



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.

Ask, and It Shall Be Given You

Ellen White

"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you. For everyone that asketh receiveth and he that seeketh findeth, and to him that knocketh it shall be opened. Or what man is there of you, whom, if his son ask bread, will he give him a stone? or, if he ask a fish, will he give him a serpent? If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him? Therefore, all things whatsoever ye would that men should do to you, do ye even so to them, for this is the law and the prophets" Matthew 7:7-12.

We have a promise from God, and I wish everyone before me would believe it. "Whatsoever is not of faith is sin," and if we come asking without faith, if God should bless us we would

not recognize or appreciate it. We need a living, active faith, and entire dependence upon God as though we were little children, and then our requests will be granted.

"But," says one, "I don't feel as I want to feel. I want to feel this way." This is well enough, and we do frequently have it, but you must not make feeling the criterion of faith, or you will lose many precious blessings. Feeling is not faith. I have sometimes myself felt this way and tried to make terms with God, if He would do so and so, I would do so and so. But, is feeling the emotional part, or is it the oracles of God that testify to us that we are the children of God?

If we show unlimited faith in God it will lift us up out of difficulties and perplexities. God has said it, and His

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- Questions and Answers
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- Watchman, Let Him Declare What He Seeth

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

Dear Brothers and Sisters ...

Jerry O'Donnell

You may have seen a slight adjustment to the health section of this publication, but I believe it shall make a positive impact on our lives. For a period of time, the section was called “Healthy Living” and was composed of quotes from Ellen White. It was a reminder of getting back to the basics with our understanding of living healthfully. However, despite the plethora of health material, despite a number of compilations available, we can only recite the NEW START principles for so long before it becomes a portion to be skipped over. Additionally, we are trying our best to avoid simply quoting whole selections of Ellen White’s compilations as you can purchase such books and read the entire volume instead.

So, it was decided a few months ago that we would take the health section in a different direction. After asking Reen, our copy editor, if she would be interested in writing for that portion of the magazine, she wholeheartedly agreed to that idea. We needed modern application, even specific application, to health principles, things that are practical for today’s demands.

The next question was, “What shall we call the new segment?” Should it remain under the old name or a different name? If a different name, what shall we try to capture in the title? And then the answer came to Reen as she awoke one morning with the title in her mind.

Satan wastes no avenue to undermine God’s truths, including the health message. There are so

many voices in the world claiming this, that, or the other thing as being healthful even when sometimes it is not. Some are scheming to get rich; some are ignorant of the results of following certain directives for a long period of time; and many are actually clueless. Some of these recommendations come from PHDs, medical field practitioners, even voices from the government.

What we need today is heavenly approved health messages. And that is where the title comes from. “Heavenly Health” contains messages that are Heaven approved.

Reen Swindle has been an active voice for truth in Seventh-Day Adventism since 1999, has served on ministry Boards, worked on various publications in editorial and artistic positions while developing a strong interest in Health Reform. After connecting with Medical Missionary practitioner and instructor, the late Christine Guardo, in 2015 and going through her training programs, Reen realized this work was her calling and has been sharing health information with family, friends and anyone she has met on her path ever since.

May you appreciate more of the direction we are heading, and may you be in heavenly health.



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

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

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

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

About The Four Angels' Messages Ministry

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

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

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this publication is challenging to provide to everyone for free. So we are asking for a subscription on the honor system of **\$35 annually for 12 issues**, and if the Lord impresses you with the means to be able to pro-

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

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Word is immutable. Come to Him believing He will do just as He says He will. We have it promised that good gifts will be given by our Father if we ask Him. Should we not present our cases then more frequently than we do and believe He will help us because He knows our helplessness and our want of righteousness and that He must come in and fill up the lack?

I want you to know what it is to have a living faith in God. Never can we know the depth of mire from which we have been lifted, only as we comprehend by living faith the length of the cord that was let down from heaven to draw us up—the living chain of mercy He has let down that we must, by faith, cast our whole weight upon. Then we can indeed be cured by the blood of Jesus Christ, and His righteousness become our righteousness.

What brought Him to earth to lay aside His royal robes, His crown of glory, His position as one with the Father, clothe His divinity with humanity, and come here to carry on the battle with the powers of darkness in our behalf? Why did He not leave us to do it? Because we had fallen, and divine power had to be added to our finite nature to make it successful, to give us any hope of everlasting life. An angel coming could not do the work. How could they understand the work to be done? Christ became a man to sympathize with men. So man, at every step, is overcoming where He did, Christ's work being to show that divinity combined with man would overcome.

When Christ came into the world, what a work had been going on! Satan had had his own way and man's mind had been clouded so that

the precious gems of truth were buried. Christ's first work in the ministry was to gather up these precious gems and rid them of the superstition and tradition that covered them and restore them just as they had been given to the prophets and presented so little children can understand them. This is the work our Saviour came to do and also to represent the Father. Satan had been misrepresenting Him, His work and His spirit. So then He is a God of goodness, love and compassion. Satan shows Him as a God of justice, visiting the transgressions of the sinner without mercy.

When Moses prayed that the Lord might go before him, the Lord said: "I will make all My goodness pass before thee, and I will proclaim the name of the Lord before thee, and I will be gracious to whom I will be gracious, and will show mercy on whom I will show mercy." And in (Exodus 34:5), God proclaims His own character.

After the Fall all communication between men and God came through Christ, so we have this presented before us in straight, pure lines that if man will confess his sins, the Father will pardon him. Notwithstanding all this, how few take the lessons home to themselves.

Now what are we to do? Why, represent Christ here upon the earth, the only way He will be represented. We can go to God for the things we need. Christ has said, "Enter into the strait gate," also, "Beware of false prophets." "Ye shall know them by their fruits." What a man professes is no evidence that he is a child of God, but what he does. Does he manifest a proper spirit? Does he reveal Christ in His home life?

Christ revealed the Father. When Philip asked to see the Father, Christ said: "Have I been so long with you and yet hast thou not known Me, Philip? He that hath seen Me, hath seen the Father." Our work is now to teach men how to enter the strait gate, to tell men what they should do to be saved. We want to know what fruit is borne. Christ says: "I sanctify Myself that they may be sanctified." Have you a home religion? Do you speak kind, true words? Do you make home a place to plead with God and to teach your children to come to Him? That He bought them? Do you teach them constantly, the claim high heaven has upon them? If so, then the precious Saviour will save them.

"If I be lifted up I will draw all men to me." Present before your children that Christ is drawing them and that they are drawing away from Him. Christ is calling them to repentance, not their repenting. No one can repent unaided. Christ calls you. How? Did He not erect His cross between heaven and earth? Whenever God the Father and the heavenly train look upon it, all bow to it and the angels prostrate themselves before it. Why? Because the plan of salvation has been carried out and the Father accepts it. Midway the cross is erected and sinners are to look upon it and be saved. It is this that brings sinners to repentance.

Men may talk of an eternally burning hell, but that does not do the work. It is the love of God. No one can repent except Christ move him. How is it done? Is it a special act for each? It is the Christ of Calvary hanging midway between heaven and earth, and then what? "Mercy and truth have met together; righteousness and truth have kissed each other." I plead with God to show me this so clearly that I

may present to others who have so much difficulty to comprehend that Christ is first and last, the Alpha and Omega, and has drawn man, by a love as broad as the world, to Him, and what then? It leads man to repentance and then comes the forgiveness. We want that the brethren and sisters should take hold of this for themselves.

When Peter had been put in prison the priests said, "Do not preach in His name," but the angel opened the prison door and bade him go forth and preach. This was a conflict between the two, and Peter, when rearrested said: "We ought to obey God rather than man." The love of God which is beyond comprehension is constantly drawing men to repentance. It is Christ that is the first and the last, the Author and Finisher of our faith. Now our faith must grasp this truth.

Man's nature is enmity against God. Christ came clothed with humanity and then humanity touched humanity, and by living faith men grasp Christ and repent that they have transgressed the law of God. As they repent He forgives their transgressions. So it is Christ from first to last. Now we want our brethren to see this. What is man to do? Have faith. What kind of faith? To believe that Christ is the propitiation for our sins, and that He brought immortality to light. But what are we to do? Why, this faith is a working faith. Will a farmer fail to sow seed yet expect a harvest? No more will you unless you are active workers in the cause of God and put to the stretch every muscle, every energy. "To him that overcometh will I grant to sit with Me in My throne, even as I also overcame, and am set down with My Father in His throne." What does that mean? He overcame

in our behalf and we are to overcome in His strength.

Every evil and defect will shut us out of heaven if we do not overcome through the strength He has given us. Why then groan, "O, I wish I was a child of God?" If an angel told you, would it make it any stronger? You lack faith. Put your faith to the utmost stretch. If I promise you something, you would not require an evidence from me. It would be insulting to ask it. Yet we treat God in that way. He says if you ask you shall receive. Now what are you going to do? Ask for what you want. Claim His promise. Tell Him you are weak and cannot overcome unless you have His strength, and that you must have it. Do you suppose you would ask in vain; knock and not be heard? No. If you would have this faith you must be the happiest people on earth. Why? Because you have planted your hopes on these promises, and you go on your way rejoicing, knowing He will do exactly as He promises. This faith works by love, and our old, hard hearts fall upon Christ and are broken, and He fills us and molds us by His Spirit.

The trouble with us is that we have never fallen upon the Rock. We are wrapped up in our own self-righteousness. Had we not better believe and mix the truth with faith, having that faith which works by love? Shall we not, in all our connection with each other see Christ in all, and love one another as Christ loves us? Let us take Christ as our precious Saviour, and He will be to us a present help in every time of trouble.

I am so glad we need not go through life with our heads bowed down looking at our own imperfections. We misrepresent Christ in this way. Have we not everything to be grateful for? Christ has gone to prepare mansions for us. Let not your heart be troubled. Is not that enough to make us glad? Should we not go our way rejoicing, talking of His compassion, His love? Have you, brother or sister, put your mind on the right side of the question? Turn over a page and look over the shadow of darkness to the love of Jesus Christ. "Unto us a child is born, unto us a son is given." God has given us all that mightiness and power. Will we believe He will strengthen us and overcome for us as He overcame?

It is the humanity combined with divinity that will bring us through the strait gate. Don't dishonor Him any longer by your unbelief. Let us lay right hold of His promises. Open your heart to Him and let self break all to pieces. He will gather you. He will put His mold upon you. The Lord is coming. There is no time for indolence. There is a message to go to the world. We cannot present it to the world if we do not believe in Him. We are receiving precious things.

Brethren, will you take hold of this truth; will you, by work in your family, seek to bring them up in the nurture and admonition of the Lord and carry this spirit into your churches, so educating yourself that you can preach Christ to them that know Him not?

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A Few Thoughts on the Cleansing of the Sanctuary

E. Everts

DAN.viii,14. "And he said unto me, Unto two thousand and three hundred days, then shall the Sanctuary be cleansed." What Sanctuary? Not the earthly typical one, where the Aaronic priests officiated between God and his people anciently through the patriarchal and prophetic age down to the cross, where was offered the great sacrifice that cast the shadows by which they offered their services. No. For that sanctuary was destroyed according to the predictions of Dan.ix,26. "And the people of the prince that shall come, shall destroy the city, and the sanctuary." Matt.xxiv,2; Luke xix,43,44, which was fulfilled by the Roman army A. D. 70. And the sanctuary services virtually ceased, as types and as prophecy declared A. D. 31. Dan.ix,27. "And in the midst of the week he shall cause the sacrifice and oblation to cease." Ex.xii,3,6. "Fourteenth day of the first month: and the whole congregation of Israel shall kill it in the evening." [Margin, between the two evenings.] Rom.v,6. "In due time [according to the time, margin] Christ died." Luke xxiii,45. "And the vail of the temple [which divided between the holies of the sanctuary in the temple] was rent in the midst."

By what shall it be cleansed? By blood, according to the type. Lev.xvi,15,16. "Then shall he kill the goat of the sin-offering, that is for the people, and bring his blood within the vail, and do with the blood as he did with the blood of the bullock, and sprinkle it upon the mercy-seat: and

he shall make an atonement for the holy place." Why is the sanctuary cleansed? "Because of the uncleanness of the children of Israel, and because of their transgressions in all their sins." Lev.xvi,16.

What did the cleansing of the typical sanctuary amount to? A typical, or temporary judgment for the people. "For in that day shall the priests make an atonement for you, to cleanse you, that you may be clean from all your sins before the Lord." Lev.xvi,30. "For whatsoever soul it be that shall not be afflicted in that same day, he shall be cut off from among his people." Lev.xxiii,29.

What sanctuary is there to be cleansed after the ending of the twenty-three hundred days, [years,] which commenced B. C. 457, and ended A. D. 1844, if the typical one was set aside A. D. 31, and destroyed A. D. 70? The heavenly, where Christ is "a minister of the Sanctuary, and of the true tabernacle, which the Lord pitched and not man." Heb.viii,2. How do you know that there is a necessity for cleansing the heavenly Sanctuary? Because "they (the priests,) served unto the example and shadow of heavenly things." "We have such an High Priest, who is set on the right hand of the throne of the Majesty in the heavens." "For every high priest is ordained to offer gifts and sacrifices, wherefore, it is of necessity that this man have also somewhat to offer." Heb.viii,1,3,5.

When in the type, as to event, was the sanctuary cleansed? The last thing except the dwelling in booths,

that commemorated their dwelling in booths, when God brought them out of the land of Egypt, to be observed from the fifteenth to the twenty-second of the seventh month, after the gathering of the fruit of the land. Lev.xxiii,39-43. When will the heavenly Sanctuary be cleansed? "In the end of the world, hath he (our High Priest) appeared (within the inner vail) to put away sin by the sacrifice of himself." Heb.ix,26. Is there in heaven anything unclean? Physically, there is not. Neither was there in the most holy on the earth; but as the cleansing of the earthly was "because of the uncleanness of the children of Israel, and because of all their transgressions in all their sins." So there is no physical uncleanness in heaven to be cleansed; but the great and solemn work of judgment in blotting out the sins of the people of God of all ages.

When does the judgment commence? Not at death. Judgment had not come in Paul's day. Paul points to the future for judgment, and urges repentance. "Because he (God) hath appointed a day in the which he will judge the world by that man (Christ) whom he hath ordained." Felix trembled when Paul reasoned of righteousness, temperance, and judgment to come. Acts xvi,30,31; xxiv,25.

Peter locates the time for the judgment of the saints, both the living and the dead. In 1Pet.iv,3,5,6, he says that, "the time past of our life may suffice us to have wrought the will of the Gentiles," etc. "Who (we saints,) shall give account to him that is ready to judge the quick (living) and dead."

"For, for this cause was the gospel preached also to them that are dead, that they might be judged according to men in the flesh, (or like the

living,) but live according to God in the Spirit." Peter being a prophet indeed, places the judgment at the point of the history of the church, when it must be no other point of time, but when the last generation is on the earth that will live prior to the second coming of Christ. And he adds, "But the end of all things is at hand." Verse 7.

There is no time for judgment of the saints after the second appearing of Christ; for he comes to reward his saints with eternal life at the sounding of the last trump. "In a moment, in the twinkling of an eye, at the last trump; for the trumpet shall sound, and the dead shall be raised incorruptible, and we (the living) shall be changed." 1Cor.xv,52. When the judgment is past, we must hear the solemn, unchangeable declaration. "He that is unjust, let him be unjust still; and he which is righteous, let him be righteous still. And then exclaims the Revelator, "Behold I come quickly, and my reward is with me, to give every man according as his work shall be." Rev.xxii,11,12.

"For the time is come (A. D. 1844) that judgment must begin at the house of God; (whose house are we;) and if it first begin at us, what shall the end be of them that obey not the gospel of God?" 1Pet.iv,17.

The message of the First Angel, (Rev.xiv,6-8,) that pointed out the ending of the twenty-three hundred days of Dan.viii,14, on the tenth day of the seventh month, sacred time, 1844, declared, that the hour of God's judgment is come. Since then we have no evidence but that judgment, as solemn as it is, has been going on in the heavenly Sanctuary – which is the cleansing of the same from the uncleanness of the sins of

the people of God, from Abel to the sealing of the last saint on the earth.

Soon the investigative judgment will be over, the saints of all ages each other will greet in the first resurrection; and John says in Rev.xx,4, "And I saw thrones, and they sat upon them, and judgment was given unto them, and they lived and reigned with Christ a thousand years." Verse 5. "But the rest of the dead lived not again until the thousand years were finished. This is the first resurrection." Verse 6.

"Blessed and holy is he that hath part in the first resurrection." "Do you not know that the saints shall judge the world?" "Judgment was given to the saints of the Most High." 1Cor.vi,2; Dan.vii,22.

The charge of Paul in 2Tim,iv,1, I do not view to be the investigative judgment of the righteous saints

after they are rewarded with eternal life, but the judgment while some are alive and some are dead, agreeing with Peter, which must be before Christ, the Nobleman, returns from the far country, where at his appearing before the Father for his kingdom, he judges whom he accounts worthy to be immortalized at his return, to sit on thrones with him in his kingdom. Luke xix,12; Rev.iii,21.

Lord help to overcome, is my prayer.

Rubicon, Dodge Co, Wis., June 4th, 1854. {June 11, 1857, UrSe, Advent Review and Sabbath Herald 45.2 - 15}



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The Judgment Hour is Come

Jerry O'Donnell

When it was decided to recognize the anniversary of October 22, 1844, it would have been appropriate to have published this message along with the pioneer article in the October issue if we wanted it in the month of October just in general, but if we wanted to be as close as possible to the anniversary date, with this being but a monthly publication, the November issue seemed more appropriate as it is closer to the date than October 1 happens to be. Besides, we try to mail out the publication a few days early, which means that some will receive this in October. Also, our emailing of the publication is almost a week before the start of a new month, which is just days after October 22.

In either case, before you is an article addressing the judgment. It will address what is going on as opposed to figuring out the twenty-three hundred day prophecy or even reviewing Revelation 10. This time around, we would like to address what the judgement is like; who is involved; and how it will take place.

What Type of God Do We Serve?

Before we enter into such a serious subject, let us remember what type of God we serve. 1 John 4:8 says, "He that loveth not knoweth not God; for God is love." John 3:16-17 says, "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. For God sent not his Son into the world to condemn the world; but that the world through him might be saved." We serve a loving God who even sent His only Son into this world to die for our sins. Now that is the

ultimate love one could ever express – John 15:13, "Greater love hath no man than this, that a man lay down his life for his friends."

Who Is the Judge?

Acts 17:31 says, "Because he hath appointed a day, in the which he will judge the world in righteousness by [that] man whom he hath ordained; [whereof] he hath given assurance unto all [men], in that he hath raised him from the dead." There is a judgment day and notice who will carry it out – the one that was raised from the dead – that is Jesus Christ. Are we sure? John 5:22 says, "For the Father judgeth no man, but hath committed all judgment unto the Son." Clearly God the Father has handed the role of judgment to His Son who earned it by His sinless life and selfless sacrifice of Himself.

Is that bad news? 1 John 2:1 says, "My little children, these things write I unto you, that ye sin not. And if any man sin, we have an advocate with the Father, Jesus Christ the righteous." A thesaurus renders the following for the word ADVOCATE: ALLY, DEFENDER, SUPPORTER, ATTORNEY, and COUNSELOR. This sounds encouraging! The one who judges us is on our side. So, if we spend time with Him every day by reading His Word and communicating with him through prayer, then no, it is not bad news, it is wonderful news! But if we do not know Him or do not desire to spend time with Him every day, then it is bad news.

This is like dating. Nobody has to tell a couple to make time for each other. When a note is written to the beloved, it may be read many times.

This should be the same relationship we have with Jesus. We should not have to make time for Jesus, but rather we should have to make time for everything else. And we should not grudgingly read His Word; rather, we should be anxious. Oh, how our priorities are out of order. There are all these societal pressures eating at our time. Who do you think is behind it all? That is right – Satan. So, we must earnestly spend time with Jesus every day.

What Is the Judgment Like?

Daniel 7:9-10 says, “I beheld till the thrones were cast down, and the Ancient of days did sit, whose garment [was] white as snow, and the hair of his head like the pure wool: his throne [was like] the fiery flame, [and] his wheels [as] burning fire. A fiery stream issued and came forth from before him: thousand thousands ministered unto him, and ten thousand times ten thousand stood before him: the judgment was set, and the books were opened.” This is an awesome sight. Millions of angels around God the Father’s throne as the books are opened and fire is proceeding out from the throne.

When does this scene occur? Continuing on, Daniel 7:13-14 says, “I saw in the night visions, and, behold, [one] like the Son of man came with the clouds of heaven, and came to the Ancient of days, and they brought him near before him. And there was given him dominion, and glory, and a

kingdom, that all people, nations, and languages, should serve him: his dominion [is] an everlasting dominion, which shall not pass away, and his kingdom [that] which shall not be destroyed.” The books being opened for the judgment scene occurs before the second coming. This is exactly what Revelation revealed.

What books are opened? Revelation 20:12-13 says, “And I saw the dead, small and great, stand before God; and the books were opened: and another book was opened, which is [the book] of life: and the dead were judged out of those things which were written in the books, according to their works. And the sea gave up the dead which were in it; and death and hell delivered up the dead which were in them: and they were judged every man according to their works.” One of the books is the Book of Life. Did you also notice how Daniel parallels Revelation and Revelation parallels Daniel? You cannot fully understand one without the other.

In addition to the Book of Life, there is another book that is used according to Malachi 3:16-18, it says, “Then they that feared the LORD spake often one to another: and the LORD hearkened, and heard [it], and a book of remembrance was written before him for them that feared the LORD, and that thought upon his name. And they shall be mine, saith the LORD of hosts, in that day when I make up my jewels; and I will spare them, as a man spareth his own son

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that serveth him. Then shall ye return, and discern between the righteous and the wicked, between him that serveth God and him that serveth him not." The Book of Remembrance contains all of people's actions and thoughts. As people confess their sins, the record of that sin is then blotted out of the Book of Remembrance.

Remember, if our name is in the Book of Life, we will be judged as being allowed to enter into heaven (Revelation 21:27). If our name is not in the Book of Life, we are then judged to go to the lake of fire (Revelation 20:15).

Revelation reveals that only those in the Book of Life are referred to as overcomers (Revelation 3:5). The overcoming is that of sin, selfishness, and this world. We only can do that by accepting the atoning blood of Christ through salvation. We also learned that it is a gift, which we are free to accept or reject (Ephesians 2:8). To accept it, we must first realize that we are a sinner and repent of the sin we have committed (Luke 13:3). Then go boldly to Jesus in secret and confess our sins at which point He will forgive us of our sin (1 John 1:9). He will then blot them out of the book of remembrance. However, true repentance and confession will then lead to conversion where we are a new creature not desiring to commit the sin again (2 Corinthians 5:17). After conversion, we will then be impressed to make restitution where possible (Luke 19:8). By rationalizing that God will overlook the little sins because "I'm such a good person" is the way one rejects the free gift of salvation. That is because Isaiah 64:6 says "But we are all as an unclean [thing], and all our righteousnesses [are] as filthy rags; and we all do fade

as a leaf; and our iniquities, like the wind, have taken us away."

Many call this the "born again experience", but did you know that God has a definition of what "born again" is? 1 John 3:9 says, "Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is born of God." So, if one is continuing to sin, then they are fooling themselves if they think they are born again.

Now, we just read a moment ago in Revelation 20:12-13 that we are judged by our works, yet the Bible tells us that we are saved by faith. How is this possible? James 2:14 says, "What [doth it] profit, my brethren, though a man say he hath faith, and have not works? can faith save him?" Well, that is our question. So, what is the answer? James 2:17-18 states, "Even so faith, if it hath not works, is dead, being alone. Yea, a man may say, Thou hast faith, and I have works: shew me thy faith without thy works, and I will shew thee my faith by my works." Faith is demonstrated by works and works gives evidence of faith. It is like rowing a boat. With two oars, one labeled faith and the other works, using only one would lead to going in circles. But when used together, one can go straight ahead.

Consider this, to go by faith only, means that one can live in sin. Going by all works gives way to a selfish motive in trying to earn heaven, while proper faith and unselfish works give evidence of Christ working in you.

Now even though mankind tries their best to deny the existence of God, we as a world do use God's principles. There is the seven-day week that all countries use in one form or another.

There is using beasts to represent things such as countries. And then there is the judicial system, which is also based on the Bible. In its simplest form, the judicial system contains three main steps – there is first the investigation, second, the verdict, and third, the sentence. All trials and judgments go through these three steps. Let us now examine each of these steps from the Bible as it applies to the judgment.

What Does the Bible Reveal About the Investigation?

Does the Bible substantiate the investigative phase of the judgment? Romans 2:16 says, “In the day when God shall judge the secrets of men by Jesus Christ according to my gospel.” Jesus at some future point will search out the secrets, which Psalms 44:21 reveals is what is in man’s heart – his desires, his decisions.

When is the investigation conducted? Hebrews 9:27 says, “And as it is appointed unto men once to die, but after this the judgment.” Since we all are destined to die, then we are all appointed to be judged. Our life is reviewed by heaven upon death.

Are we sure lives are not reviewed before death? Psalms 51:3-4 says, “For I acknowledge my transgressions: and my sin [is] ever before me. Against thee, thee only, have I sinned, and done [this] evil in thy sight: that thou mightest be justified when thou speakest, [and] be clear when thou judgest.” Psalms 37:32-33 says, “The wicked watcheth the righteous, and seeketh to slay him. The LORD will not leave him in his hand, nor condemn him when he is judged.” These verses reveal a future time of being judged.

Who is subject to being judged? 2 Corinthians 5:10 says, “For we must all appear before the judgment seat

of Christ; that every one may receive the things [done] in [his] body, according to that he hath done, whether [it be] good or bad.” Notice that no one will escape the judgment.

What is at stake during the investigative judgment? Revelation 20:15 says, “And whosoever was not found written in the book of life was cast into the lake of fire.” Revelation 21:27 says, “And there shall in no wise enter into it any thing that defileth, neither [whatsoever] worketh abomination, or [maketh] a lie: but they which are written in the Lamb's book of life.” What is at stake is our destination, which is dependent upon whether our name will remain in the Book of Life or not. In short, the investigation is used in deciding who is going to heaven and who is going to hell.

What is investigated during this period?

Matthew 12:36-37 says, “But I say unto you, That every idle word that men shall speak, they shall give account thereof in the day of judgment. For by thy words thou shalt be justified, and by thy words thou shalt be condemned.” Every word is recorded and that which is spoken properly will be considered “just” while those spoken improperly shall “condemn” us. Luke 11:23 says, “He that is not with me is against me: and he that gathereth not with me scattereth.” Our speech either gathers or scatters. If it scatters, then we are serving Satan. You may ask how is that possible? Well, cutting friends down for the sake of a joke is one way, and Satan is really cunning because if the victim shows any sadness, Satan implants the phrase to be used, “What, can’t you take a joke?”

Another way is gossip. Gossip is not simply just talking about people. It is letting another know something that they did not have a need to know. If you or the other person cannot help solve a person's situation, do not utter it. But if the desire is to pray for the individual, still very little should be divulged.

Yet another sly way is that of negativism. There is an unwritten rule, yet very powerful. It is called the Law of Reciprocal Influence. As people utter and focus on positive things, more positive things begin to occur. And as more and more positive things occur, it affects others in a positive manner and makes all around us happier people. That is God's side. Satan's counterfeit is the blatant opposite that so many people find themselves in. As negative remarks are uttered, more negative things tend to occur. And as they occur, it affects others in a negative manner. What benefit does it provide? It usually makes one feel worse and the person we utter it to also feels worse.

Basically, there are only two sides in this world – God and Satan. Each word that we speak either gives glory to God or Satan. And God forbid if at any time we would glorify Satan.

Another thing brought up in the judgment is found in James 2:10-12, which says, "For whosoever shall keep the whole law, and yet offend in one [point], he is guilty of all. For he that said, Do not commit adultery, said also, Do not kill. Now if thou commit no adultery, yet if thou kill, thou art become a transgressor of the law. So speak ye, and so do, as they that shall be judged by the law of liberty." We should be keeping God's law seeing we are going to be judged by it.

The next area investigated is revealed in Matthew 5:28, which says, "But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart." The world says, "You can look but don't touch." God says, "Don't even think it!" Why? Because as people think it, people eventually have the tendency to act upon it.

Similarly, Matthew 5:22 says, "But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: and whosoever shall say to his brother, Raca, shall be in danger of the council: but whosoever shall say, Thou fool, shall be in danger of hell fire." Not only is murder a concern, but also Jesus says even if we are angry with our brother or sister, who is our fellow man, we are in danger of going to hell.

And if what of our actions then? Matthew 10:33 says, "But whosoever shall deny me before men, him will I also deny before my Father which is in heaven." How can people deny God? Titus 1:16 says, "They profess that they know God; but in works they deny [him], being abominable, and disobedient, and unto every good work reprobate." By continuing in sin, people deny the power of Christ to grant victory over sin. Is this really a factor in the judgment? Ecclesiastes 12:13-14 says, "Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this [is] the whole [duty] of man. For God shall bring every work into judgment, with every secret thing, whether [it be] good, or whether [it be] evil." Every action is brought into investigation. The New Testament also supports this. Romans 1:32 says, "Who knowing the judgment of God, that

they which commit such things are worthy of death, not only do the same, but have pleasure in them that do them.” 1 Timothy 5:24-25 says, “Some men's sins are open beforehand, going before to judgment; and some [men] they follow after. Likewise also the good works [of some] are manifest beforehand; and they that are otherwise cannot be hid.” As we see, our actions go before us into judgment.

But there is good news regarding the sins that have gone before us into judgment. 1 John 1:9 says, “If we confess our sins, he is faithful and just to forgive us [our] sins, and to cleanse us from all unrighteousness.”

Is there an example of the investigation process?

Ezekiel 33:13-20 gives that example. “When I shall say to the righteous, [that] he shall surely live; if he trust to his own righteousness, and commit iniquity, all his righteousnesses shall not be remembered; but for his iniquity that he hath committed, he shall die for it. Again, when I say unto the wicked, Thou shalt surely die; if he turn from his sin, and do that which is lawful and right; [If] the wicked restore the pledge, give again that he had robbed, walk in the statutes of life, without committing iniquity; he shall surely live, he shall not die. None of his sins that he hath committed shall be mentioned unto him: he hath done that which is lawful and right; he shall surely live. Yet the children of thy people say, The way of the Lord is not equal: but as for them, their way is not equal. When the righteous turneth from his righteousness, and committeth iniquity, he shall even die thereby. But if the wicked turn from his wickedness, and do that which is

lawful and right, he shall live thereby. Yet ye say, The way of the Lord is not equal. O ye house of Israel, I will judge you every one after his ways.”

How deep does the investigation go?

Psalms 44:21 tells us, “Shall not God search this out? for he knoweth the secrets of the heart.” Some sincere Christians think that avoiding a sin is a matter of controlling the exercise thereof. God searches deeper – right into the hearts.

This is a really thorough investigation. Wow. It sounds really hopeless. It does not look like we have a chance to make it past this stage of the judgment. Well, take heart. Hebrews 7:25 says, “Wherefore he is able also to save them to the uttermost that come unto God by him, seeing he ever liveth to make intercession for them.” It may seem impossible but remember our Great Attorney. He is able to save us. He tries every possible means to win our case. He is in constant intercession on our behalf; it is just a matter of letting our Attorney work for us, in other words, surrendering all to Him.

And if we fear approaching God, consider John 6:37, which says, “All that the Father giveth me shall come to me; and him that cometh to me I will in no wise cast out.” Jesus is willing to represent everybody. There are no exceptions.

When we trust our attorney fully, how successful is He? Jude 1:24 says, “Now unto him that is able to keep you from falling, and to present [you] faultless before the presence of his glory with exceeding joy.” That is hard to imagine – being presented to God the Father as being faultless (without sin).

If we allow Jesus to be Lord and Ruler in our lives, the first phase is not bad.

Then there is the second phase – the verdict.

What Does the Bible Reveal About the Verdict?

Revelation 22:11 declares, “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.” There is going to be a time when these very words will be spoken, identifying the verdict of all. After the evidence has been completely investigated, a guilty or not guilty verdict is rendered. Notice that this appears before the second coming, which is in verse 12. “And, behold, I come quickly; and my reward [is] with me, to give every man according as his work shall be.” Also notice that His reward is with Him when He comes.

Matthew 25:32 says, “And before him shall be gathered all nations: and he shall separate them one from another, as a shepherd divideth [his] sheep from the goats.” The investigation determines who will be known as the sheep and who will be known as the goats. Jesus is coming back for His sheep. Amen?

Once the verdict is read, only the sentencing remains.

What Does the Bible Reveal About the Sentencing?

Revelation 11:18 states, “And the nations were angry, and thy wrath is come, and the time of the dead, that they should be judged, and that thou shouldest give reward unto thy servants the prophets, and to the saints, and them that fear thy name, small and great; and shouldest destroy them which destroy the earth.” This is simply stating that when Jesus returns, He will be

handing out the sentencing phase of the judgment.

2 Timothy 4:1 says, “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.” What portion of the judgment is carried out at this point? John 5:27-29 says, “And hath given him authority to execute judgment also, because he is the Son of man. Marvel not at this: for the hour is coming, in the which all that are in the graves shall hear his voice, And shall come forth; they that have done good, unto the resurrection of life; and they that have done evil, unto the resurrection of damnation.”

The reward of the sheep is recorded in Matthew 25:34, “Then shall the King say unto them on his right hand, Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world.” The reward of the goats is recorded in Matthew 25:41: “Then shall he say also unto them on the left hand, Depart from me, ye cursed, into everlasting fire, prepared for the devil and his angels.”

What will the reaction of the wicked be? Revelation 6:16 says, “And said to the mountains and rocks, Fall on us, and hide us from the face of him that sitteth on the throne, and from the wrath of the Lamb.” They are not prepared for the return of Jesus. They did not spend time getting to know their Attorney. They were careless with their thoughts and words. Satan led them down, down, down the road of sin to the point that they did not want to change. They went along with the crowd. And when that sky splits open, they will know that He is not returning for them and will cry to be buried in the earth.

What will the reaction of the saved be? Isaiah 25:9 exclaims, “And it shall be said in that day, Lo, this [is] our God; we have waited for him, and he will save us: this [is] the LORD; we have waited for him, we will be glad and rejoice in his salvation.” These are those that were daily getting to know their Attorney by reading His Word. These are those that spent time in prayer. These are those that detested sin, and they even trained their minds not to lust or think evil of another. These are those that went through difficult times willingly, knowing that it would lead to a much happier future. They know that when the sky splits open, their Advocate is coming to take them home.

Imagine What We Have to Look Forward To!

Imagine, No more death. No more disease. No more goofy taxes. No more debt. No more work. No more glasses. No more fear. No more tears. No more sorrow.

“Eye has not seen, ear has not heard” what is waiting for us (1 Corinthians 2:9). It will be heaven! It all can be yours. What is seventy years in comparison to eternal life? Do you agree that it is worth it?

John 10:27-28 says, “My sheep hear my voice, and I know them, and they follow me. And I give unto them eternal life; and they shall never perish, neither shall any [man] pluck them out of my hand.” Are you willing to follow Jesus in all that He says and be sheep to receive the sheep’s reward?

May God Bless you and may you continue to look upon the heavenly things that your Father and His Son are preparing for you, keeping your eyes off the earthly things that will soon fade away.



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How Do You Resolve It?

Jerry O'Donnell

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

Did Michal Have Zero or Five Sons?

2 Samuel 6:23 Therefore Michal the daughter of Saul had no child unto the day of her death.

2 Samuel 21:8 But the king took the two sons of Rizpah the daughter of Aiah, whom she bare unto Saul, Armoni and Mephibosheth; and the five sons of Michal the daughter of Saul, whom she brought up for Adriel the son of Barzillai the Meholathite.

Now, have you read the verses so quickly that you are convinced that the verses cannot both be true? Many atheists point to these two verses thinking that there is no way to work it out and therefore the Author, supposedly being God in their eyes, is contradictory. There is no “supposedly” with us. God indeed is the Author, and He is not contradictory. “God is not [the author] of confusion” (1 Corinthians 14:33). Personally, it is not a salvation issue and some even dismiss it as a translation issue, but let us not be so quick to agree to that as our response.

First of all, remember who Michal was married to. 1 Samuel 18:28 tells that it was David: “And Saul saw and knew that the LORD [was] with David, and [that] Michal Saul's daughter loved him.”

So, then why is Michal bringing up five sons for another man? According to 2 Samuel 21:8, it states that “she brought up for Adriel”.

Who was Adriel originally married to? 1 Samuel 18:19 explains that “it came to pass at the time when Merab Saul's daughter should have been given to David, that she was given unto Adriel the Meholathite to wife.” Adriel was married to Michal's sister, Merab. Merab was to be married to David but Saul cheated David out that arrangement, but that is not important right now.

The fact that Merab and Adriel had the children is the focus. Evidently something happened to Merab that Michal took the children unto herself and raised them as her own, hence why it is said that “she brought up for Adriel”, her brother-in-law, as it was the custom for women to raise the children while the husband labored for the family. Merab possibly being dead, Ariel sought for a mother figure and Michal was the closest kin to do so.

Therefore, the answer is that Michal had zero children but raised five nephews for her brother-in-law.



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.

A Humble Place of Worship

The place of worship may be very humble, but it is no less acknowledged by God. To those who worship God in spirit and in truth and in the beauty of holiness it will be as the gate of heaven. The company of believers may be few in number, but in God's sight they are very precious. By the cleaver of truth they have been taken as rough stones from the quarry of the world and have been brought into the workshop of God to be hewed and shaped. But even in the rough they are precious in the sight of God. The ax, the hammer, and the chisel of trial are in the hands of One who is skillful; they are used, not to destroy, but to work out the perfection of every soul. As precious stones, polished after the similitude of a palace, God designs us to find a place in the heavenly temple. {6T 363.2}

As Jesus stated, "For where two or three are gathered together in my name, there am I in the midst of them" (Matthew 18:20), we need to believe it. The place of worship need not be fanciful, in fact, the more that is invested in a place of worship, the less funds are going towards other important needs, especially that of evangelism.

There should be nothing embarrassing about meeting in someone's home. There should be no

disappointment in using a building that does not look like a church. If the place provides the proper element to worship God taking care of modern needs with running water and utilities, not overrun by pests, and is kept clean, that is all that is really necessary.

Fancy buildings, expensive instruments, even statues, are all things that ring of "Keeping up with the Joneses". Yes, it would be nice to have a piano or organ, but other means will suffice if need be. Yes, stained glass makes the building "churchier" but is not required. Yes, it is nice to have an attractive lobby and study rooms outside of the sanctuary, but all of those are pressing more towards comfort than worship, not that having them is wrong.

The point is, a handful, and sometimes less in number, cannot afford such attractions and ought to be content and satisfied with what they have. To those that make great use of the little they have, much shall be added.

Besides, the bigger the facility and more comfortable the features, the less energetic are the members to be about doing the work. Most home churches are more active in proclaiming the message as compared to larger churches.



Heavenly Health

Reen Swindle

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.

The Work of Providence versus The Work of Man

“The book of Genesis gives quite a definite account of social and individual life, and yet we have no record of an infant being born blind, deaf, crippled, deformed, or imbecile. There is not an instance upon record of a natural death in infancy, childhood, or early manhood. There is no account of men and women dying of disease.” Fundamentals of Christian Education, page 22, para.1.

Based on the fact that we know disobedience to God's laws of health as the root cause of illness, we are not misled by those above statements to believe there was no real sin during those first centuries, but we know for sure from a study of Genesis, that was definitely not the case. So, then, to what do we attribute such good health during that lengthy period of history? The next paragraph gives us part of the answer – “God endowed man with so great vital force that he has withstood the accumulation of disease brought upon the race in consequence of perverted habits, and has continued for six thousand years.”

It is almost impossible for us to comprehend such strength, or “vital force” in these human bodies when we witness quite the opposite in our world. There is hardly a person on the planet who has not fallen prey to some major illness by the time they have barely reached adulthood,

much less reached old age unaffected. As a matter of fact, disease and suffering are so common to us that we tend to just sort of shrug this off and say, “Well, that is just the way it is” and accept these conditions as normal and even expect to experience some of them ourselves at some point.

We are told on the next page, in paragraph one, of the previously referenced book that “God did not create the race in its present feeble condition. This state of things is not the work of Providence, but the work of man;”. It seems that the “work of man” may be part of the foundational issue which set in motion the decline of the human race and has led us into some very dark and dangerous, even deadly, situations from the beginning of time. Some of the first “work of man” documented in Genesis was the work of the building of cities which was an act of disobedience in itself. At least at that time they had the benefit of having to do a lot of hard physical labor in that construction which did contribute to their hardiness. The air was clean with no pollution, the water was still pure for the most part, even the animals they did use for food were far more free of disease than they are today. So, there are several contributing factors which helped to preserve their health in spite of the disobedience, which are still to be considered today. The more of the laws of health we practice the better we can keep

sickness at bay, but just like at that time, the vital force today weakens with every sin, and disease is then manifest in the body.

With cities, an artificial style of living, came the convenience of roads, eventually paved with asphalt, sidewalks made of concrete, both artificial substances polluting the air we breathe. Artificial light all along the avenues and in the businesses and homes – a convenience from which night could be turned into day at the flip of a switch, which we have just recently begun to realize is causing serious health issues. We now literally saturate our bodies with it almost every waking hour of our lives, never realizing the damage we are doing to ourselves. Most of us grew up with incandescent light in the home, which was not exactly safe, yet far from being the hazardous choices we now also have which require consulting instructions from a government agency to properly dispose of the material if you break a bulb. This doesn't even touch the topic of the “dirty electricity” that comes to us along with the function of any light bulb itself which adds injury to the human system. It is not my intention to get into the technical side of these conveniences, or do a comparison of light bulb choices, but instead point out some of the physical, and therefore spiritual, effects they may be causing us.

The abuse of nature's light which does contain blue in the full spectrum, is widespread and comes at us by way of TV, phones, the very screen I am working on here at my computer, and all other digital screens. Some of the effects of excessive blue light exposure are damage to the eyes, interruption of the sleep cycle, it can actually change

your circadian rhythm telling your brain to wake up when you need to wind down for the night. When this system is interfered with you can experience problems in the organs, cardiovascular and gastrointestinal systems, even your skin. Excessive blue light exposure may be responsible for the onset of certain cancers. Levels of leptin, which is a chemical that tells your brain you are full after meals, are lowered and can contribute to over-eating. Blue light can cause more susceptibility to diabetes and mental health conditions. Without adequate and regular sleep and rhythm throughout the body you are putting yourself at risk for lowering your immune system.

I have heard and read conflicting reports about using blue light filters, so each person needs to do your own research and make the decision about using them or not. Whatever you decide, I will say this is definitely the time to practice temperance, limiting your exposure time to screens, taking frequent breaks and especially giving your eyes relief occasionally by applying a cool, or even cold, cloth to refresh them for a few minutes at a time.

If our bodies which are the “work of Providence” are not in good working order, our spiritual lives suffer, our minds become dull, we do not make good decisions, everything in our lives is affected. Physical, mental, and spiritual health are all intertwined; maintaining balance is a necessity as well as our responsibility.



Healthy And Delicious Recipes

Lisa O'Donnell

Vegan Cherry Cobbler

Filling

- 4 cups Fresh Cherries, pitted
- ½ cup Monk Fruit Sugar
- 2 tbsp. Cornstarch
- 2 tbsp Lemon Juice
- ¼ tsp Sea Salt

5 minutes stirring occasionally until thick.

3. Transfer to a 9x9 baking dish.

Crust

- 1 cup All Purpose Flour
- 2 tbsp Monk Fruit Sugar
- ¼ tsp. Sea Salt
- 6 tbsp. Vegan Butter
- 2 tbsp Non-Dairy Milk

To Make Crumble Topping:

1. Combine flour, sugar, and salt. Add butter in small cubes and mix until you have small pea sized dough forming.
2. Add non-dairy milk and stir together until stiff dough has formed.
3. Add more milk if needed (1-2 teaspoons at a time)

Instructions:

- Preheat oven to 424 deg.

For Filling:

1. Combine filling ingredients in a large saucepan over medium heat.
2. Bring to a boil and then reduce heat to a simmer and simmer for

Overall:

1. Drop dough onto cherry filling so that it is mostly covered.
2. Bake for 20 minutes uncovered until the cherries are bubbling up and dough is golden brown.
3. Remove from oven and let sit for 20 minutes before serving.



The first new year began in the autumn, for at creation, time began with fruit-trees laden with fruit all ready to furnish food for man. {1914 SNH, CIS 240.5}

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Natural Vitamins

Jerry O'Donnell

Not Just Wheat but Einkorn Wheat

The whole wheat and wheat products of today might be slightly better than white bread, but it has been a hybrid grain so as to mass produce it, which means that it is more difficult for the body to get any nutrients from it. If one can afford spelt or einkorn wheat, your body would appreciate it. Here are some benefits of Einkorn, which is an ancient wheat grain:

1. Improved digestion
2. Contributes to weight loss
3. Increased nutrient absorption
4. Anti-inflammatory with the inclusion of magnesium and vitamin B6.
5. Cancer preventive significantly higher levels of the antioxidant lutein
6. Contributes to better immune system, high in Vitamin B6 and zinc
7. Contributes to healthier skin, hair, and nails by being high in protein, iron, and manganese
8. Contributes to healthier eyes reducing likelihood of macular degeneration and cataracts
9. Increased energy by containing a great supply of riboflavin, phosphorus, and thiamin
10. Improves vision by being high in zinc and lutein
11. Contributes to better brain performance due to the lutein
12. Improves heart health through the lutein, vitamin B6, and a respectable amount of potassium
13. Provides better Hormone Health due to the proteins
14. Betters reproductive health by the zinc and vitamin A
15. Improves enzyme function because of the zinc, protein, and vitamin B6
16. Improves metabolism because of the zinc, protein, and vitamin B6 again
17. Improves bone health by the very high amount of manganese
18. Increases muscle strength because of the protein
19. Provides better nerve health because of the high concentration of protein and thiamin
20. Improves cell and tissue health by providing over 40% of our RDV for phosphorus
21. Improves kidney health because of the vitamin B6 and magnesium
22. Improves blood and circulation health with the high iron
23. Lessens arthritic pain because of the Niacin or vitamin B3
24. Improves memory because of the Niacin
25. Improves sleep because the body converting the high niacin into niacinamide



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.

Doing Away with Keeping Sabbaths or a Sabbath Day?

Be careful if you think there is no difference and watch carefully to understand the meaning. According to Colossians 2:16, either Sabbaths have been done away with referring to a group of days known as Sabbaths, or the keeping of any Sabbath has been done away with including the one identified in the Ten Commandments. We know that doing away with the Sabbath commandment is not true, therefore the correct translation is "Sabbaths". And for those who cannot see the subtle alteration do not see that modern translations are an attack on our beliefs and simply dismiss it as being picky. Such people do not understand the mind of the average Christian who are easily persuaded against keeping the Sabbath looking for the littlest excuse, hence why **Colossians 2:16** is the most used New Testament reference to try and do away with the Sabbath.

King James Version: Let no man therefore judge you in meat, or in drink, or in respect of an holyday, or of the new moon, or of the sabbath [days]:

In Error:

American Standard Version: Let no man therefore judge you in meat, or in drink, or in respect of a feast day or a new moon or a sabbath day:

Amplified Bible: Therefore let no one judge you in regard to food and drink or in regard to [the observance of] a festival or a new moon or a Sabbath day.

Berean Study Bible: Therefore let no one judge you by what you eat or drink, or with regard to a feast, a New Moon, or a Sabbath.

Christian Standard Bible: Therefore, don't let anyone judge you in regard to food and drink or in the matter of a festival or a new moon or a Sabbath day.

Contemporary English Version: Don't let anyone tell you what you must eat or drink. Don't let them say you must celebrate the New Moon festival, the Sabbath, or any other festival.

English Revised Version: Let no man therefore judge you in meat, or in drink, or in respect of a feast day or a new moon or a sabbath day:

English Standard Version: Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath.

GOD'S WORD® Translation:

Therefore, let no one judge you because of what you eat or drink or about the observance of annual holy days, New Moon Festivals, or weekly worship days.

Godbey New Testament: Therefore let no one judge you in meat, or in drink, or in the participation of a feast, or of the new moon, or of the sabbath:

Good News Translation: So let no one make rules about what you eat or drink or about holy days or the New Moon Festival or the Sabbath.

Holman Christian Standard Bible: Therefore, don't let anyone judge you in regard to food and drink or in the matter of a festival or a new moon or a Sabbath day.

Lamsa Bible: Let no man therefore create a disturbance among you about eating and drinking, or about the division of the feast days, the beginning of the months and the day of the sabbath:

New American Standard Bible: Therefore, no one is to act as your judge in regard to food and drink, or in respect to a festival or a new moon, or a Sabbath day—

New Heart English Bible: Therefore do not let anyone judge you in eating, or in drinking, or with respect to a feast day or a new moon or a Sabbath day,

New International Version: Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day.

Weymouth New Testament: Therefore suffer no one to sit in judgement on you as to eating or drinking or with regard to a festival, a new moon or a sabbath.

World English Bible: Let no one therefore judge you in eating, or in drinking, or with respect to a feast day or a new moon or a Sabbath day,

Correct, This Time:

A Faithful Version: Therefore, do not allow anyone to judge you in eating or in drinking, or with regard to a festival, or new moon, or the Sabbaths,

Anderson New Testament: Let no one judge you, therefore, in meat or in drink, or in respect to a feast, or the new moon, or sabbaths,

Aramaic Bible in Plain English: Let no man disturb you about food or about drink or in the distinctions of feasts and beginnings of months and Sabbaths,

Berean Literal Bible: Therefore let no one judge you in regard to food, or in regard to drink, or in regard to a feast, or a New Moon, or Sabbaths,

Bishops' Bible of 1568: Let no man therefore iudge you in meate, or in drinke, or in part of an holyday, or of the newe moone, or of the Sabboth dayes:

Catholic Public Domain Version: Therefore, let no one judge you as concerns food or drink, or a particular feast day, or feast days of new moons, or of Sabbaths.

Coverdale Bible of 1535: Let no man therefore trouble youre consciences aboute meate or drynke, or for a pece of an holy daye, as the holy daye of ye newe Mone, or of the Sabbath dayes,

Darby Bible Translation: Let none therefore judge you in meat or in drink, or in matter of feast, or new moon, or sabbaths,

Douay-Rheims Bible: Let no man therefore judge you in meat or in drink, or in respect of a festival day, or of the new moon, or of the sabbaths,

Geneva Bible of 1587: Let no man therefore condemne you in meate and drinke, or in respect of an holy day, or of the newe moone, or of the Sabbath dayes,

Haweis New Testament: Let no man therefore judge you concerning what you eat, or what you drink, or the observance of a feast, or new moon, or the sabbaths;

International Standard Version: Therefore, let no one judge you in matters of food and drink or with respect to a festival, a New Moon, or Sabbath days.

Literal Emphasis Translation: Therefore, let no one make a judgment- in food and in drink, or in part to a feast or a new moon or Sabbaths,

Literal Standard Version: Let no one, then, judge you in eating or in drinking, or in respect of a celebration, or of a new moon, or of Sabbaths,

Mace New Testament: Let no man therefore condemn you for meats or drinks, or in respect of feasts, or new moons, or sabbaths:

NET Bible: Therefore do not let anyone judge you with respect to food or drink, or in the matter of a feast, new moon, or Sabbath days--

New King James Version: So let no one judge you in food or in drink, or regarding a festival or a new moon or sabbaths,

New Living Translation: So don't let anyone condemn you for what you eat or drink, or for not celebrating certain holy days or new moon ceremonies or Sabbaths.

Smith's Literal Translation: Therefore let not any judge you in food, or in drink, or in turn of festival, or of the new moon, or of sabbaths:

Tyndale Bible of 1526: Let no man therefore trouble youre consciences aboute meate and drynke or for a pece of an holydaye as the holydaye of the newe mone or of the sabbath dayes

Webster's Bible Translation: Let no man therefore judge you in food, or in drink, or in respect of a holy-day,

Our Websites

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

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

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

<https://www.youtube.com/@fourangels552>—Weekly sermons.

or or the new-moon, or of the sabbaths:

Worrell New Testament: Let no one, therefore, judge you in food, or in drink, or in respect of a feast, or a new moon, or sabbaths,

Worsley New Testament: Let no one therefore judge you on account of

meat, or drink, or in respect of a feast, or a new-moon, or sabbaths;

Young's Literal Translation: Let no one, then, judge you in eating or in drinking, or in respect of a feast, or of a new moon, or of sabbaths,



Questions And Answers

Jerry O'Donnell

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

QUESTION: With everything out of control, how do we not warn the people without lying about the future?

ANSWER: Well, of course there is no lying to be done. There are many lies out there about the future, and many will not listen to the truth, but that does not mean we out to lie to them then. Additionally, things are getting tighter and tighter in all aspects of life, including the policies and activities going on inside and outside of the government. With heat-sensing equipment, there will be no place to hide. With artificial intelligence becoming more and more self-aware, it is going to become more difficult to argue for the side of truth. With the censorship happening in physical handling of the message, like the distribution of literature, to the electronic banning of positions, especially that of truth, the word of mouth personally is going to be the final method used. All of these things are crushing in upon us and may cause a person to consider lying to navigate the challenges but Jesus said, "He that findeth his life shall lose it: and he that loseth his life for my sake shall find it" (Matthew

10:39). The bottom line is, present the truth and leave the consequences to God.

QUESTION: Ellen White states that we want to be part of the "taken" and not part of being "left behind", therefore, would Four Angels Messages be in error promoting the opposite as you did in January 2023 telling us that we want to be left behind?

ANSWER: No doubt you are referring to the following quotation:

The Lord is coming in power and great glory. It will then be his work to make a complete separation between the righteous and the wicked. But the oil cannot then be transferred to the vessels of those who have it not. Then shall be fulfilled the words of Christ, "Two women shall be grinding together; the one shall be taken, and the other left. Two men shall be in the field; the one shall be taken, and the other left." The righteous and the wicked are to be associated together in the work of life. But the Lord reads the character, he discerns who are obedient children, who respect and love his commandments. {SpTA04 5.3}

The looker-on may discern no difference, but there is One who said that the tares were not to be plucked up by human hands, lest the wheat be rooted up also. Let both grow together until the harvest. Then the Lord sends forth his reapers to gather out the tares, and binds them in bundles to burn, while the wheat is gathered into the heavenly garner. The time of the judgment is a most solemn period, when the Lord gathers his own from among the tares. Those who have been members of the same family are separated. A mark is placed upon the righteous. "They shall be mine, saith the Lord of hosts, in that day when I make up my jewels; and I will spare them, as a man spareth his own son that serveth him." Those who have been obedient to God's commandments, will unite with the company of the saints in light; they shall enter in through the gates into the city, and have right to the tree of life. The one shall be taken. His name shall stand in the Book of Life, while those with whom he associated shall have the mark of eternal separation from God.
 {SpTA04 6.1}

We see the confusion that a person can deduce from reading these quotes too quickly. Clearly, she states, "The one shall be taken. His name shall stand in the Book of Life", implying that we are in error. On top of that, the fact that the previous paragraph references the "one taken and the other left" compounds the confusion and the evidence against our position that we stated in January 2023 under the "Prophecy Made Plain" section, but let us look at it a bit slower.

In the second paragraph, the phrase about "the one shall be taken" is not pointing back to the prior paragraph of "the one taken and the other left".

The "one taken" refers to the wheat being taken while the tares are being burned. It is referring to those who have the mark or seal of God as opposed to the mark or seal of Satan. The "one taken" refers to the jewels, symbolic of the righteous being gathered. The "one taken" refers to the ones who serve God as opposed to the ones who serve Him not.

So, the confusion comes in at equating Jesus' word of "taken" with Ellen White's word of "taken". Yes, "taken" is "taken" but Ellen White is not quoting Jesus' word "taken" is our point. In other words, if Ellen White would have stated, "The one shall be brought to Heaven. His name shall stand in the Book of Life", then there would not be as much confusion going on. People just assume that the use of "taken" was purposely referencing the prior paragraph from Jesus' words. Besides, let Jesus again tell us which group is taken.

Luke 17:34-36 states, "I tell you, in that night there shall be two [men] in one bed; the one shall be taken, and the other shall be left. Two [women] shall be grinding together; the one shall be taken, and the other left. Two [men] shall be in the field; the one shall be taken, and the other left." So, we see two men trying to get some rest, two women at the mill, and two men in the field. It is important to note where they are located, because the disciples have a question.

"And they answered and said unto him, Where, Lord?" (Luke 17:37). Now, certainly they are not going to ask about the three left behind because they knew that those three are left in a bed, at the mill, and in the field. So, the question pertains to where do the taken ones end up.

“And he said unto them, Wheresoever the body [is], thither will the eagles be gathered together” (Luke 17:37). Now the assumption placed upon this happens to be that eagles fly in the air, therefore, the taken should be taken into the skies, as in some type of secret rapture to be with Jesus. But that is not scripturally sound.

These people are not being taken to meet the eagles in the air, but rather, they are taken to where eagles are gathered together, keeping in mind that eagles are a bird of prey. Now, Matthew 24:28 reveals a gathering of eagles: “For wheresoever the carcase is, there will the eagles be gathered together” (Matthew 24:28). The ones taken are not taken to Heaven or any other heavenly location but rather to the place to be feasted upon in the

form of being dead as a carcass implies.

Revelation 19:17-18, 21 confirms this: “And I saw an angel standing in the sun; and he cried with a loud voice, saying to all the fowls that fly in the midst of heaven, Come and gather yourselves together unto the supper of the great God; That ye may eat the flesh of kings, and the flesh of captains, and the flesh of mighty men, and the flesh of horses, and of them that sit on them, and the flesh of all [men, both] free and bond, both small and great. And the remnant were slain with the sword of him that sat upon the horse, which [sword] proceeded out of his mouth: and all the fowls were filled with their flesh.”



Prophecy Made Plain

Jerry O'Donnell

Day for a Year Principle

In this section of our publication, we have addressed a timeline or two and referred to the fact that the time is not literal but prophetic, making it represent years instead of literal days, but not everyone is comfortable with that statement and would like to see more on the topic. In fact, there is some confusion that occurs with the application thereof.

First, where does the day for a year principle come from? There are two statements made that declare the principle. Numbers 14:34 states, “After the number of the days in which ye searched the land, [even] forty days, each day for a year, shall ye bear your iniquities, [even] forty years, and ye shall know my breach

of promise.” Ezekiel 4:6 tells us, “And when thou hast accomplished them, lie again on thy right side, and thou shalt bear the iniquity of the house of Judah forty days: I have appointed thee each day for a year.”

Both of those verses are in literal context. The spies went into the land for literally forty days and after a disastrous reporting, the punishment was set for forty years in the desert. As for Ezekiel, he literally bore the iniquity for the period of time as stated, again being forty days representative of forty years. It is not the lack of symbolism presented in these verses that matters, in fact, what activity was being conducted is insignificant. What does matter is

that God has a day for a year principle.

Now, when do we apply this principle? When we take that principle into the rest of the Bible and make application of it, some students of the Bible become confused. We cannot say that every prophecy involves the day for a year principle because Jeremiah prophesied a period of seventy years captivity (Jeremiah 25:11-12), which turned out to be literal. Likewise, Jesus prophesied that He would be in the tomb for three days (Matthew 12:40) and that, too, was literal.

So, then we turn to the phrase of symbolic prophecy, like Revelation 12 contains lots of symbols, therefore, the “thousand two hundred [and] threescore days” (Revelation 12:6) is also symbolic equating to a thousand two hundred [and] threescore years. Likewise, Daniel said that the little horn power would rule “a time and times and the dividing of time” (Daniel 7:25), and because of the symbolism in the chapter, it turns out to be one thousand two hundred and sixty years instead of days.

Those that try to say Daniel 12 and Revelation 13 are literal timelines

add to the confusion. There is clear evidence in Ellen White’s writings that this is not the case. She saw that they were symbolic as well. And that should clear up the confusion on the prophetic timelines where symbolism is contained.

But another confusion comes in when the people who use Leviticus 26 as a period of time extending as years where no symbolism appears in all the chapter. This is another reason not to believe in that timeline that supposedly comes from that chapter because there is no hint of symbolism being used in the verse besides the fact that the word “times” is actually an added word by the translators instead of the actual translated word used elsewhere in prophetic timelines stated using the word “times”.

So, God has “a day for a year” principle and it ought to be applied in all prophetic timelines that use symbols along with making no exceptions to those timelines inside of symbolic language in trying to make them appear as literal timelines.



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Keyword search through all of our publications.

Links to our other websites are available too.

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.

August 31—Fulcrum 7

Famous Doctor Posts Tweet About Great Controversy and Ellen White

Dr. Peter McCullough, a world renown cardiologist, just posted a tweet about Ellen G. White and the Great Controversy. “Ellen White saw the future that we are living out now. It’s clear. You can all see it!”

Bible: “The stones would immediately cry out.” (Luke 19:40)

August 31—Advent Messenger

Finnish Adventist Church to Host Block Party Saturday, September 2, 2023, from 12-5pm with Programs Selling for €10 Euros

The Jyväskylä Seventh-day Adventist Church in Jyväskylä, Finland, will be hosting a block party on the Lord’s Day, Saturday, September 2, 2023, from 12:00 p.m. to 5:00 p.m.

Activities include face painting, trampolines, slides, tunnels, soap bubbles, hair braiding, and music from Elvis Presley.

EGW: “A system of intellectual philosophy would be introduced. The founders of this system would go into the cities, and do a wonderful work. The Sabbath of course, would be lightly regarded, as also the God who created it.” {1SM 204.2}

September 6—Fulcrum 7

Freshman Students at Walla Walla Required to Watch Inclusive

Orientation About Gender Identity

New students at Walla Walla are required to watch an hour of orientation videos called Voices for Change from Get Inclusive.com. The video deals with alcohol consumption, sexual assault, mental health, and gender identity and inclusion.

EGW: “As the youth are educated, and as their characters are molded in their childhood to virtuous habits, self-control, and temperance, so will their influence be upon society.” {AH 15.2}

September 8—Advent Messenger

Adventist-owned Sanitarium Health Food Company Sponsors Youth Sporting Events and Provides Parents with Alternative Gender Identity Options During Registration

In an effort to be inclusive, Seventh-day Adventists are becoming ever more reliant on the worldly standard for gender identity.

Bible: “Whatsoever ye do, do all to the glory of God.” (1 Corinthians 10:31)

September 15—Advent Review

‘When the Holy Spirit Fills Your Life, You Will Lead Billions to Jesus’

General Conference communication director Williams Costa Jr. told the event attendees gathered at the Northern Asia-Pacific Division (NSD)

Leadership Training Center in Jeju Island, Korea, September 13.

Comment: One statement made and so much wrong with it. If one person filled with the Holy Spirit is able to lead “billions” to Jesus and there are only eight billion on this planet, then we just need four evangelists. This is a gross exaggeration showing he is a liar and breaking the commandments. Further, there we go again chasing numbers instead of quality. God is not interested in numbers. He is interested in quality, hence why only a hundred and forty-four thousand of the billions of people will be sealed in the end (Revelation 7:3-4).

EGW: “Since in his work quality is so much more important than quantity, he should guard against overlabor.” {Ed 278.1}

September 21—Fulcrum 7

Southern University Puts a Stop to Dancing at Cultural Club Events

During Gordon Bietz’s presidency, there was a pause on this dancing because it was getting out of control. That pause that was reversed by the previous President, Dave Smith. Now it appears that it is time to stop it again.

Comment: So, it is another pause. The problem is the emphasis on culture in general. Nowhere in the Bible does it show how culture is integrated into the gospel message. A lot of culture has to be undone because it conflicts with the gospel, especially when superstitions and traditions are practiced.

EGW: “The cross of Calvary should make the distinctions of society fade away and become contemptible.” {PaM 93.3}

September 22—Adventist Review

Hundreds of Communication Leaders Get a Taste of Heroes II App

The contest pitted Adventist communication leaders from across Asia in three rounds, Nascimento explained.

EGW: “Games, plays, amusements; men are rushing and crowding, and contending for the mastery. That which is common and perishable is absorbing their attention, so that things of eternal interest are scarcely thought of.” {RH August 31, 1897, par. 7}

Comment: Combining games and religion together does not make it acceptable. People are not as interested in the religious aspect as they are in the high score which even the article mentioned people compete for.

September 26—Adventist Review

An Adventist Metaverse and the Robot that Can Teach the Bible

EGW: “Angels of God are ready to co-operate with human instrumentalities in ministering to souls.” {6T 303.2}

Comment: It is human instrumentalities that are to teach the Bible and not AI or robots!

September 26—Advent Messenger

An Adventist Pastor was Recently Appointed to Lead an Ecumenical Group Whose Mission is to Achieve the Visible Unity of the Churches

EGW: “If he would know how papists and Protestants united will deal with those who reject their dogmas, let him see the spirit which Rome manifested toward the Sabbath and its defenders.” {GC 573.2}

September 28—Advent Messenger

Transvestite Entertainment: Men Dress Up as Women Wearing High Heels and Women Dress Like Men During Cross Dress Dancing at North East Adventist University

Bible: Deuteronomy 22:5, "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."



News And Comments

September 3—USA Today

St. Jude's arm is going on tour: Catholic church announces relic's first-ever tour of US

"Relics, which are usually broken down into three classes, are physical objects that have a direct association with Catholic saints or with the Lord, according to Treasures of the Church, and believers say that 'God acts through relics, especially in terms of healing.'" Although the serpent on a cross (Numbers 21:9) could be considered a relic, it was destroyed later because of idol worshipping (2 Kings 18:1-4). Likewise, today it is nothing more than idol worship and should not be paraded.

September 6—Yahoo News

Parents outraged as migrant kids attend NYC schools without vaccinations

Either vaccinations are so effective that children from countries whose living environments are far worse than the United States ought to be required, or they are not so effective and ought not be forced upon United States children as a requirement for school attendance. The reason for the discrepancy is that those imposing these things are not wise. "But the wisdom that is from above is first pure, then peaceable, gentle,

[and] easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy." (James 3:17)

September 6—Discern Report

Scientists Have Created a Human "Entity" That Has No Mother or Father

Using stem cells is still cheating. So, the "mother" or "father" would be the owner of the stem cells. Despite trying to play God, they still cannot beat God's ability to make things out of nothing. Like Pharaoh stated, these people just seem to challenge the existence of God: "Who [is] the LORD, that I should obey his voice." (Exodus 5:2)

September 10—Fox News

Fauci predicts mask recommendations could come back if US sees 'significant uptick' in COVID-19 cases

We do not deal with speculation news, but we need to make a comment about attitude. If people fall for this, we are in big trouble. The CDC had declared in time that the masks and even the jabs are ineffective. To even reconsider to control the population with possible regulations again is just revealing

how people are mere sheep, have short term memories, and are easily scared into compliance. "Fret not thyself because of evildoers." (Psalms 37:1)

September 16—The Guardian

Lauren Boebert says she ‘fell short of values’ after Beetlejuice groping video

And people think the moral high road is found in the Republican party. Think again. No party is safe. Politics is a TV show. "We cannot with safety vote for political parties; for we do not know whom we are voting for. We cannot with safety take part in any political schemes. The people of God are not to vote to place such men in office; for when they do this, they are partakers with them of the sins which they commit while in office." {FE 475.2}

September 19—AP News

Some Virginia Democrats say livestreamed sex acts a distraction from election’s real stakes

Set aside that this is a Democrat or Democrat positions because we are not political in nature but in addressing people's mindsets is what we want to highlight. It used to be

that any immoral activity would cause a candidate to basically become uninterested and drop out of the race. It shows that immorality has indeed taken a foothold and is acceptable activity in the world and not a measure of character as character does not seem to matter. Basically, we live in a time of lawlessness. "And because iniquity shall abound, the love of many shall wax cold." (Matthew 24:12)

September 19—Telegraph

A third of transgender children on puberty blockers suffered mental health problems, study reveals

Surely people should have seen this coming. The body is designed to operate and develop in a certain natural manner. Corrective actions should only be taken when the body is functioning outside of the intended normality. To alter normality is going to result in ways that the body is going to reject, even if it is only the mind. But when God is taken out of the equation, normality becomes defined by erring human beings, and people are the guinea pigs. "Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones." (Proverbs 3:7-8)

Subscription Renewal

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

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

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

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

September 20—Yahoo Sports

Make it make sense: One life lost, one life altered while simply watching a football game

This is not an unusual situation. Violence among fans is actually very common. The devil will use everything to enrage people against another and sometimes it gets to the point that death occurs. Look at all of the cities that get destroyed because their team won or their team lost. "Why do the heathen rage, and the people imagine a vain thing?" (Psalms 2:1)

September 21—Observer

Bill Gates Says Planting Trees to Solve Climate Crisis Is 'Complete Nonsense'

Of course planting trees is not the solution. There is no money to be gained. It cannot easily be controlled. It does not control people. "He coveteth greedily all the day long." (Proverbs 21:26)

September 22—USA Today

'All about fun': Louisiana man says decapitated Jesus Halloween display has led to harassment

We do not see other religions attacked like this, but even so, there has to be truth about this to be remotely interesting. The fact is, the Bible states, "For these things were done, that the scripture should be fulfilled, A bone of him shall not be broken." (John 19:36). And that is why these acts happen and even why atheists exist. First, scripture is misinterpreted and carelessly misunderstood. Second, events, such as the crucifixion of Jesus is not looked upon in a manner that fulfills scripture. Even prophecies, like the

rise of antichrist, is more than 666. In fact, we have identified 88 points all fulfilled by one power that identifies the true antichrist.

September 29—Wood TV

When will humans go extinct? These scientists have an answer

According to the article, we have 250 million years left. According to Jesus, "And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, [there] ye may be also." (John 14:3). This is clearly "science falsely so called:" (1 Timothy 6:20)



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

1SM - Selected Messages Book 1

6T - Testimonies For The Church Volume Six

AH - The Adventist Home

Ed - Education

FE - Fundamentals of Christian Education

GC - The Great Controversy (1911)

PaM - Pastoral Ministry

RH - The Review and Herald

SpTA04 - Special Testimonies for Ministers and Workers. -- No. 4

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.*

Arthritis pain?

Try leaving out all the nightshade foods (tomatoes, potatoes, peppers, and eggplants) from the diet. Trying this for a month or more may give considerable improvement of symptoms.

Another diet change that can help not just arthritis, but overall health in general, is to go on a strict vegetarian diet, eliminating all forms of animal products, not just meats, but dairy and eggs as well. Try it! You'll like the results!



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