that the nuclear winter caused by the asteroid wiped out the dinosaurs, and now they say it is wrong! Does anyone see how wrong it is to trust in the ever-changing evolution THEORY? Truly it is "vain babblings, and oppositions of science falsely so called" (1 Timothy 6:20). One teaching has never changed and has been around a lot longer: "In the beginning God created the heaven and the earth" (Genesis 1:1).

April 21—NBC Philadelphia

Teen Worker Accused of Putting Needles in Food at Lehigh Co.

Grocery Store, Police Say

What would cause a person to be so malicious? "The Spirit of God is being withdrawn from the earth, and drunkenness, insanity, revelry, and crime are rapidly increasing" {RH, April 19, 1906 par. 21}.

April 26—MSN

From regular sex to a diverse diet, there are ways to keep your brain in top form as you age

This world is so sex crazed that they even throw it in as part of the health principles to staying healthy and having a long life. We are pretty sure, in fact, we are positive that you will not find that as one of God's principles. The article goes on to say that sex is as beneficial as going for a slow jog. Then states that it is actually exercise that contributes to a healthy life instead of encouraging hook ups between the unmarried, all for the sake of staying healthy. The fact is, "this adulterous and sinful generation" (Mark 8:38) is obsessed with sex in one form or another.

April 27—Fox News

US funded research to create 'mutant viruses' at Wuhan lab ahead of COVID-19, records show

That was the leading discussion when this broke and yet social media would ban such conversation declaring it to be misleading, a conspiracy theory, and simply forbidden to be discussed. So, the real conspiracy was how all the social media outlets conspired to shut down free and open discussions against the truth. "And they were more than forty which had made this conspiracy" (Acts 23:13).

April 27—Yahoo News

Colorado men charged in fatal rock-throwing spree went back to take photo of crash that killed 20-year-old driver, police say

It takes a wicked mind to want to take a memento photo. "And GOD saw that the wickedness of man [was] great in the earth, and [that] every imagination of the thoughts of his heart [was] only evil continually" (Genesis 6:5).

whose employment has been within doors and sedentary will be beneficial to health. All who can should feel it a duty to pursue this course. Nothing will be lost, but much gained. They can return to their occupations with new life and new courage to engage in their labor with zeal, and they are better prepared to resist disease." {AH 502.1}



April 28—Daily Mail

Humans will achieve immortality in eight YEARS, says former Google engineer who has predicted the future with 86% accuracy

Once again, humans are trying to disregard the death sentence upon the race due to sin. There is but one way for immortality and it is not through scientific advancements. "But is now made manifest by the appearing of our Saviour Jesus Christ, who hath abolished death, and hath brought life and immortality to light through the gospel" (2 Timothy 1:10).

April 28—Oral Sex Is a Leading Factor in the Throat Cancer 'Epidemic' in the United States, Doctor Says

"In very many cases the parents . . . have abused their marriage privileges, and by indulgence have strengthened their animal passions" {AH 122.2}. And these animal passions may lead to throat cancer.

April 28—Telegraph

Sitting all day? Declare war on the chair – your health depends on it

"Exercise in the open air for those

Ellen White Abbreviations In this Issue

1SM - Selected Messages Book 1

2SM - Selected Messages Book 2

6T - Testimonies For The Church
Volume Three

15MR - Manuscript Releases
Volume Fifteen

AH - Adventst Home

CD - Counsels on Diet and Foods

CG - Child Guidance

ED - Education

GC - The Great Controversy
(1911)

GC88 - The Great Controversy

GW - Gospel Workers

RH - The Review and Herald

YI - The Youth's Instructor

Natural Remedies

Reen Swindle

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.*

Buttermilk for age spots.

Skip the expensive creams—there are plenty of home remedies that do the job just as well! Buttermilk, a rich by-product of butter, contains lactic acid and ascorbic acid. One study showed that this combination lightened age spots more effectively than lactic acid alone. Apply to the spots with a cotton ball, then rinse with water after 20 minutes.



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