



The Four Angels' Messages

A Monthly Magazine

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

The Light of the World

Ellen White

"Ye are," says Christ, "the light of the world." As the sun goes forth upon its errand of mercy and love, as the golden beams of day flood the canopy of heaven and beautify forest and mountain, awakening the world by dispelling the darkness of night, so the followers of Christ should go forth upon their mission of love. Gathering divine rays of light from the great Light of the world, they should let them shine forth in good works upon those who are in the darkness of error.

Do you, my brethren and sisters, realize that you are the light of the world? Do you, in your words and deportment at home, leave a bright track heavenward? What is it to be the light of the world? It is to have God for your guide, to have the companionship of holy angels, and to reflect to others the light that shines

upon you from above. But if you fail to exercise Christian courtesy, forbearance, and love in your families, God and holy angels are grieved away; and instead of being the light of the world, you are bodies of darkness.

It is possible, through the grace of Christ, to have control over yourselves at all times. If a dear friend, one whose good opinion you greatly desired, should come into your home, you would not be found fretting and scolding; but you would control your words and actions, and would seek in every way to so conduct yourselves as to gain his respect and confidence. Shall we take more care in the presence of a comparative stranger than in the presence of those who are dear to us

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- What Is Truth? (John 18:38)

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

Dear Brothers and Sisters ...

Jerry O'Donnell

It is with sad regret that I am announcing my resignation from Truth Triumphant. There was a concern for my safety in travel after reporting to the staff that I had experienced a very challenging return trip home back in April. Thinking that I was simply providing an update, it became the forefront of discussion. Due to numerous car accidents and most of North Carolina being a construction zone along I-95, the usual sixteen-hour trip turned into over nineteen hours. The update was provided without complaint and even acknowledged as not complaining, but despite my willingness to continue to sacrifice for the work of God, they did not want to be held responsible for my health and safety. It unfortunately became a heated discussion in which I chose to end the discussion by resigning. A remote option was being considered; however, it ran into some logistic issues and the project was scrubbed.

Relocation had been considered early on, but with housing prices skyrocketing, especially in Florida; interest rates having doubled since my last mortgage; and now a penalty of an average of \$40 a month against those with good credit to offset those with poor credit enacted by the Biden administration, the likelihood of relocating is very much out of the question.

That opens up opportunity and changes personally. Now, for those who have been following the once-a-month series in the application of Isaiah 1 to today's spiritual Israel, the Seventh-day Adventist church, we will have continued the series in successive Sabbaths beginning with

May 20th. It is being stated in the past tense though it is presently my future for by the time you receive this publication in July, it will have been completed by some time in June.

A further change involves my children; we already, as of May 13th, implemented a children's question and answering session in which both my son and daughter participate, one at a time. We are attempting to have a weekly series on YouTube where one child submits a question and a biblical response is provided. Rowan, my daughter, enjoys reading the verses that would be used in responding. Seth, my son, and being younger, simply enjoys the interaction while I do the scripture reading along with the explanation. Both children do ask the questions that are recorded, which is one per session, and the video encourages participation by other children to submit questions that will be aired in an upcoming video recording.

This serves yet another way to have children involved in ministry work, which is highly encouraged, for we are told to "Take heed unto thyself, and unto the doctrine; continue in them: for in doing this thou shalt both save thyself, and them that hear thee" (1 Timothy 4:16). Additionally, "Let him know, that he which converteth the sinner from the error of his way shall save a soul from death, and shall hide a multitude of sins" (James 5:20). Basically, as the children are involved in this ministry outreach thinking that they may be leading others to Christ, in the process, there is higher probability that my own children will

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

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

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

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

About The Four Angels' Messages Ministry

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

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

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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.

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by the ties of nature; or in the presence of Jesus and heavenly angels? God forbid; for by so doing we fail to meet the claims of high heaven upon us.

It is not the will of God that we should be gloomy or impatient; nor that we should be light and trifling. It is Satan's studied plan to push persons from one extreme to the other. As children of the light, God would have us cultivate a cheerful, happy spirit, that we may show forth the praises of him who hath called us out of darkness into his marvelous light. A lady once lived in our family nine years, and during all this time we did not hear an impatient word or a light expression from her lips; and yet she was the most cheerful person I ever saw. Hers was not a life of darkness and gloom, nor of lightness and frivolity. In this respect our lives should be like hers. God would not have us live under a cloud, but as in the light of his countenance.

Some are naturally of a reticent disposition; a smile is seldom seen upon their faces, and they seem more like statues than human beings. Such should open their hearts to the Sun of righteousness, and gather precious rays of light from Jesus, that they may reflect them to others. God wants you, brethren and sisters, to have this light in your hearts, and then you will be channels of light wherever you are. Like the sunflower, which turns its face constantly toward the sun, you must look continually toward the Source of light, that you may catch every ray possible.

Many who profess to be followers of Christ are as worlds without the sun. If these would leave their darkness and unbelief, and press forward in faith, they would become light in the

Lord. Who would think of distrusting a dear friend who promised that if we would follow him he would lead us safely through the darkest forest? Much less ought we to doubt the word of Jesus, who has said, "He that followeth me shall not walk in darkness, but shall have the light of life." He will not leave those who trust in him to fall under the temptations of Satan. This is not his way of dealing with his children. He has promised to lift upon them the light of his countenance.

The law of God is made void in the land, but here is a little company who have come out from the world and are standing in defense of that law. To these Jesus says, "Ye are the light of the world." Now, suppose that you keep your minds dwelling upon self and your darkness; how can you be the light of the world? You keep yourselves in darkness by looking at your own imperfections, instead of the willingness and power of Jesus to save to the uttermost all that come unto him in faith. You hug your darkness so close that there is no chance for the light to get in.

I want to say to those who have been desponding, When Satan comes in to tempt you, and you have no evidence that the Lord accepts you, do not look to see how dark you are, but look up to the light. Begin to praise God for the plan of salvation, and hold every victory gained through Christ. As you repeat the confidence you have in Jesus, Satan will flee; for he cannot bear the name of Jesus. Thus, step by step, you can fight the fight of faith. Remember that Jesus has borne long with you, and he does not want you to be lost. He says, "Behold, I stand at the door, and knock. If any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me." By this he shows that he wants

to take possession of your hearts.

Satan may tell you that you cannot be blessed; but Jesus says that he will come in, if you will open the door of your hearts. Which will you believe? Here is another precious promise that all may claim. It is not addressed to those who are perfect, but to sinners; to those who have wandered away from Christ. "Seek ye the Lord while he may be found, call ye upon him while he is near. Let the wicked forsake his way, and the unrighteous man his thoughts; and let him return unto the Lord, and he will have mercy upon him; and to our God, for he will abundantly pardon." Is there one here who dares not claim this promise? Is there one who will say, "I am so sinful that this does not mean me"? Put away such thoughts. Christ will accept you, polluted by sin though you may be, if you will come to him with contrition of soul. He invites all to come into the light of his presence. Then why should you remain away? We want these doubting ones to go from this meeting strong in the Lord and in the power of his might.

The word of God says, "Draw nigh to God, and he will draw nigh to you." It will require an effort on your part to walk with God. Jesus said to the man with the withered hand, "Stretch forth thine hand." The afflicted man might have said, "Lord, I have not used it for years; heal it first, and then I will stretch it forth." But instead of this, when Jesus commanded him to stretch it forth, he exercised the power of his will, and moved it just as if it were well. The very exercise of the will power was evidence to Jesus that the man believed; and his hand was healed in the act of stretching it forth. God would have you put away your darkness, and show that there is a power in the Christian religion that

there is not in the world. He wants to make you all light in him; he wants to fill your hearts with love, and peace, and hope. If, then, you continue to cling to your darkness, you dishonor him; for you do not correctly represent to the world a sin-pardoning Saviour. If you are gloomy, desponding, hopeless, you are a poor representative of the Christian religion. Christ died for all. The sacrifice was complete. It is your privilege and duty to show to the world that you have an entire, all-powerful Saviour. It was the Son of the infinite God who died to purchase a full and free salvation for all that would accept it. Then why not take him as your Saviour? He rebukes your unbelief; he honors your faith.

Go into a cellar, and you may well talk of darkness, and say, "I cannot see; I cannot see." But come up into the upper chamber, where the light shines, and you need not be in darkness. Come where Christ is, and you will have light. Talk unbelief, and you will have unbelief; but talk faith, and you will have faith. According to the seed sown will be the harvest. If you talk of heaven and the eternal reward, you will become lighter and lighter in the Lord, and your faith will grow, because it is exercised. Fasten your eyes upon Jesus, dear friends, and by beholding you will become assimilated to his image. Do not allow your thoughts to dwell continually upon things of the earth, but place them upon things that are heavenly, and then, wherever you are, you will be a light to the world.

Live the life of faith day by day. Do not become anxious and distressed about the time of trouble, and thus have a time of trouble beforehand. Do not keep thinking, "I am afraid I shall not stand in the great testing day." You are to live for the present, for this day only. Tomorrow is not

yours. Today you are to maintain the victory over self. Today you are to live a life of prayer. Today you are to fight the good fight of faith. Today you are to believe that God blesses you. And as you gain the victory over darkness and unbelief, you will meet the requirements of the Master, and will become a blessing to those around you.

From every member of the church a steady light should shine forth before the world, so that they shall not be led to inquire, "What do these people more than others?" Religion is not to be held as a precious treasure, jealously hoarded, and enjoyed only by the possessor. True religion cannot be thus held; for such a spirit is contrary to the gospel. "Freely ye have received, freely give," are the words of the Master. While Christ is dwelling in the heart by his Spirit, it is impossible for the light of his presence to be concealed or to grow dim. On the contrary, it will grow brighter and brighter, as day by day the mists of selfishness and sin that envelop the soul are dispelled by the bright beams of the Sun of righteousness.

Christians may learn a lesson from the faithfulness of the light-house keeper. "A gentleman once visited a light-house that was placed in a very dangerous position to warn men of

the perils that threaten them on the trackless sea. The keeper was boasting of the brilliancy of his light, which could be seen ten leagues out at sea, when the visitor said to him: You speak with enthusiasm, sir; and that is well. I like to hear men tell what they are sure they know; but what if one of the lights should go out?"

"'Never, never! absurd! impossible!' replied the sensitive watchman, in consternation at the mere supposition of such a thing. 'Why, sir,' he continued, pointing to the ocean, 'yonder where nothing can be seen, there are ships going by to every port in the world. If, tonight, one of my burners should go out, within six months would come a letter, perhaps from India, perhaps from Australia, perhaps from a port I never heard of before,— a letter saying that on such a night, at such an hour, at such a minute, the light at such a point burned low and dim; that the watchman neglected his post, and that vessels were consequently put in jeopardy on the high seas. Ah, sir,' and his face shone with the intensity of his thought, 'sometimes in the dark nights, and in the stormy weather, I look out upon the sea and feel as though the eye of the whole world were looking at my light. Go out? Burn dim? That flame

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flicker low or fail? No, sir, never!

“And shall Christians, shining for tempted sinners, allow their light to fail? For, ever out upon life's billowy sea are souls we see not, strange sailors in the dark, passing by, struggling, it may be, amid the surges of temptation. Christ is the great light, and Christians are appointed to reflect that light. The ocean is vast, its dangers are many, and the eyes of far-away voyagers are turned toward the light-house,—the church of Jesus Christ.” If the world intervenes between the church and Christ, its light will burn dim, and souls will be lost because of a lack of that light. Shall it not be the language of every heart here this morning, What! let the light that is in me go out or burn dim! Never! never!

We are all woven together in the great web of humanity, and God holds us responsible for the influence we exert over others. Throw a pebble into the lake, and a wave is formed, and another, and another; and as they increase, the circle widens, until they reach the very shore. Thus our influence, though apparently insignificant, may continue to extend far beyond our knowledge or control. It is as impossible for us to determine the result as it was for the watchman to see the ships that were scattered upon the sea.

God in his providence does not permit us to know the end from the beginning; but he gives us the light of his word to guide us as we pass along, and bids us to keep our minds stayed upon Jesus. Wherever we are, whatever our employment, our hearts are to be uplifted to God in prayer. This is being instant in prayer. We need not wait until we can bow upon our knees, before we pray. On one occasion, when Nehemiah came in before the king, the king asked

why he looked so sad, and what request he had to make. But Nehemiah dared not answer at once. Important interests were at stake. The fate of a nation hung upon the impression that should then be made upon the monarch's mind; and Nehemiah darted up a prayer to the God of heaven, before he dared to answer the king. The result was that he obtained all that he asked or even desired.

This is the course that God would have us pursue under all circumstances. He wants us to be minute men and women. He wants us to be ready always to give to every man that asketh us a reason of the hope that is within us with meekness and fear. Why with fear? It is with a fear lest we shall not make a right impression upon the mind of the inquirer; with a fear lest self shall not be out of sight, and the truth not be made to appear as it is in Jesus.

I feel an intense desire that our brethren and sisters shall be correct representatives of Jesus. Do not pierce his wounds afresh, and put him to an open shame, by an inconsistent life. Become thoroughly acquainted with the reasons of our faith, and show by word and act that Christ is dwelling in your hearts by faith. May God help you to walk with Jesus. If you do, you will be the light of the world, and in the time of trouble he will say, “Come, my people, enter thou into thy chambers, and shut thy doors about thee; hide thyself as it were for a little moment, until the indignation be overpast.”

Monday morning, Sept. 28.
{*Historical Sketches of the Foreign Missions of the Seventh-day Adventists (1886)*, 140.2 to 144.3}



Truth

Roswell Fenner Cottrell

There is a vast difference between truth and error; though through the influence of sectarianism many have come to the conclusion that the difference is quite unimportant. It makes no difference, say they, what a man believes, if he is only sincere. But it seems quite evident if we take the Scriptures for our guide in the matter, that men may be left really and sincerely "to believe a lie", and that, as a consequence, they may be damned "who believed not the truth, but had pleasure in unrighteousness." All admit that we must worship God in spirit, in order to our acceptance; but it is no less required of us that we should worship him in truth. And as God's requirements are just, we may, notwithstanding all the jargon of sectarianism, attain to a knowledge of the truth. Very important, then, and interesting is the inquiry,

What is truth? As Jesus came into the world to bear witness unto the truth, we will hear his testimony on the point. In his prayer to his Father in behalf of his disciples, he prays, "Sanctify them through thy truth: thy word is truth." John xvii, 17.

The word of God is truth; and nothing he has ever uttered through the agency of prophets or apostles can have a higher claim to be called his word than the Ten Words which he spake from Sinai. Accordingly the Holy Spirit testifies by David, "Thy righteousness is an everlasting righteousness, and thy law is the truth." Ps. cxix, 142. "Thou art near, O Lord, and all thy commandments are truth." Verse 151. The ten commandments are the truth, because they are founded on the

unchangeable principles of truth, justice, and righteousness. The precept, "Thou shalt have no other gods before me," is the truth, because there is no other God. And each one of these commandments expresses a great and important truth. The Sabbath commandments, no less than the rest, tells the truth. It says, "In six days God made heaven and earth, the sea, and all that in them is, and rested the seventh day." This truth cannot be abolished or changed. It is a fact – a thing done – and it cannot be undone. And as we are his creatures, we are ever bound to honor him as our Creator, by remembering the day of his rest to keep it holy.

To abolish the law of God, would be to abolish the truth. To change any one of its precepts, would be to "change the truth of God into a lie." To keep the first day of the week as the Sabbath, would represent that God rested on the first day, and then labored the other six, which is not the truth. Hence, David says, "Thy word is true from the beginning; and every one of thy righteous judgments endureth forever." Verse 160. All these commandments are truth and righteousness; and God has declared that his righteousness shall not be abolished. "My tongue shall speak of thy word; for all thy commandments are righteousness." Verse 172. The Lord says by Isaiah, "But my salvation shall be forever, and my righteousness shall not be abolished." He immediately adds, "Hearken unto me, ye that know righteousness, the people in whose heart is my law." Isa. li, 6, 7.

The law of God is the truth; and Jesus says, "For this cause came I into the world, that I should bear witness unto the truth." He testifies as follows: "Think not that I am come to destroy the law or the prophets: I am not come to destroy, but to fulfill. For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled. Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall do and teach them, the same shall be called great in the kingdom of heaven." Matt. v, 17-19. Our Lord sealed this his testimony by dying for our transgressions of the law; thus attesting in the strongest manner possible, its eternal justice and truth.

Paul agrees with David, that the law of God is the truth. He says, "An

instructor of the foolish, a teacher of babes, which hast the form of knowledge and of the truth in the law." See Rom. ii, 17-20. He is speaking of the moral, and not the ceremonial law, for he adds, "Thou therefore that teachest another, teachest thou not thyself? thou that preachest a man should not steal, dost thou steal? thou that sayest a man should not commit adultery, dost thou commit adultery?" Verses 21, 22.

The truth must be obeyed. Faith in Christ exempts no one from obedience to the law of God. Says Paul, "But unto them that are contentious, and do not obey the truth, but obey unrighteousness, indignation and wrath, tribulation and anguish, upon every soul of man that doeth evil." Rom. ii, 8, 9. They that do not obey the truth obey unrighteousness. What is

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unrighteousness? "All unrighteousness is sin." What is sin? "Sin is the transgression of the law." Then they that obey unrighteousness transgress the law, while they that obey the truth do not transgress it. And the wrath of God will come upon every soul, Jew or Gentile, who does not obey the truth.

1 Pet. i, 22. "Seeing ye have purified your souls in obeying the truth through the Spirit unto unfeigned love of the brethren, see that ye love one another with a pure heart fervently." It may be objected that this text has reference to obedience to the gospel, by which their souls were purified. Admit it. But what is the first requirement of the gospel upon those who are convinced of its truth and are "pricked in their hearts?" Repentance. Repentance of what? Of sin. What is sin? Transgression of the law. Then it is impossible for a person to obey the gospel without turning from the transgression to the obedience of the law of God. Repentance has reference solely to the violated law. Hence Paul ever preached the perpetuity of the law of God; for he testified both to Jews and Greeks, "repentance toward God, and faith toward our Lord Jesus Christ."

Truth purifies and sanctifies the soul. "Ye have purified your souls in obeying the truth." Will obedience to error produce the same effect? If it will, it makes but little difference which we hold; but if it will not, it is of vast importance that we have the truth.

"Sanctify them through thy truth; thy word is truth." Some speak of

sanctification as if it were a work of the Spirit, in answer to their prayers, without any particular reference to the word of truth. And sometimes they make this sanctification a shield with which to ward off the truth. Speak to them of a duty which they neglect and they reply, "The Lord would not bless me as he does, if I were wrong." This is reversing the order of God. Instead of saying, The Lord hears our prayers, and therefore he does not require us to obey his word, we should rather say, with an apostle, "Whatsoever we ask, we receive of him, because we keep his commandments, and do those things that are pleasing in his sight."

The person who is sanctified, in the scriptural sense of the term, is wholly set apart to do the will of God. And he will find his moral duties in the word. Says Jesus, "Not every one that saith unto me Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven.

"But we are bound to give thanks always to God for you, brethren, beloved of the Lord, because God hath from the beginning chosen you to salvation through sanctification of the Spirit and belief of the truth." 2 Thess. iv, 13. Salvation is obtained through sanctification of the Spirit and belief of the truth. Will the belief of a lie do just as well if we only believe it? Let us see. Commencing with verse 9, we read, "Even him whose coming is after the working of Satan, with all power and signs and lying wonders, and with all deceivableness of unrighteousness in them that perish; because they

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received not the love of the truth, that they might be saved. And for this cause God shall send them strong delusion, that they should believe a lie; that they all might be damned who believed not the truth, but had pleasure in unrighteousness." Those who do not love and believe the truth have pleasure in unrighteousness; that is, they have pleasure in the violation of God's law, which is truth and righteousness. "And this is the condemnation, that light is come into the world, and men loved darkness (error) rather than light (truth), because their deeds were evil." The disobedient fear to know what the truth is, lest it should condemn them, therefore they close their eyes against the light, and this very course proves their condemnation. As light increases they ought to hail it with joy; but instead of this, they begin to say, "Our forefathers were good folks, and we believe that we can be saved by doing as they did."

"And ye shall know the truth, and the truth shall make you free." John viii, 32. Some avoid the truth as a yoke of bondage; but let him that would be free indeed, seek and obey the truth. Says David, "I will walk at liberty, for I seek thy precepts." "But whoso looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed."

The truth always meets with opposition. "Ye are of your father the Devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own, for he is a liar, and the father of it." John viii, 44. The Devil abode not in the truth – he

broke the commandments of God and became a murderer and a liar. Therefore he and all that hold to his side, hate and oppose the truth. People hold to such parts of the commandments of God as custom and the consent of the community have made fashionable; but present an unpopular truth for their obedience, and it will prove them whether they are of God. "He that is of God, heareth God's words: ye therefore hear them not, because ye are not of God." Verse 47.

Earthly governments oppose the truth; and that one called by our Saviour, "The abomination of desolation, spoken of by Daniel the prophet," was most successful in its opposition. The little horn of Dan. viii, is evidently a symbol of the Roman government. Of this power it is said, "And it cast down the truth to the ground; and it practiced and prospered." Dan. viii, 12. What was this truth, and in what way was it cast down? A reference to chap. vii, 25, will explain. The little horn of this chapter is a symbol of the same Roman government in its Papal form. Its opposition to the truth of God is thus expressed: "And he shall speak great words against the Most High, and shall wear out the saints of the Most High, and think to change times and laws." It was the laws of God that he would think to change; and those laws are the truth. To change these laws is to cast down the truth to the ground; or, as Paul expresses it, to change the truth of God into a lie. Rom. i, 25. "Who changed the truth of God into a lie, and worshiped and served the creature more than the Creator." The apostle is speaking of idolators – those who worshiped created things, and who "changed the glory of the incorruptible God into an image made like to corruptible man, and to birds, and to

four-footed beasts, and creeping things." They broke the first and second commandments. The truth, that there is but one living and true God, they changed into a lie, by worshiping the creature; thus denying the truth taught in these commandments.

Now the fourth precept of this same law requires us to remember the day of the Creator's rest, to keep it holy. If we refuse to do this, or professing to obey, change the day and observe one on which he did not rest, do we not as really change the truth of God into a lie? The Sabbath law is the truth equally with every other commandment of the decalogue. And when we have witnessed the many flimsy theories and excuses by which its claims are perverted and set aside, we have been forcibly reminded of the words of Isaiah, concerning the person that breaks the second commandment, "He feedeth on ashes; a deceived heart has turned him aside that he cannot deliver his soul, nor say, Is there not a lie in my right hand?" Isa. xlv, 20.

The truth will be resisted in the last days. The Roman power has fulfilled the predictions concerning it. It has cast down the truth to the ground – changed the times and laws of God, and enforced the observance of a substitute of the Sabbath of the Lord. The example of the "Mother Church" has been followed, and will be to the last. Hence Paul, in describing the religionists of the last days, says,

"Ever learning, and never able to come to the knowledge of the truth. Now as Jannes and Jambres withstood Moses, so do these also resist the truth: men of corrupt minds, reprobate concerning the faith." 2 Tim. iii, 7, 8. It is in view of the perils of the last days, when men "having a form of godliness" shall deny its power and resist the truth, that the apostle, after affirming the sufficiency of the holy Scriptures to make the man of God perfect, "thoroughly furnished unto all good works," proceeds to give the following most solemn charge: "I charge thee therefore before God, and the Lord Jesus Christ, who shall judge the quick and the dead at his appearing and his kingdom, Preach the word." Chap. iv, 1, 2. This solemn charge is not exclusively to Timothy, "ordained the first bishop of the church of the Ephesians," but it rests with special force upon all that occupy a similar position in the last days, of which the apostle is prophesying. For he adds, "The time will come when they will not endure sound doctrine; but after their own lusts shall they heap to themselves teachers, having itching ears; and they shall turn away their ears from the truth, and shall be turned unto fables." Are we in the last days? If we are, do we recognize the fulfillment of this prediction? Where are the teachers that preach the word, the whole word, the unchanged and unchangeable law of God? If one tittle of that law has failed, the word

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of Christ has failed. But the fables of the abolition and of the change of that law are heard almost everywhere. There are heaps of teachers who teach these and other fables. But still the solemn injunction, Preach the word, has come down to, and rests upon, us in these last days; and the word will be preached. And it is not a word that is all gospel and no law. If it were, it could not "reprove, rebuke, exhort with all long-suffering and doctrine." Though the masses have turned away their ears from the truth, the truth must, and will be, preached to all that have ears to hear, and hearts to obey.

In Isa. lix, we have a description of the state of things existing in these last days. It is evident that it applies to the last days; for the Lord immediately repays "fury to his adversaries." He is displeased at the state of things described, and puts on the garments of vengeance. And we are plainly told that "the Redeemer shall come to Zion," or rather out of Zion. Verses 15-20. See Rom. xi, 26; Ps. xiv, 7. In what state then will the Redeemer find the world in relation to the truth? Let us hear. "Your lips have spoken lies, your tongue hath muttered perverseness. None calleth for justice, nor any pleadeth for truth: they trust in vanity, and speak

lies." Verses 3, 4. "In transgressing and lying against the Lord, and departing away from our God, speaking oppression and revolt, conceiving and uttering from the heart words of falsehood. And judgment is turned away backward, and justice standeth afar off: for truth is fallen in the street, and equity cannot enter. Yea, truth faileth; and he that departeth from evil maketh himself a prey: and the Lord saw it, and it displeased him that there was no judgment." Verses 13-15.

What is transgressing, but violating the law of God? And what is "lying against the Lord," if justifying our transgression by saying that he has abolished or changed his own law, is not? or by claiming to keep the spirit of the law, when we will not so much as keep the letter? Truly, truth faileth, and he that departeth from this evil course, maketh himself a prey. If he embraces all the commandments of God, the artillery of nominal religion is immediately turned against him. But, blessed be the Lord, some will depart from evil and breast the storm of persecution. Such will soon hear their Master say, "Well done, good and faithful servant, enter thou into the joy of thy Lord!" A time of trouble and

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persecution is before us, but the saints of God will be delivered out of it; for,

The truth is able to save. It will be the shield and buckler of the saints in the time of trouble, their seal and passport to the city of God. The time of trouble, when the wrath of God will be poured out in the seven last plagues, and the wicked of earth will be cut off, is described in Ps. xci, and the security of God's people at that time is thus expressed: "He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler. Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day; nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday. A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee. Only with thine eyes shalt thou behold and see the reward of the wicked. Because thou hast made the Lord, which is my refuge, even the Most High, thy habitation; there shall no evil befall thee, neither shall any plague come nigh thy dwelling. Ps. xci, 4-10. Such will be the security of the Lord's people in the evil day. The truth will shield them while the enemies of the Lord sink beneath the unmingled wrath of God. Does any one believe that error and falsehood will be as good a shield? Certainly not. Now is the time to procure this shield and buckler.

The apostle Peter in view of the coming of the Lord, exhorts us as follows: "Wherefore, gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ." 1 Pet. i, 13. This is in perfect accordance with what our Saviour said in reference to the same

event. "Let your loins be girded about, and your lights burning; and ye yourselves like unto men that wait for their Lord, when he will return from the wedding; that when he cometh and knocketh, they may open unto him immediately." Luke xii, 35, 36. What is to be the girdle for our loins? Let Paul answer. "Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness." Eph. vi, 14. The girdle then is the truth, and this is closely connected with the breastplate which is righteousness, or right doing – obedience to the law of God which is the truth.

"Open ye the gates, that the righteous nation which keepeth the truth may enter in." Isa. xxvi, 2. Ah! here is the grand result. The gates of the city of God will be thrown open, and the righteous nation that keepeth the truth will be welcomed in. And since the law of God is the truth, how beautifully does this harmonize with the last benediction of the coming One: "Blessed are they that do his commandments, that they may have right to the tree of life, and may enter in through the gates into the city." Rev. xxii, 14.

How valuable then is the truth! But while we would exalt the truth of the law to its proper place, we do not detract anything from the mercy and peace of the gospel. How beautifully are the law and gospel blended together! In the language of David, "Mercy and truth are met together; righteousness and peace have kissed each other." Ps. lxxxv, 10. God can justify the penitent sinner that believes in Jesus, and yet maintain the justice of his law, and secure future obedience. And those thus reclaimed through faith in Christ, become a righteous nation that keep the truth, and will have a right to the

city of God. Since, then, the truth is of such infinite value, it is a question of the greatest importance,

How can we know the truth? The acquisition of this inestimable knowledge is not the exclusive privilege of the wise and prudent of this world. The poor may obtain it as well as the rich; especially if they be poor in spirit. No collegiate course of instruction can avail so much toward gaining this knowledge, as a spirit of humble obedience to the will of God. We shall find a genuine and infallible guide to the knowledge of the truth in the word of God.

"Says Jesus, "If ye continue in my word, then are ye my disciples indeed; and ye shall know the truth, and the truth shall make you free." John viii, 31, 32. Again, "Jesus answered them, and said, My doctrine is not mine, but his that sent me. If any man will do his will, he shall know the doctrine, whether it be of God, or whether I speak of myself. Chap. vii, 16, 17. What is the will of him that sent Jesus, if it is not expressed in the Ten Words which he spake with his own voice, and engraved with his own finger on tables of stone? The person that is humble enough to do these precepts, through evil as well as good report, is

better qualified to know the truth of a doctrine, than all the "doctors of divinity" in the world who break were it the least of these commandments, and teach men so. "Thou through thy commandments hast made me wiser than mine enemies: for they are ever with me. I have more understanding than all my teachers; for thy testimonies are my meditation. I understand more than the ancients, because I keep thy precepts." Ps. cxix, 98-100. "And hereby we do know that we know him, if we keep his commandments. He that saith, I know him, and keepeth not his commandments is a liar, and the TRUTH is not in him." 1 John ii, 3, 4.

There is a "present truth," 2 Pet. i, 12, for the present time. The present truth is that God is now moving out a message, Rev. xiv, 9-12, by which to restore his down-trodden truth to all the remnant of his little flock, in order to prepare them for translation into his everlasting kingdom at the coming of our Lord Jesus Christ, which is near, even at the door.

Reader, if you would be of that happy number, obey the truth.

ND, Roswell Fenner Cottrell, Truth - pages 1.1 - 14.1



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What Is Truth? (John 18:38)

Jerry O'Donnell

Yes, those are the words that Pilate asked and then did not stick around for the answer. At the present moment, I am asking the question because there seems to be an agenda to undermine our beliefs, our doctrines, even the Word of God. It is not a new agenda. In fact, I first ran into it during the 1990s. Who knows if it was around beforehand; it probably was.

I had just given a sermon on basically a list of items to live in obedience to. I referred to each of them being truth. In short, it was an overview of our doctrines. Afterwards, a person in attendance approached me and explained that there was no truth to my sermon, in that all I did was list a bunch of facts, and that Jesus was the truth and the only truth. That was the 90s.

Now, what sparked this old heresy to come to the forefront was a recent kid's song that contained the repetitive lyrics, "Tell the truth Everybody should - Tell the truth Tell the truth, Jesus is the Truth". Although every word of the refrain is correct, there is a hidden agenda. Yes, "everyone should tell the truth". Yes, "Jesus is the truth." But here is the agenda. It is linking the meanings of two separate thoughts together that brings out the underlying heresy. The song is not about telling the truth as opposed to telling a lie, but rather it is to tell the world about Jesus. Not lying is simply a fact and besides, everyone lies, as they say.

The true understanding ought to be that "everyone should tell the truth" and not lie. Jesus is "the way, the truth, and the life" (John 14:6), as in

the fact that Jesus shows us the way, can only be truthful in which there is no compromise nor lie, and He alone provides eternal life. But I am guessing that many are still in the dark on the matter and cannot see the agenda.

So, plainly spoken, the agenda is that wherever the word "truth" appears, especially in the Bible, substituting "Jesus" instead is the agenda. For instance, "And ye shall know the truth, and the truth shall make you free" (John 8:32). Therefore, we do not really need to know truth, but "And ye shall know Jesus, and Jesus shall make you free", which leads to "just believe and you shall be saved". Never mind that it is the truth that smoking will kill you, instead of knowing that "fact" which would encourage one to want to quit, just know Jesus instead. "And who cares about that habit!", is the thought of the agenda pushers.

I can tell that more examples are necessary. So, let us try, 2 Thessalonians 2:10, which says, "And with all deceivableness of unrighteousness in them that perish; because they received not the love of the truth, that they might be saved." Again, it is not about loving truth, as in the truth of any given subject, but rather "And with all deceivableness of unrighteousness in them that perish; because they received not the love of Jesus, that they might be saved." There are a whole bunch of Christians who will mouth that they love Jesus. That just opened up the flood gates for all to enter into Heaven, which is not what Jesus taught. "Because strait [is] the gate, and narrow [is] the way, which

leadeth unto life, and few there be that find it" (Matthew 7:14).

Here is another example in 3 John 1:4, which says, "I have no greater joy than to hear that my children walk in truth." Instead of obeying and living the truth, which is what "walk" means, the agenda states, "I have no greater joy than to hear that my children walk in Jesus", whatever that means, for it certainly does not mean obedience by the agenda crowd.

1 John 1:8 says, "If we say that we have no sin, we deceive ourselves, and the truth is not in us." The agenda states, "If we say that we have no sin, we deceive ourselves, and Jesus is not in us." Therefore, expect to sin, even right up to the second coming because if we state that we do not sin, Jesus is not in us.

James 5:19-20 states, "Brethren, if any of you do err from the truth, and one convert him; Let him know, that he which converteth the sinner from the error of his way shall save a soul from death, and shall hide a multitude of sins." The agenda states, "...if any of you do err from Jesus...", and of course, everyone has their own version of Jesus.

2 Timothy 4:4 tells us, "And they shall turn away [their] ears from the truth, and shall be turned unto fables." The agenda states, "And they shall turn away [their] ears from Jesus, and shall be turned unto fables."

2 Timothy 3:7 informs us that, "Ever learning, and never able to come to the knowledge of the truth." The agenda does away with Bible study because people are "Ever learning, and never able to come to the knowledge of Jesus." So, just know Jesus and do not get caught up in studying the Bible too much.

1 Timothy 3:15 advises, "But if I tarry long, that thou mayest know how thou oughtest to behave thyself in the house of God, which is the church of the living God, the pillar and ground of the truth." The agenda tells us, "But if I tarry long, that thou mayest know how thou oughtest to behave thyself in the house of God, which is the church of the living God, the pillar and ground of Jesus", as He is the rock you know, a firm foundation.

1 Timothy 2:3-4 counsels us, "For this [is] good and acceptable in the sight of God our Saviour; Who will have all men to be saved, and to come unto the knowledge of the truth." The agenda twists it to be, "For this [is] good and acceptable in the sight of God our Saviour; Who will have all men to be saved, and to come unto the knowledge of Jesus."

1 Corinthians 13:6 encourages us, "Rejoiceth not in iniquity, but rejoiceth in the truth" while the agenda teaches "Rejoiceth not in iniquity, but rejoiceth in Jesus."

John 17:17 emphasizes, "Sanctify them through thy truth: thy word is truth" while the agenda alters it into "Sanctify them through Jesus: thy word is Jesus."

What has been told to me is that the Sabbath being the seventh day is not truth. Sabbath being the seventh day is a fact. And we are not saved by facts.

Unhealthful practices ought to be avoided as they destroy the body, and we are told "If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which [temple] ye are" (1 Corinthians 3:17). The agenda people would say that such is not the truth but fact. Again, we are not saved by facts, they tell us.

Take all of our doctrines and the agenda people declare them all to be facts. We are not saved by facts but by Jesus. We are saved by the truth, which is Jesus. Everything points to Jesus. That means, there are no real differences between denominations because we have denominations separated by facts and not the truth. All denominations have the truth for they have Jesus! This paves the way for the ecumenical alliances. And as I stated, I was exposed to the agenda head-on back in the 1990s. And here we are in 2023 with full-on results – ecumenical activity where other denominations may speak in our pulpits, write for our publications, and participate in outreaches together as denominations have agreed not to steal each other's sheep.

This is the sad reality of what improper substitution of God's Word ultimately leads to. All of our unique doctrines are no longer truth but facts.

So, stop the substitutions personally. Where you can unpack the truth, and I do mean truth and not Jesus, please do so. Keep in mind that the substitution is so subtle that arguing for the truth could appear futile. But here are some verses to encourage us:

1 John 3:18 says, "My little children, let us not love in word, neither in tongue; but in deed and in truth." That is not in deed and in Jesus but the fact that our doctrines are not mere facts, but truth. "Thou [art] near, O LORD; and all thy commandments [are] truth" (Psalms 119:151). "He that saith, I know him, and keepeth not his commandments, is a liar, and the truth is not in him" (1 John 2:4).

1 John 2:21 states, "I have not written unto you because ye know not the truth, but because ye know it, and that no lie is of the truth." Lie versus Jesus does not make sense. Lie versus actual truth, which is found in beliefs is what matters, making our beliefs not just facts, but truth.

Now addressing this verse alone, though used a moment ago, 1 John 2:4 says, "He that saith, I know him, and keepeth not his commandments, is a liar, and the truth is not in him." We indeed mean truth because truth is, once again, compared to telling lies.

2 Timothy 2:15 "Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth." What are people studying? Their Bibles. The Word of Truth encompasses the whole book. Therefore, the seventh day, being the Sabbath, is not a fact, but truth. Souls resting in Jesus until the second coming is not fact, but truth. Taking care of the soul temple in how we treat our bodies is the truth, and not fact. Baptism by single immersion is not fact, but truth.

Our doctrines are truth and no one has the right to play fancy substitution games to make us appear like everyone else. "Lest Satan should get an advantage of us: for we are not ignorant of his devices" (2 Corinthians 2:11). And this "Jesus" substitution for the word "truth" is so very subtle, but now you have your eyes opened and hopefully can see that Jesus indeed is the truth, as in, He is all about the truth on any given subject and we ought to be all about the truth, too.



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.

To Kill or Not to Kill?

Exodus 20:13 Thou shalt not kill.

Exodus 32:27 And he said unto them, Thus saith the LORD God of Israel, Put every man his sword by his side, [and] go in and out from gate to gate throughout the camp, and slay every man his brother, and every man his companion, and every man his neighbour.

Either it is a command not to kill and the slaying described in Exodus 32:27 is a sin, making Moses the guiltiest person of the sin as he had commanded it to be done, or the action commanded of Moses was justified and we ought to have just nine commandments instead of ten. That is the logic of the people who try to declare that the Bible contradicts itself.

Of course, you and I do not believe that for one moment. To help us understand the matter, let us turn to Jesus, Who clarifies the real meaning of the commandment to not kill: "Thou shalt do no murder, Thou shalt not commit adultery, Thou shalt not steal, Thou shalt not bear false witness, Honour thy father and [thy] mother: and, Thou shalt love thy neighbour as thyself" (Matthew 19:18-19). Clearly, the Ten Commandments are being listed by Jesus, at least those that concern our relationship with our fellow human beings. "Thou shalt not kill" is

actually defined as "Thou shalt not murder". In fact, according to the Hebrew for the word "kill", "murder", and "assassinate", were other words that the translators could have used, instead, they chose the word "kill". But with Jesus, the greatest Commentator, "murder" indeed is a proper definition of the commandment.

Murdering someone permits certain killing to then not be condemned by the commandment. In other words, we can have the commandment and at the same time, be justified in killing without it being a sin. For instance, in a complicated delivery, a choice may have to be made between the mother's life and the baby's life. Neglecting one for the other is a type of killing, but it is not murder. Therefore, the doctor is not guilty of breaking the commandment if he allows one of the two patients to die to save the other.

Likewise, no nation can survive without defending themselves. In fact, a person putting another person's life in jeopardy calls for the victim to either permit the murder to take place to themselves, or, in defense of oneself, possibly kill the assailant. And if we place the defense in the context of saving another victim, it becomes a bit clearer that to kill in defense, be it war or personal defense, is not the same as murdering.

Then there is the concept of capital punishment. If there was no serious penalty to a serious crime, the criminals would have a hay day. In other words, that is exactly what society is living in now – a lack of serious penalties for serious crimes permitting smash and grab that sometimes ends in killing the store personnel without consequences by the authorities. And that, by the order of God through Moses, is exactly what was carried out in Exodus 32:27, which proves that

executing capital punishment is not the same as murdering someone.

So, there is no contradiction between the capital punishment of Exodus 32:27, the many commands to wipe out other people in war at the command of God, defending oneself, as compared to the commandment to not kill when one understands that God provided the commandment to guard against people, who, on their own, simply want to take another person's life.



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.

Sabbath For Interchange of Thought

Ellen White penned, **“Everyone should feel that he has a part to act in making the Sabbath meetings interesting. You are not to come together simply as a matter of form, but for the interchange of thought, for the relation of your daily experiences, for the expression of thanksgiving, for the utterance of your sincere desire for divine enlightenment, that you may know God, and Jesus Christ, whom He has sent. Communing together in regard to Christ will strengthen the soul for life's trials and conflicts. Never think that you can be Christians and yet withdraw yourselves within yourselves. Each one is a part of the great web of humanity, and the experience of each will be largely determined by the experience of his associates”** {6T 362.2}.

There are Seventh-day Adventists that claim, “Hey, I have the Bible and even the writings of Ellen White. I don't need to go to church.” That statement goes against the Bible encouragement in the other direction: “Not forsaking the assembling of ourselves together, as the manner of some [is]; but exhorting [one another]: and so much the more, as ye see the day approaching” (Hebrews 10:25).

Now, do keep in mind that we are not advocating just going to church. Please read the quote again. It is not to be “a matter of form”. We do not assemble just because it is, on average, 9:30 a.m. and we ought to be attending Sabbath School, and that it is 11:00 a.m. so we ought to be attending church service. The intention of attending these services is for the “interchange of thought”. Now, this is not to be a fighting

session, so choosing the right assembly of people is very important.

If the group of people do not permit your input or they simply just tolerate your input, then it is time to find another group. As we get older though, traveling to find the right group can become challenging. No one is asking someone to risk their lives. Even young in age ought not to have to spend half the day in the car to attend a respectable group. In other words, though we are highly encouraged to fellowship with one another, there are exceptions and circumstances that may prevent the proper execution of desire.

First and foremost, it is the attitude that matters. If we assemble for the sake of assembling, then it is wrong. If we stay home for convenience's sake, that is wrong. If we cannot find a group to fellowship with despite our proper motive of wanting to be part of a group, then all is right in the eyes of God. If we choose to watch

videos when a perfectly acceptable group is available to join with, again, that would be wrong.

With that established, do keep in mind that "Man was not made to dwell in solitude; he was to be a social being" {PP 46.1}. A plant without being pollinated, receiving sunlight, not being watered, etc., will die. Likewise, just because we do have our Bibles and the Spirit of Prophecy does not mean we will always reach the proper conclusion. There are unknowingly, preconceived ideas. It is the interaction with other human beings that sharpens our understanding of things.

So, where it is possible to assemble and exchange thought, please make every effort to do so without compromising, without placing oneself under the majority rule of working against our beliefs, without having to become the defenders of the faith every Sabbath, etc.



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.

Importance of Pure Air.

Pure, fresh air is one of Heaven's precious boons. Its influence tends to invigorate the system and soothe the nerves. It purifies the blood and promotes a good circulation; it gives a healthful stimulus to the appetite and renders the digestion more perfect; and it induces sound, refreshing sleep. The pure, sweet air does its part toward making the body strong and healthy, and its influence

is no less decidedly beneficial upon the mind, imparting to it tone and clearness, as well as a degree of composure and serenity.

Living in close, ill-ventilated rooms, where the air is dead and vitiated, weakens the entire system. The skin becomes sallow, the mind clouded and gloomy. The blood moves sluggishly, digestion is retarded, and the whole system—enervated,

languid, and dormant—becomes peculiarly sensitive to disease.

Some invalids refuse to be convinced of the great importance of having a constant supply of pure air. For fear of taking cold, they willfully persist in living from year to year in an atmosphere almost destitute of vitality. It is impossible for such persons to have a healthy circulation. The skin is debilitated, and they become sensitive to any change in the atmosphere. The first suggestion of cold brings out additional clothing, and the heat of the room is increased. The next day they require a little more heat and a little more clothing, in order to feel perfectly warm, and thus they humor every changing feeling until they have but little vitality left. If those who can, would engage in some active employment, instead of adding to their clothing or raising the temperature of an already overheated room, they would generally forget their chilly sensations and would receive no harm. For feeble lungs, an overheated atmosphere is very injurious.

Winter is a season to be dreaded by those who are obliged to be with these invalids. It is not only winter out-of-doors, but dreary indoors. Under the plea that the air affects the lungs and head, these victims of a diseased imagination shut themselves up in the house and close the windows. They expect to take cold from the least exposure, and they do. “Have we not proved it?” they will argue, and no amount of reasoning will make them believe that they do not understand the philosophy of the whole matter. It is true that they do take cold when exposed; but it is because their course has made them as tender as

babies, and they cannot endure anything. Yet they live on with windows and doors closed, hovering over the stove and enjoying their misery. Why will not these persons try the effect of judicious outdoor exercise?

Many have been taught that night air is positively injurious to health and therefore must be excluded from their rooms. One autumn evening I was traveling in a crowded railway carriage. The exhalations from so many lungs and bodies rendered the atmosphere very impure and gave me a sickening sensation. I raised my window and was enjoying the fresh air, when a lady, in earnest, imploring tones, cried out, “Do put down that window! You will take cold and be sick; the night air is so unhealthful!” I replied, “Madam, we have no other air than night air, in this carriage or out of it. If you refuse to breathe the night air, you must stop breathing.”

In the cool of the evening it may be necessary to guard against chilliness by extra clothing, and one should be careful not to sit in a draught or in a cold room when weary or when in a perspiration. But all should so accustom themselves to fresh, pure air that they will not be affected by slight changes of temperature; there should be a free circulation of pure air through the room during sleeping hours and at all other times. The free air of heaven, by day or night, is one of the richest blessings we can enjoy.

Many labor under the mistaken idea that if they have taken cold they must carefully exclude the outside air and increase the temperature of the room until it is excessively hot. But the system of one suffering with cold is deranged, the pores are closed by waste matter, and there is more or less inflammation of the internal organs, because the blood has been

chilled back from the surface and thrown upon them. At this time, of all others, the lungs should not be deprived of pure air. Judicious exercise would induce the blood to the surface and thus relieve the internal organs. The power of the will is a great help in resisting cold and giving energy to the nervous system. To deprive the lungs of air is like depriving the stomach of food. Air is

the food that God has provided for the lungs; but it must be kept in circulation to be pure. Let it freely enter your homes, welcome it; cultivate a love for it, as a precious boon of heaven, and it will bring healing and blessing.

{Manuscript 58-1890}



Healthy And Delicious Recipes

Lisa O'Donnell

Cashew Tofu Stir Fry

Ingredients

For the Sauce

- ½ cup water, more as needed to thin
- 1 ½ tablespoon cornstarch
- ½ cup soy sauce (see substitute below)
- ½ cup vegetable stock
- 2 Tablespoons maple syrup
- 1 teaspoon toasted sesame oil

For tofu and veggies

- 14 oz block extra firm tofu
- 1-2 tablespoon cornstarch
- 3 tablespoon olive oil, divided
- 1 head broccoli florets
- 8 oz sugar snap peas
- ¼ teaspoon salt, more to taste
- 1 red bell pepper, diced
- 3-4 tablespoon water
- ½ teaspoon fresh ginger, minced

- 2 cloves garlic, minced
- 1 cup roasted and unsalted cashews
- sesame seeds, for garnish
- green onions, chopped, for garnish

Instructions

1. Add water and cornstarch into a bowl and whisk together. Add liquid ingredients and whisk together again.
2. In a medium bowl, add tofu cubes, cornstarch and stir a few times to combine thoroughly then set aside. Next, add in 2 tablespoon oil into a large skillet over medium heat. Add the tofu and fry, flipping occasionally, until golden brown and crispy (about 6-8 minutes). Remove to a towel lined plate.
3. In the same skillet, add 1 tablespoon oil if needed. When hot, add in broccoli and sugar snap peas. Stir to combine, then season with salt and pepper to taste. Let veggies cook

undisturbed for about 1-2 minutes until slightly charred. Add 3-4 Tablespoons of water then cover to steam the veggies for 3-4 minutes. Add peppers and stir, then garlic and ginger and stir, letting cook until fragrant.

4. Next, add roasted cashews, whisk the sauce mixture a stir, and pour over the veggies in the skillet. Stir around to coat and after a few minutes the mixture will begin to thicken. Add in the tofu and mix to combine. Serve warm topped with sesame seeds and green onions.

Soy Sauce Substitute

Ingredients

- ½ cup sugar or sweetener of choice

- Glass of water
- Salt
- Lemon

Instructions

1. Sauté ½ cup sugar or sweetener of choice on low flame until golden brown.
2. Add a glass of water.
3. Stir continuously.
4. Add a touch of salt when it begins to evaporate.
5. Still stir continuously.
6. Turn off the flame.
7. Add a squeeze of lemon to taste.



The men who kept alive the flame of learning and piety in the Middle Ages were mainly vegetarians.

~Sir William Axon

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Jerry O'Donnell

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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.*

Did You Know That God Created Sea Monsters

According to some translations large sea creatures, like whales, are actually declared to be monsters. Most of us grew up knowing that monsters are evil. Therefore, God would be equated with creating evil monsters even before sin entered our world.

King James Version: "And God created great whales, and every living creature that moveth, which the waters brought forth abundantly, after their kind, and every winged fowl after his kind: and God saw that [it was] good." **Gen. 1:21**

In Error

American Standard Version: And God created the great sea-monsters, and every living creature that moveth, wherewith the waters swarmed, after their kind, and every winged bird after its kind: and God saw that it was good.

Amplified Bible: God created the great sea monsters and every living creature that moves, with which the waters swarmed according to their kind, and every winged bird according to its kind; and God saw that it was good and He affirmed and sustained it.

Contemporary English Version: So God made the giant sea monsters and all the living creatures that swim

in the ocean. He also made every kind of bird. God looked at what he had done, and it was good.

Darby Bible Translation: And God created the great sea monsters, and every living soul that moves with which the waters swarm, after their kind, and every winged fowl after its kind. And God saw that it was good.

English Revised Version: And God created the great sea-monsters, and every living creature that moveth, which the waters brought forth abundantly, after their kinds, and every winged fowl after its kind: and God saw that it was good.

Good News Translation: So God created the great sea monsters, all kinds of creatures that live in the water, and all kinds of birds. And God was pleased with what he saw.

JPS Tanakh 1917: And God created the great sea-monsters, and every living creature that creepeth, wherewith the waters swarmed, after its kind, and every winged fowl after its kind; and God saw that it was good.

Lamsa Bible: And God created great sea monsters, and every living creature that moves, which the waters brought forth abundantly after their kind, and every winged fowl after its kind; and God saw that it was good.

Literal Standard Version: And God creates the great dragons, and every living creature that is creeping, which the waters have teemed with, after their kind, and every bird with wing, after its kind, and God sees that [it is] good.

Peshitta Holy Bible Translated: And God created the great Dragon and every living soul, swarmers that made the waters swarm with their kinds, and every bird of the wing with

its kind, and God saw that it was beautiful.

Smith's Literal Translation: And God will form great sea monsters and every living soul creeping, which the waters bred abundantly according to their kind, and every bird of wing according to its kind: and God will see that it is good.

Young's Literal Translation: And God prepareth the great monsters, and every living creature that is creeping, which the waters have teemed with, after their kind, and every fowl with wing, after its kind, and God seeth that it is good.

Correct or Close Enough This Time:

A Faithful Version: And God created great sea-animals, and every living creature that moves with which the waters swarmed after their kind, and every winged fowl after its kind. And God saw that it was good.

Berean Study Bible: So God created the great sea creatures and every living thing that moves, with which the waters teemed according to their kinds, and every bird of flight after its kind. And God saw that it was good.

Bishops' Bible of 1568: And God created great whales, and euery lyuyng & mouing creature, which the waters brought forth after theyr kynde, & euery fethered foule after their kynde: and God saw that it was good.

Brenton Septuagint Translation: And God made great whales, and every living reptile, which the waters brought forth according to their kinds, and every creature that flies with wings according to its kind, and God saw that they were good.

Catholic Public Domain Version: And God created the great sea creatures,

and everything with a living soul and the ability to move that the waters produced, according to their species, and all the flying creatures, according to their kind. And God saw that it was good.

Christian Standard Bible: So God created the large sea-creatures and every living creature that moves and swarms in the water, according to their kinds. He also created every winged creature according to its kind. And God saw that it was good.

Coverdale Bible of 1535: And God created greate whalles, and all maner of creatures that lyue and moue, which the waters brought forth euery one after his kynde: and all maner of fethered foules, euery one after his kynde. And God sawe that it was good,

Douay-Rheims Bible: And God created the great whales, and every living and moving creature, which the waters brought forth, according to their kinds, and every winged fowl according to its kind. And God saw that it was good.

English Standard Version: So God created the great sea creatures and every living creature that moves, with

which the waters swarm, according to their kinds, and every winged bird according to its kind. And God saw that it was good.

Geneva Bible of 1587: Then God created the great whales, and euery thing liuing and mouing, which the waters brought forth in abundance according to their kinde, and euery fethered foule according to his kinde: and God sawe that it was good.

GOD'S WORD® Translation: So God created the large sea creatures, every type of creature that swims around in the water and every type of flying bird. God saw that they were good.

Holman Christian Standard Bible: So God created the large sea-creatures and every living creature that moves and swarms in the water, according to their kinds. He also created every winged bird according to its kind. And God saw that it was good.

International Standard Version: So God created every kind of magnificent marine creature, every kind of living marine crawler with which the waters swarmed, and every kind of flying creature. And God saw how good it was.

Four Angels' Messages Contact Info

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

E-mail: info@fourangelsmessages.com

Mailing: PO Box 301, Boiling Springs, PA 17007

Website: www.FourAngelsMessages.com

The link for our YouTube sermons is on our website.

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NET Bible: God created the great sea creatures and every living and moving thing with which the water swarmed, according to their kinds, and every winged bird according to its kind. God saw that it was good.

New American Standard Bible: And God created the great sea creatures and every living creature that moves, with which the waters swarmed, according to their kind, and every winged bird according to its kind; and God saw that it was good.

New Heart English Bible: And God created the large sea creatures, and every living creature that moves, with which the waters swarmed, after its kind, and every winged flying creature after its kind. And God saw that it was good.

New International Version: So God created the great creatures of the sea and every living thing with which the water teems and that moves about in it, according to their kinds, and every winged bird according to its kind. And God saw that it was good.

New King James Version: So God created great sea creatures and every living thing that moves, with which the waters abounded, according to their kind, and every winged bird

according to its kind. And God saw that it was good.

New Living Translation: So God created great sea creatures and every living thing that scurries and swarms in the water, and every sort of bird—each producing offspring of the same kind. And God saw that it was good.

Tyndale Bible of 1526: And God created greate whalles and all maner of creatures that lyve and moue which the waters brought forth in their kindes ad all maner of federed foules in their kyndes. And God sawe that it was good:

Webster's Bible Translation: And God created great whales, and every living creature that moveth, which the waters brought forth abundantly after their kind, and every winged fowl after his kind: and God saw that it was good.

World English Bible: God created the large sea creatures, and every living creature that moves, with which the waters swarmed, after their kind, and every winged bird after its kind. God saw that it was good.



Questions And Answers

Jerry O'Donnell

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

QUESTION: Why did Jesus eat fish after He rose?

ANSWER: Let us read the account of John 21.

John 21:2-14 states, "There were together Simon Peter, and Thomas

called Didymus, and Nathanael of Cana in Galilee, and the [sons] of Zebedee, and two other of his disciples. Simon Peter saith unto them, I go a fishing. They say unto him, We also go with thee. They went forth, and entered into a ship

immediately; and that night they caught nothing. But when the morning was now come, Jesus stood on the shore: but the disciples knew not that it was Jesus. Then Jesus saith unto them, Children, have ye any meat? They answered him, No. And he said unto them, Cast the net on the right side of the ship, and ye shall find. They cast therefore, and now they were not able to draw it for the multitude of fishes. Therefore that disciple whom Jesus loved saith unto Peter, It is the Lord. Now when Simon Peter heard that it was the Lord, he girt [his] fisher's coat [unto him], (for he was naked,) and did cast himself into the sea. And the other disciples came in a little ship; (for they were not far from land, but as it were two hundred cubits,) dragging the net with fishes. As soon then as they were come to land, they saw a fire of coals there, and fish laid thereon, and bread. Jesus saith unto them, Bring of the fish which ye have now caught. Simon Peter went up, and drew the net to land full of great fishes, an hundred and fifty and three: and for all there were so many, yet was not the net broken. Jesus saith unto them, Come [and] dine. And none of the disciples durst ask him, Who art thou? knowing that it was the Lord. Jesus then cometh, and taketh bread, and giveth them, and fish likewise. This is now the third time that Jesus shewed himself to his disciples, after that he was risen from the dead."

The entire account was provided to show that there is not a single reference to Jesus eating the fish; for that matter, it does not say that He ate anything. Inviting the disciples to dine and implying that Jesus ate with them is nothing more than an implication. He did hand them the bread and fish, so Jesus did touch the dead creatures, but that still does not mean He ate any.

The glorified body will not be feasting on dead creatures, but He allowed it here because He met them where they were.

QUESTION: A while back, it was stated that the 144,000 make up the total number translated, differing from the popular belief that the 144,000 are existing Seventh-day Adventists who bring in a multitude, but are you sure that is so?

ANSWER: Ellen White states, "I was pointed down to the time when the third angel's message was closing. The power of God had rested upon His people; they had accomplished their work and were prepared for the trying hour before them. They had received the latter rain, or refreshing from the presence of the Lord, and the living testimony had been revived. The last great warning had sounded everywhere, and it had stirred up and enraged the inhabitants of the earth who would not receive the message" {EW 279.1}.

So, at first it looks like the sealing is among the church members and once sealed, they go to the multitude, however, the very next paragraph says otherwise:

"I saw angels hurrying to and fro in heaven. An angel with a writer's inkhorn by his side returned from the earth and reported to Jesus that his work was done, and the saints were numbered and sealed. Then I saw Jesus, who had been ministering before the ark containing the ten commandments, throw down the censer. He raised His hands, and with a loud voice said, 'It is done.' And all the angelic host laid off their crowns as Jesus made the solemn declaration, 'He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he that is

righteous, let him be righteous still: and he that is holy, let him be holy still'" {EW 279.2}.

When the last of the 144,000 are sealed, the report goes back to Heaven and Jesus immediately ends the sanctuary service allowing the seven last plagues to fall. Every case is decided as Revelation 15:8 tells us: "And the temple was filled with smoke from the glory of God, and from his power; and no man was able to enter into the temple, till the seven plagues of the seven angels were fulfilled." Going to the multitude would be useless.

So, yes, we are sure.

Keep in mind "that judgment must begin at the house of God" (1 Peter 4:17), and "Slay utterly old [and] young, both maids, and little children, and women: but come not near any man upon whom [is] the mark; and begin at my sanctuary. Then they began at the ancient men which [were] before the house" (Ezekiel 9:6). It does not state that all 144,000 come from that location – the church. Those that come out of Babylon, evidently, contribute to the number.

QUESTION: Should children be on display to perform?

ANSWER: Evidently you are referring skits, plays, and other like events that churches encourage little ones to participate in.

Ellen White pens, "We might see a different order of things should a number consecrate themselves wholly to God, and then devote their talents to the Sabbath school work, ever advancing in knowledge, and educating themselves so that they would be able to instruct others as to the best methods to employ in the work; but it is not for the workers to seek for methods by which they can make a show, consuming time in theatrical performances and musical display, for this benefits no one. It does no good to train the children to make speeches for special occasions. They should be won to Christ, and instead of expending time, money, and effort to make a display, let the whole effort be made to gather sheaves for the harvest" {CSW 153.2}.



Prophecy Made Plain

Jerry O'Donnell

Why Do Seventh-day Adventist Believe They are the True Movement?

Unfortunately, many Seventh-day Adventists equate "movement" with "denomination", which is wrong. A Christian denomination is a designation of whatever type of Christianity the group is based on believes, but function pretty much like all other groups under the

umbrella of Christian. They attend services, may or may not be active in other social activities offered by the church, and probably financially support it. Today's denominations just expect that Heaven is theirs and no further involvement is necessary, allowing them to return to their personal activities during the rest of the hours and days in between services.

A movement is a group of people actively pursuing a destination and inviting others to join in the process to reach that destination. Usually, a movement has a unique message as well. In our case, Heaven is our destination and we claim to have the unique message known as the “Three Angels’ Messages” that opens the eyes to see the path provided by Jesus that leads there.

Note that those definitions were just a quick overview of the two words as that is not the focus of this article. The focus is why Seventh-day Adventists would be so conceited to think that they are the only ones active in a true movement. At least that is the criticism we hear from within and from without.

In reality, we are not conceited. Every person who adheres to Bible guidance for all they think and do can conclude that there is, beyond a reasonable doubt, to be a movement and there is a specific message to that movement, and it seems that only true Seventh-day Adventists are aware of it.

Last time (June 2023) we looked at the Millerite movement found in Revelation 10. The conclusion of the chapter was not covered on purpose. Now, in verse 11, it reveals that there is to be a movement that was to spring up after 1844’s disappointment and what that movement’s message is about. The verse states, “And he said unto me, Thou must prophesy again before many peoples, and nations, and tongues, and kings” (Revelation 10:11).

Every person is to be involved in going before as many people as possible, even to the numerous nations, speaking to them in their native tongues and possibly having

the attention of their leadership, even kings. This verse is not just for a minister to perform, as that is the position of being just a denomination.

The word “again” indicates that the message to be carried is found in Revelation 10 and is a repeat of it, for the most part. To repeat the exact same message of picking out the day and hour of Jesus’ return would be a mistake, but to teach the proper understanding of the contents in the “little book” (verse 2) known as the book of Daniel as it is now “open” (verse 2) to everyone’s understanding, but before it was “shut up” (Daniel 12:4). The message includes the timeline pointing to the period as “time no longer” (Revelation 10:6) or “time of the end” (Daniel 8:17). That is not the end of the world but the period of time just prior to Jesus returning. That period would be known also as “the sanctuary be cleansed” (Daniel 8:14) period in which sins are either blotted out (Acts 3:19) or names are blotted out of the Book of Life (Revelation 3:5).

Further, similar wording from Revelation 10:11 is found in Revelation 14:6, which says, “And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people.” As that verse leads into the messages of three angels, that makes The Three Angels’ Messages the outline for what is prophesied or taught by this movement.

There is only one, and one movement only, that embraces Daniel 8:14’s twenty-three hundred day prophecy and the Three Angels’ Messages. All other denominations simply have a gospel message while

we have “this gospel of the kingdom” (Matthew 24:14), which is “the everlasting gospel” (Revelation 14:6). The word “this” used by Jesus indicates a single gospel, even a single truth. And since there is a single truth, that means to have additional denominations would be apostasy from that truth. Do keep in mind, one can also be in apostasy inside the movement by not preaching the correct message, as we

find the majority in that situation today, hence why we are in apostasy as predicted.

But that is why true Seventh-day Adventists believe we are the only true movement, not to become conceited, but to take responsibility in providing the only saving message to every nation, kindred, tongue, and people.



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.

March 2023

Sign of the Times [SDA Magazine]

Antichrist

However, God will not allow the antichrist to appear until His special messengers, the 144,000, have been sealed. They are then prepared to counter the lies and deceptions of the antichrist and help a great multitude escape from the slavery of Satan’s kingdom of Babylon.

EGW: “I saw angels hurrying to and fro in heaven. An angel with a writer's inkhorn by his side returned from the earth and reported to Jesus that his work was done, and the saints were numbered and sealed. Then I saw Jesus, who had been ministering before the ark containing the ten commandments, throw down the censer. He raised His hands, and with a loud voice said, “It is done.” And all the angelic host laid off their

crowns as Jesus made the solemn declaration, “He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still.”” {EW 279.2}

Comment: The article is Jesuit propaganda that Evangelicals have promulgated into other denominations. Ellen White states that once the last person is sealed, all cases are locked in. There will be no multitude to witness to, or even to try and save. It will be the seven last plagues followed by the second coming.

May 5

Advent Messenger

Disfellowshipped Seventh-day Adventists in Kenya are Forbidden from Singing Our Hymns

The North Rift Valley Field, which is a part of the West Kenya Union Conference of Seventh-day Adventists, recently published a letter explaining how a former member and employee had been officially disfellowshipped from the Seventh-day Adventist community. The letter was written on May 2, 2023, and explained how the former member/employee could no longer preach, teach, baptize, or even sing songs from the Seventh-day Adventist hymnal. The letter also stated how “government authorities” could be used to stop him from using the “SDA” name in his “secret activities.”

EGW: “The ‘image to the beast’ represents that form of apostate Protestantism which will be developed when the Protestant churches shall seek the aid of the civil power for the enforcement of their dogmas” (Great Controversy, p. 445).

Comment: The Seventh-day Adventist church is contributing to the erection of the image of the beast.

May 8

Advent Messenger

The Florida Conference Spanish Camp Meeting Featured New Dress Codes and A New Version of the Hymn “How Great Thou Art” Complete with Loud Drums

Short skirts are not intended to be comfortable or convenient for the wearer; rather, they are a stylistic design made to catch the eye of the beholder by revealing the maximum amount of skin.

EGW: “The dress should reach somewhat below the top of the boot; but should be short enough to clear the filth of the sidewalk and street,

without being raised by the hand. A still shorter dress than this would be proper, convenient, and healthful for females, when doing their housework, and especially, for those women who are obliged to perform more or less out-of-door labor.”

Comment: The dress length is basically about mid-calf and definitely well below the knee. Wearing boots up above the knee is not what she is referring to but those that reached around the ankle area.

May 9

Fulcrum 7

Well, That's Not Good -- SDA Church in Seattle to Host Pro-Gay Meeting on Sabbath

Green Lake Church of Seventh-day Adventists in Seattle is pastored by Kevin McGill. They also have a female pastor, Raven Leonardini. This coming Friday night and Sabbath, they are hosting a series of presentations on LGBTQ affirming theology, by Ex-SDA pastorette Alicia Johnston.

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.”

May 12

Advent Messenger

An Adventist Academy was “Very Happy” to Announce that 51 of their

Students received Honorary Scholarships to Attend the Local Catholic University

What would be the Roman Church's strategy? Rome has never abandoned its century-old dogmas, for which Protestants believe there is no scriptural authority.

EGW: "In planning for the education of their children outside the home, parents should realize that it is no longer safe to send them to the public school, and should endeavor to send them to schools where they will obtain an education based on a Scriptural foundation. Upon every Christian parent there rests the solemn obligation of giving to his children an education that will lead them to gain a knowledge of the Lord and to become partakers of the divine nature through obedience to God's will and way." {CG 304.1}

Comment: Though the quote is specifically towards public schools, it is applicable to any church school not teaching the ways of God through the scriptures but human concocted ideas.

May 16

Advent Messenger

Ganoune Diop is on a 2023 Committee Tasked with Uniting the Churches, Building Bridges, Overcoming Prejudices, and Nurturing Relationships

As a committee member, Diop is responsible for planning and organizing the work of the Global Christian Forum (GCF), an ecumenical organization dedicated to promoting unity, cooperation, and dialogue among the different Christian denominations.

EGW: "We are pressing on to the final conflict, and this is no time to compromise. It is no time to hide your colors. When the battle wages sore, let no one turn traitor." {RH, December 6, 1892 par. 1}

May 18

Fulcrum 7

Conference Sponsored Plant in Oregon Now Worshiping on Sunday

Pastored by Colby Maier, the Bloom (Adventist) Church changed their worship time to Sunday morning at 10:30 last month on April 9. They have been meeting on Sunday mornings ever since. It's all about Jesus.

Comment: And this is the result of undermining our faith by pointing every reference using the word "truth" to simply meaning Jesus instead of actually following truth, the Word of God, the Commandments, and the actual teachings of Jesus.

Bible: "Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me" (John 14:6). "Jesus answered and said unto him, If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him" (John 14:23).

May 19

Advent Messenger

La Sierra University Church will hold the "I Am Affirmed" LGBT+ Graduation Ceremony on the Lord's Sabbath

Adventist education is in the midst of monumental changes. On Sabbath, June 3, 2023, La Sierra University will

be celebrating a special graduation ceremony “to honor lesbian, gay, bisexual, transgender, queer, and ally students and to acknowledge their achievements and contributions to the university.”

Bible: Isaiah 1:13 “Bring no more vain oblations; incense is an abomination unto me; the new moons and sabbaths, the calling of assemblies, I cannot away with; [it is] iniquity, even the solemn meeting.”

May 18

Advent Messenger

Ellen White Comes to Life through Artificial Intelligence, and You Can Talk to Her

Artificial intelligence (AI) has the ability to simulate certain aspects of human behavior, including imitating people, dead or alive. With advances in technology, AI has learned how to mimic human speech, writing style, and even the visual appearances of real human beings. Chatbots, or virtual assistants, simulate human

communication and give the impression that you are speaking with a real person.

EGW: Many will be confronted by the spirits of devils personating beloved relatives or friends, and declaring the most dangerous heresies. These visitants will appeal to our tenderest sympathies, and will work miracles to sustain their pretensions. We must be prepared to withstand them with the Bible truth that the dead know not anything, and that they who thus appear are the spirits of devils. {GC88 560.1}

Comment: Although Ellen White was told that dead beings will really appear as being alive again, here is devilish activity nonetheless. To pretend to chat with Ellen White despite the declaration that AI is still learning, one day this AI unit will learn enough to be convinced that it is Ellen White. By the way, I had asked the AI, “Should we keep Sunday as the Lord’s day?” Hours later, it is still working on the answer.



News And Comments

May 2

AP News

Loneliness poses risks as deadly as smoking, surgeon general warns

This article is a bit misleading, for just about every adult has experienced loneliness at some point in their life, and with the simple question of "Have you ever felt lonely?" being asked, no wonder over half of the

respondents have answered "Yes". Despite a room full of people, anyone experiencing a death in the family will feel lonely, as if no one understands. So, despite the potentially bad science behind this announcement, there is a solution. If this survey is showing that loneliness has increased over the years, then it probably has a connection with the fact that religious practice is down. In

other words, by removing God from society, loneliness will increase, but with God in one's life, loneliness should decrease. And just going to church or even declaring that a person has regular Bible reading time through the week is not the same as actually having God in their lives. Jesus said, "I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever" (John 14:16). So, is the Comforter in your life?

May 2

Esquire

Is It Time to Quit Coffee for Good?

"Those who resort to tea and coffee for stimulation to labor, will feel the evil effects of this course in trembling nerves and lack of self-control. Tired nerves need rest and quiet. Nature needs time to recuperate her exhausted energies. But if her forces are goaded on by use of stimulants, there is, whenever this process is repeated, a lessening of real force. For a time more may be accomplished under the unnatural stimulus, but gradually it becomes more difficult to rouse the energies to the desired point, and at last exhausted nature can no longer respond" {CD 422.1}. The question was settled over a hundred years ago. Yes, it is time to quit coffee for good.

May 3

Telegraph

Scientists witness what the end of the Earth could look like

Instead of guessing, just read the Bible. There is what is called the second coming that will leave it as

Jeremiah saw it: "I beheld the earth, and, lo, [it was] without form, and void; and the heavens, and they [had] no light. I beheld the mountains, and, lo, they trembled, and all the hills moved lightly. I beheld, and, lo, [there was] no man, and all the birds of the heavens were fled. I beheld, and, lo, the fruitful place [was] a wilderness, and all the cities thereof were broken down at the presence of the LORD, [and] by his fierce anger. For thus hath the LORD said, The whole land shall be desolate; yet will I not make a full end." (Jeremiah 4:23-27). But that is not the full end because there is what is known as the "thousand years" for "the rest of the dead lived not again until the thousand years were finished" (Revelation 20:5). Then the finality happens. "And they went up on the breadth of the earth, and compassed the camp of the saints about, and the beloved city: and fire came down from God out of heaven, and devoured them" (Revelation 20:9). That is when "ye shall tread down the wicked; for they shall be ashes under the soles of your feet in the day that I shall do [this], saith the LORD of hosts" (Malachi 4:3).

May 3

The Tablet

First Coronation role in 500 years for Catholic bishops

And prophecy foretells a restoration of her power. "I saw one of his heads as it were wounded to death; and his deadly wound was healed; and all the world wondered after the beast." [Revelation 13:3.] The infliction of the deadly wound points to the abolition of the papacy in 1798. After this, says the prophet, "His deadly wound was healed; and all the world wondered after the beast." Paul states plainly

that the man of sin will continue until the second advent. [2 Thessalonians 2:8.] To the very close of time he will carry forward his work of deception. And the Revelator declares, also referring to the papacy, "All that dwell upon the earth shall worship him, whose names are not written in the book of life." [Revelation 13:8.] In both the Old and the New World, papacy will receive homage in the honor paid to the Sunday institution, that rests solely upon the authority of the Romish Church. {GC88 578.3}

May 7

Fox News

‘Father of AI’ says tech fears misplaced: ‘You cannot stop it’

Some speculate that AI is the image of the beast, maybe the antichrist, maybe a participant in the Mark of the Beast. "The "image to the beast" represents that form of apostate Protestantism which will be developed when the Protestant churches shall seek the aid of the civil power for the enforcement of their dogmas" {GC88 445.2}. And of course the antichrist, represented by a beast (Revelation 13:1-2) is a nation (Daniel 7:23) and not a device. As for the role of the Mark of the Beast, if we are talking about enforcement, it very well could. As for it producing it? Absolutely not.

May 14

MSN

19 Republican states accuse JPMorgan of closing bank accounts and discriminating against customers due to their religious or political beliefs

"In a letter sent to JPMorgan CEO Jamie Dimon and reviewed by The Wall Street Journal, Republicans representing 19 states said the bank had canceled major organizations' checking accounts and had asked screening questions focused on religion and politics before reinstating them." We see clearly how easy it is to control buying and selling despite constitutional rights. Yes, JPMorgan is getting their hands slapped but it took 19 states until a voice was raised. "That no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name" (Revelation 13:17).

May 16

Rollingstone

Taylor Lautner Is ‘Praying’ For John Mayer Ahead of Taylor Swift’s ‘Speak Now’ Re-Release

The actor ought to save his prayer because God is not listening. "He that turneth away his ear from hearing the law, even his prayer [shall be] abomination" (Proverbs 28:9). As we are to "judge righteous judgment" (John 7:24) and "by their fruits ye shall know them" (Matthew 7:20), the participation in the movies shows that he actively supports Satan's side. God is not into vampires and werewolves.

May 17

Telegraph

Sorority sues over admission of trans woman who got ‘aroused in their company’

It just goes to show that there is no test for this agenda where word of mouth is all that is necessary. "The

woman shall not wear that which pertaineth unto a man, neither shall a man put on a woman's garment: for all that do so [are] abomination unto the LORD thy God" (Deuteronomy 22:5).

May 19

LA Times

Yucaipa High 'teacher of the year' accused of sex crime involving student

This is the danger of praising people. "For they loved the praise of men more than the praise of God" (John 12:43). She liked the attention but failed to keep from fornication or even adultery.

May 24

The Federalist

It's About Time Christians Educated Themselves!

"In contemporary parlance, to 'educate' oneself means allowing intellectually and morally stunted clowns — literally, in this case — to bully you. Because LGBT activists, like BLM activists, never need to be 'educated' about anything. They have achieved enlightenment." Basically, "The fear of the LORD [is] to hate evil: pride, and arrogancy, and the evil way, and the froward mouth, do I hate" (Proverbs 8:13).

May 24

NY Times

Bill to Force Texas Public Schools to Display Ten Commandments Fails

"And I beheld another beast coming up out of the earth; and he had two horns like a lamb, and he spake as a

dragon" (Revelation 13:11). This was a small-scale attempt to speak as a dragon by legislating a mandate to display the Ten Commandments when Jesus' way is always be invitation. Prayer, commandments, and everything associated with religion once was part of public schools but was removed during the 1960s. Though it should not have been, to force it back in is just going to cause bigger problems that will lead to the rest of Revelation 13 fulfillment.

May 25

Buzz Feed

These Stories About The Effects That Religion Has Had On People's Mental Health Are As Eye-Opening As They Are Heartbreaking

Basically, this article is nothing short of declaring religion a mental illness and a subtle way to undermine discipline, in that, sin is good for the mind. Interestingly, Satan tried the same trick on Eve. He played upon the mind to have more knowledge, but it required sinning by eating the forbidden fruit. It is also the same argument in which they push for having no rules or to encourage lawlessness, a characteristic of the last days. So, "Submit yourselves therefore to God. Resist the devil, and he will flee from you" (James 4:7).

May 26

People

Texas Girl Born in Jail Heading to Harvard After Graduating at the Top of Her Class

She could have wallowed in her disadvantage, but she was able to make the best of things and ended

up doing well. May we use this example to overcome every and all challenges, especially that of sin and temptation. May we not create an excuse for sinning based upon wealth or lack thereof, good or bad parents, right or wrong part of town, etc. We can say that "having escaped the corruption that is in the world" (2 Peter 1:4).

May 30

The Street

Chick-fil-A Is Latest Target of the Bud Light Boycott Movement

"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). In appearance to hold up "the Lord's day", which is not Sunday, by the way, according to the Bible, they then turn around and go against another principle of God – promotion of the LGBTQ+ movement. Either we serve God completely or we don't. To stand firm on closure on Sunday for "godly reason" and then do an ungodly thing, they might as well open up their stores on Sunday then. By the way, "the Son of man is Lord even of the sabbath day" (Matthew 12:8). The Lord's day is the Sabbath. Maybe having the wrong day as "the Lord's day" is what is leading to the compromise with the LGBTQ+ support.



Ellen White Abbreviations In this Issue

1SM - Selected Messages Book 1

6T - Testimonies For The Church
Volume Six

CD - Counsels on Diet and Foods

CG - Child Guidance

CSW - Counsels on Sabbath
School Work

EW - Early Writings

GC - The Great Controversy
(1911)

GC88 - The Great Controversy

PP - Patriarchs and Prophets

RH The Review and Herald

(Continued from page 2)

develop a closer relationship with Christ in the process, even a saving one. So, if you have a young child or grandchild, have them submit questions to us using our YouTube comments section, email address, or simply the snail mail method.

May God bless everyone's efforts in reaching out to others.



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.*

Aspirin for calluses and corns

To create your own corn-softening compound, crush five or six uncoated aspirin tablets into a fine powder. Mix the powder thoroughly with one half teaspoon of lemon juice and one half teaspoon of water. Dab the paste onto the thickened skin, lay a piece of plastic wrap on top, and cover the plastic with a heated cloth. Remove everything after 10 minutes and gently scrub away the loosened skin with a pumice stone. Of course, you should not try this if you are allergic to aspirin.



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Mail To: Four Angels Messages,
PO Box 301, Boiling Springs, PA 17007
E-mail: info@fourangelsmessages.com
Phone: (717) 460-7881