



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.

Who Will Accept the Light from Heaven?

Ellen White

Remarks of Mrs. E. G. White at the Bible School, February 6, 1890.

He has some very precious words I want to read to you: "Neither pray I for these alone (that is the disciples immediately around him), but for them also which shall believe on me through their word." That is us. That means us, Brethren. "That they may be one as thou Father art in me and I in thee, that they also may be one in us, that the world may believe that thou hast sent me." The unity and the harmony! Now, I have thought of a good many that ought to be here that are not here.

Where are Leon Smith, and Brother Ballenger, and Bro. Smith? Can't they spend an hour? Will they draw off for fear that they shall be [won]? Why not gather these men in here? And if they do not know what they are

opposing at all, they will not understand. Now, brethren, where is your burden? Is it that you should get those that do not understand these things and are all the time firing in the dark against them? We know they will not come to hear, and where the Lord can impress their hearts and their minds. Can't you see that is not the way for man to work?

Now, brethren, let us look at these matters in the right light. If we have precious things, we want they should have it, we want they should understand where the Spirit of God is. But if they keep on the outer skirts of the camp all the time, they do not know the impressions that the Lord is making upon His people. We want them to come right in with us, that we may [have] a unity in faith and in

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- Who Will Accept the Light from Heaven?

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

Dear Brothers and Sisters ...

Jerry O'Donnell

If you are a standard bearer, have you ever been directly, or indirectly, accused by the pastor of being the reason why new members leave so quickly? Although some standard bearers can come across as drowning a new member with all the light they themselves gained along the many years of study and learning, it is typically a rare reason why new people leave so quickly.

The main reason for their departure is actually from having been taught minimal expectations from the Bible and then coming into the church where many members do not even live up to that level anymore. Then the new members see the infighting that goes on by people with liberal agendas who are upset by the resistance from the standard bearers, usually at the very first church board meeting. The new members quickly sense that though the church may have the truth, the exempling of it is very lacking.

You may have heard me share this story once but it is worth repeating. When I was a new member, a family invited us to a Sunday afternoon gathering that including a hay ride pulled by a tractor. While seated next to a twenty-year-old, soon to be twenty-one, I overheard her bragging to her friends that she could not wait for her birthday so she could go legally drinking. I was shocked and asked, "Aren't you a Seventh-day Adventist? And don't Seventh-day Adventists refrain from alcohol?" She said, "Yes, I was born into the church and was baptized a few years ago. And, yes, most frown on the use of alcohol, but so what!" If it were not for another "born-into-the-church" person who was also a standard bearer who befriended me at the time, I would have considered leaving.

And then there is the aforementioned cause for new members leaving so quickly – the new members these days are taught much less than they were taught just a decade or two ago. The pastor tries to turn the church service into an evangelistic tool instead of for what it is to be used – "For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ" (Ephesians 4:12). Church is not the place where people are to learn the basics, or even be entertained. That is what Bible study is for. In fact, a potential new member ought to be grounded in many of the beliefs that we hold before stepping into the church and learning that there are many unconverted members, some even still eating swine's flesh is more common than one would think, along with alcohol, tobacco, etc. It could be quite embarrassing to want to discuss sports and television shows with fellow church members only to find out that such is not to be typical Sabbath conversation.

So, the point of this little message is to encourage each one of us to continue to "lift up a standard for the people" (Isaiah 62:10), but be "harmless as doves" (Matthew 10:16). Remember, "the servant of the Lord must not strive; but be gentle unto all [men], apt to teach, patient" (2 Timothy 2:24). And do not let the pastor blame you for the lack of executing their responsibility properly as well as feeding the new members to unconverted members to be devoured.

May God bless you and your efforts in creating members for the heavenly church as opposed to a mere pew warmer.



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.

(Continued from page 1)

purpose, and we may understand where the Spirit of God is working. And there are a great many others that ought to be here.

Now, here is the Word: “That they may believe that thou hast sent me; and the glory which thou gavest me I have given them.” That is what we are waiting for here. We want some of that glory, and it is our privilege to have it. There is darkness enough in the world, and we want the light of the glory of God to lighten our pathway and to lighten the pathway of others. We want some of that glory, that you may go forth to your labors with that glory shining upon your countenances, expressed in your words and in your testimonies, that it will make an impression on minds wherever you go.

“And the glory which thou gavest me I have given them, that they may be one, even as we are one.” Who is it that is burdened that they may get into unity? Who are they? Where are they? God help us that we may understand what spirit actuates and moves us. “I in them, and thou in me, that they may be made perfect in one.” Now their profit is not in seeing just how far they can keep off, and keep another mind and their own ideas, and cherish their own ideas, and water their own ideas. No, but it is that they may be made perfect in one, and they want to be made in one, and they are trying to be one, and they are trying to get where they may be in unity.

“That the world may know that thou hast sent me.” Those are the credentials they bear to the world. “And hast loved”—now, mark this; O, it is such a power with me. It has such a power for my heart; it melts and dissolves my very being as I read this. “And hast loved them as thou

hast loved me.” Why, brethren, can we comprehend this? Can we take hold of it? Can we measure it? “Hast loved them as thou hast loved me.” Why, that ought to bring every soul of us in gladness and joy and thankfulness and gratitude the whole time to God, that the preparation has been made that this shall be done, that God loves us as His Son. Why? Because we are united in Christ as He is united with the Father. There is a oneness with those that are partakers of the Spirit of Christ. You may bring the horse to the water, but you never can make him drink, he has got to drink of himself. Just so it is with us; we may have a house around us, and the words of life may be presented in all their beauty and in all their clearness, and it is like the bright shining of the candle. But unless they will kindle their tapers from it, unless they are willing to get some light, they won’t have any, no, indeed. Now, that is the most precious to me.

And He says, “Father I will that they also that thou lovest, whom thou hast given me, be with me where I am.” Why, in His kingdom they will be right around Him, right about Him. Oh, what a thought! It makes me willing—even if I die at my post—it makes me willing to make an entire sacrifice for the truth’s sake. Oh, if I can be with Him where He is! He is my love, my crown of rejoicing. He is my hope and comfort.

Now what? “That they may behold my glory.” We have felt Him in the humiliation, we have felt Him in the sacrifice, we have felt Him in the trials, we have felt Him in the test. Now that we may behold Him, that we may see Him as He is, that we may behold His glory. If we behold Him we will be a partaker with Him of His glory. “And the glory which thou

gavest me, I have given them. For thou lovest me before the foundations of the world. O, righteous Father, the world hath not known thee.” Oh, how little we know thee. And we profess to be His followers. He says, “The world hath not known thee.” God forbid that it should be of those that carry the truth to those that are in darkness that Christ will say they do not know it. How few know my Saviour!

“But I have known thee, and these have known that thou hast sent me. And I have declared unto them thy name, and will declare it; that the love wherewith thou hast loved me may be in them, and I in them.” That is His Word. We have been reading it for more than the last year more distinctly. “I have declared unto them thy name, “thy name, its goodness, its mercy, its love, its compassion, that you may gather up your forces and think, and that you may plant yourselves upon the Rock Christ Jesus and believe Him.

“I have declared unto them thy name, and will declare it.” That is what He came here for. “That the love wherewith thou hast loved me may be in them, and I in them.” I am so glad, brethren, I am so glad that we have the privilege. But our minds have become separated from God; and the enemy meant it should be so. He cast his hellish shadow right between us and our hope, and our strength, and our comfort, that we should not see Him; that he might eclipse Jesus, that we should discern Him and what He was to us and what He would do for us, and what He would be to us—that he should cast this dark and gloomy shadow between us and our Saviour.

Now, we have been just getting a glimmering of faith. We have not but a little of it. Yet it is so very hard for

the mind that has been looking on the dark shadow, and that has been hanging memory’s hall all through with disconsolate things and pictures that are draped in mourning, that it seems as though that we cannot look upon anything else. But may God help to gather up the jewels of Christ. God help us that we may hang memory’s hall all through with the rich promises of God, that when Satan shall come to cast his hellish shadow between us and the source of our strength that we may just be armed. We have got the memorials all surrounding us—barricaded with the promises—and we can say, “Although the fig tree shall not blossom, neither fruit be found in the vine; the labor of the olive shall fail, and the fields shall yield no meat; the flock shall be cut off from the fold, and there shall be no herd in the stall: yet I will rejoice in the Lord, I will joy in the God of my salvation.”

And when sometimes it seems that the Word is made so hard because unbelief is planted in the hearts where faith ought to be flourishing, I repeat that text over and over again, and I bring myself in position where I can perceive the light and the brightness of the Sun of Righteousness. I will not look at the darkness. Brethren and sisters, I beg of you for Christ’s sake, to lift Him up – the Man of Calvary. Lift Him up, the sinner’s only hope. Learn of Him, every one of you.

Oh, may chapters be opened in your experience that you never have opened before in regard to the blessedness and the trust and confidence that you may have in God. Just see what our Saviour says: “When the Son of man cometh shall he find faith in the earth?” Why? Why, because the devil has put his dark mantle to enshroud the people when we want light, light, brethren,

light, precious light from the throne of God. Well, then, you want to be sure that you learn how to tell it when you go from here. You want to be so rooted and grounded in it that when you go to those that are fastened in unbelief that they shall not throw their darkness over your mind, that you shall become so settled as to what is truth that you will not be shaken away from it, but that God can reveal to you His precious, precious light.

Now, Paul knew that he was not going to stay very long with Timothy, and he kept giving him lessons all the time, and he says, “My son, be strong in the grace that is in Christ Jesus.” That is what every one of us want—not any of your own opinions, nor smartness, nor intellect, nor any of these things—but be strong in the grace that is in Christ Jesus. “And the things that thou hast heard of me among many witnesses, the same commit thou to faithful men, who shall be able to teach also. Thou therefore endure hardness, as a good soldier of Jesus Christ.” There is the very word before us.

And the very men that ought to be here to feel their interest of having the truth for their positions of trust here in Battle Creek, on this missionary soil, the very men that ought to be fitting for these positions, they are not here at all, they do not come near. Now, Brethren, that is not as it ought to be. I want you to meditate over these matters. I want you to seek God in regard to it. I want you to tell the Lord to stir up these souls, that they may begin to feel that they need something more than they [have] got.

Brethren, we want light, precious light from the throne of God. And in place of quibbling, and in the place of fastening up hooks that you can hang

your doubts upon, for Christ’s sake, go to your knees in prayer. For Christ’s sake, see the errors and mistake of the Jews, because Christ has said, “Light has come, and ye choose darkness rather than light.” Now this can be done right where light is shining. You meet men who say, Beware, beware; we must go carefully; we must be very careful to press out the darkness and let the light come in.

Brethren, we want to come right up, as a man, and obtain a living experience here in this meeting. You want light enough that you can carry it with you into eternity. This is what you want. We have not half faith enough. We are only just beginning to learn as little children. The child first takes a step and falls, and then takes another step, and finally learns how to walk. Now, we want to learn how to exercise faith.

When the centurion came to Christ, just look at his faith. Why, he did not claim all the knowledge of the Jews. But here this centurion came, and he says, O Lord, you need not go away down there to heal my servant, you just say it and it will be done. What kind of power did he think was in Christ? Just what was invested in him. Now, said he, you may just say the word. I say to my servant, go, and he goeth; and I say to him, do this, and he doeth it. Well now, all you have to say is to command, and it will be done. What was his insight? That there were angels all around Christ; the word of Christ would go right to that sick chamber and heal that servant. The Jews saw how Christ said to him, “I have not found so great faith, no not in all Israel.”

Now there are those outside of us that are standing in greater favor to God than we are, and why? Because they live up to every jot of light that

they have. And we have light pouring in on us, and for months we have been pleading that the people would come up and accept the light, and they do not know whether to do it or not. They do not seem to see that they can come and drink, that they can open their hearts and let the Saviour in. My soul is agonized, at times, over these things. But I cannot do anything, I cannot speak to the heart—but God alone can speak to the heart.

I entreat of you, as an ambassador of Jesus Christ, to bruise Satan under your feet. I beseech of you to labor for yourself, labor for souls that are in darkness and unbelief. I beseech of you to spend your efforts in order to bring them where they can come where the living waters flow—where the light of Heaven may come upon them, that they can stand amid the people as a light, and not as a shadow of darkness.

Well, yesterday morning I awoke about two o'clock, and I could not rest. It seemed as though there was an agony of soul upon me, and I could not say anything. I knelt right down before the Lord, and I said, You know all about it; You know what the burden is. And I must have something more than this. I cannot carry this load. I feel such a responsibility when I know that men are not walking in the light, when I know that they are going contrary from what God has told me. And it seemed as though there was a lightwave came right down upon me, and the peace of God came upon me; and the words, I will

be with you, I will give thee My strength, came to me.

And since yesterday morning I have felt that I could die for Jesus Christ. And I am not going to leave it right in the hands of God. Brethren, do we carry our loads there and leave them? Let us do it. Let us roll it right on the Burden-bearer, and when we have a part to act, we will act it. And when you go from this place, Oh be so full of the message that it is like fire shut up in your bones, that you cannot hold your peace.

It is true men will say you are too excited; you are making too much of this matter, and you do not think enough of the law. [They say], "Now you must think more of the law. Don't be all the time reaching for this righteousness of Christ, but build up the law." Let the law take care of itself. We have been at work on the law until we got as dry as the hills of Gilboa without dew or rain. Let us trust in the merits of Jesus Christ of Nazareth.

May God help us that our eyes may be anointed with eyesalve, that we may see. God helping us we will draw nigh to Him, and He says He will draw nigh to us. Do we believe? Will we come in God's appointed way? May the Lord help us and enlighten us, that we may go forth from this place as they went forth to proclaim the truth after the day of Pentecost, and there were souls converted, they could not resist the testimony.

-Manuscript 10, 1890



Annual Receipts Have Been Sent

If you did not receive a receipt, please let us know right away and we shall get it out to you as quickly as possible.

"The secret of the Lord is with them that fear him; and he will shew them his covenant." - Ps.xxv.14.

James White

"WHEREFORE, I will not be negligent to put you always in remembrance of these things, though ye know them, and be established in the PRESENT TRUTH." 2Pet.i:12.

It is through the truth that souls are sanctified, and made ready to enter the everlasting kingdom. Obedience to the truth will kill us to this world, that we may be made alive, by faith in Jesus. "Sanctify them through thy truth; thy word is truth;" John xvii:17. This was the prayer of Jesus. "I have no greater joy than to hear that my children walk in truth," 3John iv.

Error, darkens and fetters the mind, but the truth brings with it freedom, and gives light and life. True charity, or LOVE, "rejoiceth in the truth;" Cor.xiii:6. "Thy law is the truth." Ps.cxix:142.

David describing the day of slaughter, when the pestilence shall walk in darkness, and destruction waste at noon-day, so that, "a thousand shall fall at thy side and ten thousand at thy right hand," says -

"He shall cover thee with his feathers, and under his wings shalt thou trust; his TRUTH shall be thy SHIELD and BUCKLER." Ps.xci:4.

The storm is coming. War, famine and pestilence are already in the field of slaughter. Now is the time, the only time to seek a shelter in the truth of the living God.

In Peter's time there was present truth, or truth applicable to that present time. The Church have ever had a present truth. The present

truth now, is that which shows present duty, and the right position for us who are about to witness the time of trouble, such as never was. Present truth must be oft repeated, even to those who are established in it. This was needful in the apostles day, and it certainly is no less important for us, who are living just before the close of time.

For months I have felt burdened with the duty of writing, and publishing the present truth for the scattered flock; but the way has not been opened for me to commence the work until now. I tremble at the word of the Lord, and the importance of this time. What is done to spread the truth must be done quickly. The four Angels are holding the angry nations in check but a few days, until the saints are sealed; then the nations will rush, like the rushing of many waters. Then it will be too late to spread before precious souls, the present saving, living truths of the Holy Bible. My spirit is drawn out after the scattered remnant. May God help them to receive the truth, and be established in it. May they haste to take shelter beneath the "covering of the Almighty God," is my prayer.

The Weekly Sabbath Instituted at Creation, and not at Sinai

"And on the seventh day GOD ended his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it he had

rested from all his work which GOD created and made." Gen.ii:2,3.

Here God instituted the weekly rest or Sabbath. It was the seventh day. He BLESSED and SANCTIFIED that day of the week, and no other; therefore the seventh day, and no other day of the week is holy, sanctified time.

GOD has given the reason why he blessed and sanctified the seventh day. "Because that in it he had rested from all his work which GOD had created and made." He rested, and set the example for man. He blessed and set apart the seventh day for man to rest from his labor, and follow the example of his Creator. The Lord of the Sabbath said, Mark ii:27, "The Sabbath was made for man." Not for the Jew only, but for MAN, in its broadest sense; meaning all mankind. The word man in this text, means the same as it does in the following texts. "Man that is born of woman is of few days and full of trouble." Job xiv:1. "Man lieth down and riseth not, till the heavens be no more." Job xiv:12.

No one will say that man here means Jews, or Christians; but the whole human race. The Sabbath was made for man, for the whole race of man. Adam, Noah, and Abraham were men, therefore the Sabbath was made for them, as well as for Moses, and the Jews. We are men, and the Sabbath is made for us.

GOD has given the following reason in the decalogue, why man should keep his holy Sabbath - "FOR in six days the Lord made heaven and earth, the sea and all that in them is, and rested the seventh day: wherefore the Lord BLESSED the seventh day and HALLOWED it." Ex.xx:11.

Here our minds are directed back more than twenty-five hundred years, to the creation and holy rest in

Eden, for the origin of the Sabbath. This plain fact every candid mind must see. GOD did not bless and hallow the Sabbath day at Sinai - no, no. This he had done in Eden twenty-five hundred years before.

"And GOD blessed the seventh day, and sanctified it:" Gen.ii:3.

The Sabbath was marked and guarded with miracles by Jehovah and kept by Israel in the wilderness of Sin, thirty days before they came to Sinai.

"And it came to pass, that on the sixth day they gathered twice as much bread, two omers for one man: to-morrow is the rest of the Holy Sabbath unto the Lord: bake that which ye will bake to-day, and seethe that ye will seethe; and that which remaineth over, lay up for you to be kept until the morning."

"And Moses said, eat that to-day, for to-day is a Sabbath unto the Lord: to-day ye shall not find in the field. Six days ye shall gather it; but on the seventh day, which is the Sabbath, in it there shall be none."

"And it came to pass, that there went out some of the people on the seventh day for to gather, and they found none. And the Lord said unto Moses, How long refuse ye to keep my commandments and my laws? See, for that the Lord hath given you the Sabbath. So the people rested on the seventh day." See Ex.xvi:22-30.

The children of Israel departed from Egypt on the fifteenth day of the first month, and came to the wilderness of Sin on the fifteenth day of the second month. Here GOD gives them bread from heaven, and reminds them of the Sabbath. From the wilderness of Sin they journeyed to Rephidim, and from Rephidim they

came to the desert of Sinai, on the fifteenth day of the third month.

Mark this. GOD gives them manna, reminds them of his Sabbath, and guards it with miracles thirty days before they saw Mount Sinai, and thirty-two days before GOD spake from the smoking mount, the ten commandments.

We frequently hear the assertion, that the Sabbath is not mentioned in the Bible, till after the law was given from Mount Sinai; therefore, the seventh day Sabbath is the Sabbath of the old Jews, and is abolished. Not long since a second advent preacher made this false statement to me.

Another person repeated this statement to me not two weeks since. Now, I hope all who are laboring under this mistaken view will look again. Please read the history of the journey of Israel from

Egypt to Mount Sinai, found in Exodus.

The Lord said to Moses, thirty-two days before he gave the law of commandments, "How long refuse ye to keep MY COMMANDMENTS and MY LAWS? See, for that the Lord hath given you the Sabbath." The Sabbath is not mentioned here as a new institution, but an old one, that they had not kept while in bondage to the Egyptians. GOD brought Israel out of the house of bondage to prove them, and see if they would keep his commandments. They had been from Egypt but thirty days when GOD reminded them of his Sabbath.

"And thou shalt remember all the way which the Lord thy GOD led thee these forty years in the wilderness, to humble thee, and to prove thee, to know what was in thy heart, whether thou wouldst keep his

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commandments, or no." Deut.viii:2. They could not keep his Sabbath in Egypt. They could not keep it; neither can we keep it when bound by sectarian creeds. Therefore GOD has brought us out of the churches to prove us, to try us, to know what is in our hearts, whether we will keep his commandments.

The Sabbath a perpetual Weekly Memorial

"Verily my Sabbaths ye shall keep; for it is a sign between me and you throughout your generations; that ye may know that I am the Lord that doth SANCTIFY you." "Wherefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations, for a PERPETUAL covenant."

"It is a sign between me and the children of Israel FOREVER: FOR in six days the Lord made heaven and earth, and on the seventh day he rested and was refreshed." Ex.xxxi:13-17.

The Sabbath then is a sign, or seal between GOD and his people forever. It is a perpetual covenant between them. Will some one show us the end of a perpetual covenant, given for a sign forever? The only reason here given why the Sabbath is a perpetual sign, is, "for in six days the Lord made heaven and earth, and on the seventh he rested." This shows that the Sabbath was given for a weekly memorial. The passover was given for

a memorial to Israel to remind them of their deliverance from bondage, and that they should not forget GOD, who passed over their houses in slaying their first-born, and with strength of hand brought them out of Egypt.

The communion of the body and blood of Christ was given for a memorial to the Church, that we may not forget the sufferings and death of the Lamb of GOD.

So the Sabbath was given to man for a weekly memorial, that on the seventh day he might dismiss all servile labor and care, and look back to the creation and holy rest, and thus call to mind, worship and adore the great Jehovah. If man had kept the weekly rest, he would never have forgotten GOD, who made heaven and earth. "The wicked shall be turned into hell, and all the nations that forget GOD." Ps.ix:17.

This view gives the Sabbath its just weight of importance. How wise and wonderful the plan of Jehovah, laid out in the beginning. Man was to labour six days, and on the seventh day rest from servile labour and care. He was to look to the heavens, the earth, the sea, and all things, even himself - the noblest of creation, and thus call to mind the Living God.

July 1849, James White, Present Truth, pages 1.1 to 3.4



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Battle With Self

Jerry O'Donnell

One of the greatest battlefields to face is not the antichrist or even Satan, but it is with self. "We should teach our children to practice habits of self-denial, that the great battle of life is with self, to restrain the passions, and bring them into subjection to the mental and moral faculties" {An Appeal to Mothers, page 19.1}.

What did Jesus say is necessary in order to have Him in our lives? "Then said Jesus unto his disciples, If any [man] will come after me, let him deny himself, and take up his cross, and follow me" (Matthew 16:24). Jesus said that we had to deny ourselves. We have to train our mind to not get everything it wants or craves. That is called "developing discipline". The more we exercise self-control the more disciplined we become. The more we give in to our wants and cravings the less disciplined we become. Discipline is developed, and is not something we are born with. "We must institute a warfare against every sinful inclination, and submit to the control of the Spirit of God. Every time we yield to temptation it becomes easier to yield the next time" {RH, March 12, 1889 par. 2}. "On the other hand, every resistance of temptation makes resistance more easy. Every denial of self makes self-denial easier. Every victory gained prepares the way for a fresh victory. Each resistance of temptation, each self-denial, each triumph over sin, is a seed sown unto eternal life. Every unselfish action gives new strength to spirituality. No one can try to be like Christ without growing more noble and more true" {LHU 299.4}.

How often are we to do deny

ourselves? "I protest by your rejoicing which I have in Christ Jesus our Lord, I die daily" (1 Corinthians 15:31). Unlike the "once saved, always saved" crowd, the Bible tells us that it is a daily denial of self, in fact, it can be said that every moment of the day requires denial of self.

How will denial of self affect the body? "But I keep under my body, and bring [it] into subjection: lest that by any means, when I have preached to others, I myself should be a castaway" (1 Corinthians 9:27). We need to bring our bodies into subjection. We need to not allow every craving to gain the ascendancy no matter what bodily sense it is trying to come in through.

What must we believe we have to gain the victory? "According as his divine power hath given unto us all things that [pertain] unto life and godliness, through the knowledge of him that hath called us to glory and virtue: Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust" (2 Peter 1:3-4). We must believe that Heaven sent divine power is granted to us, "for when I am weak, then am I strong" (2 Corinthians 12:10), and then we no longer live in the carnal or human nature but the "divine nature".

Why do we struggle so easily with temptation then? "For we know that the law is spiritual: but I am carnal, sold under sin" (Romans 7:14). We wrestle with our carnal natures. It gets the ascendancy, or we consult with it. "How can I allow a little

selfishness and yet be on safe ground?" Or something to that effect is often dwelt upon instead of a sharp resistance.

Where do we NOT find anything good? "For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but [how] to perform that which is good I find not" (Romans 7:18). Definitely not inside ourselves, therefore, we must depend wholly upon God for the victory.

Then what do we need dwelling in us? "So then they that are in the flesh cannot please God. But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his" (Romans 8:8-9). We need the Spirit dwelling in us. No wonder the Spirit "will reprove the world of sin, and of righteousness, and of judgment" (John 16:8).

What is promised if the Spirit dwells in us? "That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit" (Romans 8:4). The righteousness of the law would be fulfilled in us then. In other words, we will then be actually keeping the commandments of God.

What warning are we given regarding the flesh? "For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting" (Galatians 6:8). We ought not sow to the flesh, but notice that it is a choice, just like Joshua

stated, "Choose you this day whom ye will serve" (Joshua 24:15). This goes back to the beginning in which Jesus tells us to deny ourselves.

What is the strength level of our flesh? "Watch and pray, that ye enter not into temptation: the spirit indeed [is] willing, but the flesh [is] weak" (Matthew 26:41). The flesh is weak. That means, every time we fall it means that we are listening to the flesh instead of the Spirit. We need to build up a resistance to the flesh, the cravings, the desires. We fall because "Ye have not yet resisted unto blood, striving against sin" (Hebrews 12:4).

Where is the battleground actually fought? "Because the carnal mind [is] enmity against God: for it is not subject to the law of God, neither indeed can be" (Romans 8:7). It is the mind. That is because "as he thinketh in his heart, so [is] he" (Proverbs 23:7). Thoughts become actions.

What do we specifically fight against? "Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ" (2 Corinthians 10:5). It is imaginations. We imagine we are going to suffer if we do not give in. "I will be so hungry if I don't continue eating beyond my comfortableness." In reality, we are just stretching the stomach when we should be thinking of how we can shrink the stomach, like on the two meals a day plan as opposed to grazing all day.

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How do we know we are actually battling in the war as opposed to simply fooling ourselves as we are defeated over and over? “For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit” (Romans 8:5). When a person is overcome, how they feel afterwards determines if the defeat was due to weakness in the battle or secret enjoyment of having given in. In other words, are we remorseful for giving in or not. Many Christians see sin as no big deal. That is foolishness.

What are we called to do? “Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God” (2 Corinthians 7:1). A cleansing process of all filthiness must be performed. Too many simply pick certain fruit to throw away while still left with other bad fruit that undermines the determination. In other words, they will work on cutting out smoking, drinking, and watching fouled language movies, but tell themselves that once they get those things under control, then they can work on temper, diet, and the raunchy music. It has to be a total house cleanse because what is not cleaned out weakens the person when confrontation towards the primary temptations come on. We should not be looking at the bad fruit to pick but “the axe is laid unto the root of the trees” (Luke 3:9). The root of selfishness needs to be cut down.

What is the battle like? “[This] I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would. But if ye be led of the Spirit, ye are not under the law. Now the

works of the flesh are manifest, which are [these]; Adultery, fornication, uncleanness, lasciviousness, Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told [you] in time past, that they which do such things shall not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law. And they that are Christ's have crucified the flesh with the affections and lusts. If we live in the Spirit, let us also walk in the Spirit” (Galatians 5:16-25). We have to recognize that our struggles are in the category of lusting, which is not reserved for sexuality alone. That makes a real wrestling match.

What needs to be developed? “And others save with fear, pulling [them] out of the fire; hating even the garment spotted by the flesh” (Jude 1:23). Hating to see our garments spotted with sin needs to be encouraged. Ask God to give the proper hatred.

What must we be careful not to listen to? “For many deceivers are entered into the world, who confess not that Jesus Christ is come in the flesh. This is a deceiver and an antichrist” (2 John 1:7). Do not listen to anyone that teaches Jesus was different from us, as if He had the nature of Adam before the fall. That is what the average Christian is taught, which is deadly error. If that were the case, then this whole message is worthless. There is not even a reason to be battling self for there would be no way for us to ever gain the victory. The truth of the matter is, “For verily he took not on [him the nature of] angels; but he took on [him] the seed

of Abraham” (Hebrews 2:16). Jesus took on our nature and defeated Satan in our flesh, our nature.

What may we have to change to get the upper hand? “Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others” (Ephesians 2:3). Stop talking about how great the difficulty is against certain sins. The more a person talks about certain temptations being too strong to resist, that person will never gain the victory. We must talk “with God all things are possible” (Matthew 19:26). It is highly encouraged that we read *Steps to Christ* by Ellen White frequently until victory is gained. “Many who are really conscientious, and who desire to live for God, he too often leads to dwell upon their own faults and weaknesses, and thus by separating them from Christ he hopes to gain the victory. We should not make self the center and indulge anxiety and

fear as to whether we shall be saved. All this turns the soul away from the Source of our strength. Commit the keeping of your soul to God, and trust in Him. Talk and think of Jesus. Let self be lost in Him. Put away all doubt; dismiss your fears” {SC 71.2}.

Who helps us to bring the will into conformity? “Forasmuch then as Christ hath suffered for us in the flesh, arm yourselves likewise with the same mind: for he that hath suffered in the flesh hath ceased from sin” (1 Peter 4:1). Go to Jesus for He alone will help us bring our wills in line “For it is God which worketh in you both to will and to do of [his] good pleasure” (Philippians 2:13).

What practically are we to do? “Submit yourselves therefore to God. Resist the devil, and he will flee from you” (James 4:7).

May each of us experience victory over self.



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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.

To Keep the Sabbath or Not

Here is a very specific verse commanding the keeping of the Sabbath day right down to the exact day to be kept, and stated more than once:

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

But here is a pair of verses in the New Testament that appears to make the Sabbath unimportant where people are given the option to keep it or not.

Romans 14:5-6, "One man esteemeth one day above another: another esteemeth every day [alike]. Let every man be fully persuaded in his own mind. He that regardeth the day, regardeth [it] unto the Lord; and he that regardeth not the day, to the Lord he doth not regard [it]. He that eateth, eateth to the Lord, for he giveth God thanks; and he that eateth not, to the Lord he eateth not, and giveth God thanks."

First, there is an assumption made that Romans 14 is referring to the Sabbath when, in the whole book of Romans, the word "Sabbath" is never mentioned. It is a very weak argument against the Sabbath to use an assumption as one remembers that feast days were also held in high regards. Some of those days were treated like Sabbath days (Leviticus 23:24, 32, 39). These, like birthdays, would fall on any day of the week over the years.

The fact that Romans 14:1-4 talks about an argument over the dietary restrictions, eating herbs (verse 2), that are very specific in conducting the feast days which is also mentioned in verse 6, makes the conversation not Sabbath-related per the Ten Commandments, but feast-related where the topic is about the Jews trying to make the Gentiles keep the feast days as well as the specific food associated with each feast. Paul's solution was that if you want to keep the feast day, go ahead; if you want to eat herbs only on the feast days, go ahead; but do not make anyone follow your example as it is not a requirement anymore.

So, there is no contradiction. Exodus 20:8-11 is part of the Ten Commandments, while Romans 14:5-6 is pointing back to the feast days listed in Leviticus 23.



Heavenly Health

Reen Swindle

What part does the mind play in the health of the body?

First of all, let us attempt to define what the mind is in usable terms. From Webster's 1828 Dictionary comes this abbreviated definition: "The intellectual or intelligent power in man; the understanding; the power that conceives, judges or reasons." We could say it is a collection of all the mental functions of the brain including feelings, or affections, thoughts and ideas, which all join hands to form our intellect. Impulses to perform duties are born in the mind. Cultivation of habits and character, right or wrong, takes place there, and the process is such that the mind itself can actually become set in a certain bent, affecting, and possibly stunting our spiritual growth, and our thinking and behaving in a negative way, so we must be very careful to steer our thoughts in a positive direction, as negativity does not originate with God. The mind needs to be exercised like any other part of the body so we may increase in knowledge and reasoning, therefore, it is imperative to have a healthy, vigorous, clear mind. Since the health of the mind depends much on that of the body, it is equally necessary for adequate care and exercise of the physical faculties in order to have a strong, balanced mind.

Both body and mind require the proper nutrition to function properly, but even when providing the best of food to our minds and bodies, the mind will become just as bogged down as the physical body if the body is overfed and its own systems are clogged. Overindulgence always

clouds the mind, making our thought processes and reasoning difficult and confused. We are not to ever be slaves to appetite, instead we are to be masters over it. A clear mind and good overall health can be achieved and maintained when we fuel our bodies with good food, and only as much as is needed – not until we are "full"!

Just like all the mechanical parts of an automobile, all parts of the human body work best when everything is in balance and in a state of good repair, according to the manufacturer's manual, because all parts must work together. So, do we get warning lights as cars do? Sometimes we do, but many times we are not following the directions for care and we miss the signs that are not immediately evident until much further down the road when it is more difficult to turn back and correct our course. We must be cognizant of what we are doing to our bodies at all times so if a mistake has been made, we can correct it quickly and get back on the right track.

Proverbs 17:22 says, "A merry heart doeth good like a medicine." What is meant by "a merry heart" is simply a heart, or spirit, that is cheerful, peaceful, and delights in right-doing. If you have a Bible with marginal readings, the word "medicine" in this verse is defined as "healing". This delightful mind-set can be the result of proper discipline of the thoughts and reactions to events and circumstances, bringing them into line with scripture, and can bring about healing, just as the scripture suggests. I would find it hard to believe that there is a single

physician anywhere, unless he or she is a hard-core atheist, who would not prescribe cheerfulness, and peaceful living to assist in any healing modality. Cheerfulness promotes health and is a friend to both body and mind.

The mind and the body do not operate as separate units; they must work in unison. Happiness and cheerfulness flow through our systems via the mind just as surely as the blood flows through our veins to every organ, lightening their burdens and flushing away any build-up of trash that has been allowed to accumulate, setting us up for disease. What better way to promote harmony in a system than to maintain a clear mind filled with joy. As was stated in our October, 2023 article, "To be in health is to be whole... to be whole is to be complete in every area of our lives – mental and spiritual as well as physical", and so now we can see that the mind, the very life, and the body make up the whole man, and when a person is sanctified in a Biblical sense, all of these parts are set apart to the glory of God, and employed in the service of our Creator. That sanctification begins with the mind. Sanctification cleanses our minds from sinful, carnal thoughts; it redirects the current, or

direction, of the thoughts so they flow from sin to holiness. And in this work, we are to be laborers together with God.

Now let us notice the word "holiness" and see how it plays a major role in the health of body and mind. When we read Hebrews 12:14, "Follow peace with all [men], and holiness, without which no man shall see the Lord:", it is helpful to know that the root-word of "health" is actually the same root-word of "holiness"; so, holiness of the body and mind is expressed in the word "health". We cannot expect to enter heaven with unhealthy, unholy carnal minds and bodies, so this ties in with the work of sanctification mentioned in the previous paragraph and is very important to our understanding of God's requirements of us in the care of our entire beings.

2 Corinthians 7:1 says, "...dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." Here we see the definite connection of body and mind, reinforcing the importance of performing this sanctifying action since it is to be done "in the fear of God". It seems an old saying we have probably all heard is taking on a deeper meaning now and we will not be taking it so lightly the next time

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we hear it – “Cleanliness is next to Godliness”. There is much more to it than meets the eye.

We could go much further into this study, but I believe we have

sufficiently answered our title question for now, but as with all of these health articles, we will refer back to it in future studies.



Healthy And Delicious Recipes

Lisa O'Donnell

Oven Baked Tofu

(this is a gluten free version)

Ingredients

- 1 pound super-firm tofu
- 1 ½ c. vegetable broth
- 1 tablespoon liquid coconut aminos
- 1/2 cup vegan mayonnaise,
- 1/4 cup chickpea flour
- 1/4 cup brown rice flour*
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1/2 teaspoon smoked paprika
- 1 teaspoon salt
- 1-2 tablespoons olive oil

Instructions

1. If using firm or extra firm tofu,

press tofu between paper towels to remove excess water.

2. Then cut into strips or cubes and marinate in vegetable broth for 30 minutes.
3. Mix vegan mayonnaise with the coconut aminos and coat the tofu with it.
4. In another bowl combine the remaining ingredients well.
5. Coat tofu with dry herb mix and place on a greased baking sheet that has been oiled with olive oil (to keep the tofu from sticking)
6. Bake at 400 degrees for approximately 30 minutes turning halfway.

(You may also cook on a lightly oiled frying pan until golden and crispy.)

*You can use cornstarch instead of brown rice flour



Which is the greatest sin, to eat cucumbers, pickles or pork. Answer. This is about like asking, which is worse, to lie or to steal. {October 29, 1888 N/A, GCDB 27.17}

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Natural Vitamins

Jerry O'Donnell

Benefits of Flax Seed

1. Loaded with nutrients
2. High in omega-3 fatty acids which are good for the heart
3. May help protect against cancer
4. Rich in fiber which helps with constipation
5. May lower cholesterol levels
6. May reduce blood pressure
7. May stabilize your blood sugar levels which helps diabetics
8. May help manage your weight
9. Aid in digestion
10. Even helps a bit with menopausal symptoms, especially the hot flashes



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.

Why Did Jesus Come?

Modern versions of the Bible translate **Luke 9:56** as simply moving on in their travels to another village while others identify why Jesus came.

King James Version: For the Son of man is not come to destroy men's lives, but to save [them]. And they went to another village.

In Error:

American Standard Version: And they went to another village.

Anderson New Testament: And they went to another village.

Berean Literal Bible: and they went to another village.

Berean Study Bible: And He and His disciples went on to another village.

Christian Standard Bible: and they went to another village.

Contemporary English Version: Then they all went on to another village.

Darby Bible Translation: And they went to another village.

English Revised Version: And they went to another village.

English Standard Version: And they went on to another village.

Godbey New Testament: And they went into another village.

GOD'S WORD® Translation: So they went to another village.

Good News Translation: Then Jesus and his disciples went on to another village.

Holman Christian Standard Bible: and they went to another village.

International Standard Version: and they all went on to another village.

NET Bible: and they went on to another village.

New American Standard Bible: And they went on to another village.

New International Version: Then he and his disciples went to another village.

New Living Translation: So they went on to another village.

Weymouth New Testament: And they went to another village.

Worrell New Testament: And they went on to another village.

Correct, this time:

A Faithful Version: For the Son of man did not come to destroy men's lives, but to save them." And they went to another village.

Amplified Bible: for the Son of Man did not come to destroy men's lives, but to save them." And they journeyed on to another village.

Aramaic Bible in Plain English: "For The Son of Man has not come to destroy lives but to give life." And they went to other villages.

Bishops' Bible of 1568: For the sonne of man is not come to destroye mens lyues, but to saue them. And they went to another towne.

Catholic Public Domain Version: The Son of man came, not to destroy lives, but to save them." And they went into another town.

Coverdale Bible of 1535: The sonne of man is not come to destroye mens soules, but to saue them. And they wente in to another towne.

Douay-Rheims Bible: The Son of man came not to destroy souls, but to save. And they went into another town.

Geneva Bible of 1587: For the Sonne of man is not come to destroy mens liues, but to saue them. Then they went to another towne.

Haweis New Testament: for the Son of man came not to destroy men's

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lives, but to preserve them. And he proceeded to another village.

Lamsa Bible: For the Son of man did not come to destroy lives, but to save. And they went to another village.

Literal Emphasis Translation: For the Son of Man did not come to destroy the lives of men, but to save. And they went unto another village.

Literal Standard Version: for the Son of Man did not come to destroy men's lives, but to save"; and they went on to another village.

Mace New Testament: for the son of man is not come to destroy men's lives, but to save them, and they went to another village.

New Heart English Bible: For the Son of Man did not come to destroy people's lives, but to save them." And they went to another village.

New King James Version: For the Son of Man did not come to destroy men's lives but to save them." And they went to another village.

Smith's Literal Translation: For the Son of man came not to destroy men's souls, but to save them. And they proceeded into another town:

Tyndale Bible of 1526: The sonne of ma ys not come to destroye mennes lives but to save them. And they went to another toune.

Webster's Bible Translation: For the Son of man is not come to destroy men's lives, but to save them. And they went to another village.

World English Bible: For the Son of Man didn't come to destroy men's lives, but to save them." They went to another village.

Worsley New Testament: for the Son of man came not to destroy mens lives, but to save them. And they went to another village.

Young's Literal Translation: for the Son of Man did not come to destroy men's lives, but to save;' and they went on to another village.



Questions And Answers

Jerry O'Donnell

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

QUESTION: Why should spiritual formation be avoided?

ANSWER: This is not an all-inclusive answer but definitely enough to raise objections to the philosophy.

The fact that this is not a unique teaching among Seventh-day Adventists but is found as a teaching among all the denominations is concerning enough.

But several strong objections to spiritual formation include finding

the source of strength from within, the encouragement to empty the mind, and a gateway to Eastern mysticism. It encourages self-centeredness but of course it is sold with a nice, desirable coating that makes it appealing. The fact that it is sweeping Christianity should send up a red flag.

"I saw that God has honest children among the nominal Adventists and the fallen churches, and before the plagues shall be poured out,

ministers and people will be called out from these churches and will gladly receive the truth. Satan knows this; and before the loud cry of the third angel is given, he raises an excitement in these religious bodies, that those who have rejected the truth may think that God is with them. He hopes to deceive the honest and lead them to think that God is still working for the churches. But the light will shine, and all who are honest will leave the fallen churches, and take their stand with the remnant" {EW 261.1}.

According to the definition from their own website, it includes "Specific techniques of prayer and meditation". If we need to use certain sets of techniques to pray, that should frighten us. Jesus simply said, "After this manner therefore pray ye: Our Father which art in heaven..." (Matthew 6:9). When meditation involves emptying the mind, Jesus told the parable, "When the unclean spirit is gone out of a man, he walketh through dry places, seeking rest; and finding none, he saith, I will return unto my house whence I came out. And when he cometh, he findeth [it] swept and garnished. Then goeth he, and taketh [to him] seven other spirits more

wicked than himself; and they enter in, and dwell there: and the last [state] of that man is worse than the first" (Luke 11:24-26). This shows that there is danger with leaving the mind empty. It needs to be filled with the Word of God, the Holy Spirit. Another technique used in spiritual formation is that of visualization. This can be taken to the level of allowing a spirit to separate from the body, which is satanic, but on the low key, to visualize the unknown is stepping into territory that the Bible does not support and God never told us to practice.

The second definition includes "A lifestyle integrating spiritual disciplines or exercises". Yoga and other practices of human traditions are the opposite of what Jesus taught. "Making the word of God of none effect through your tradition, which ye have delivered: and many such like things do ye" (Mark 7:13). Chanting is another practice, but Jesus said, "But when ye pray, use not vain repetitions, as the heathen [do]: for they think that they shall be heard for their much speaking" (Matthew 6:7).

The third definition includes "Understanding and practice of

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historical religious philosophy and techniques”. All of this smacks of human philosophy and human teachings. Besides, God called truth seekers out of all the historical movements into the one body containing the truth. This movement of calling people out of Babylon and into spiritual Israel began in 1844 and will continue to the end of time. “And he said unto me, Thou must prophesy again before many peoples, and nations, and tongues, and kings” (Revelation 10:11). “And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people” (Revelation 14:6). “And I heard another voice from heaven, saying, Come out of her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues” (Revelation 18:4).

The fourth definition includes “The knowledge and expression of the

truth of God and of self”. Self has no truth. Further, truth is not found in all religions making up a collective truth. There is only one location. “Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me” (John 14:6). It is the Christian religion alone that has the truth. Further, all denominations may have some aspect of truth, but spiritual formation does not recognize that one denomination has all of the truth, yet true Seventh-day Adventists are to believe that we are the only ones with the truth and have the only saving message to proclaim.

And the act of submitting to spiritualists has been a new twist of confessing sins to other humans, of which, “who can forgive sins but God only?” (Mark 2:7). It is the Protestant’s version of confessing our sins to a priest, which is condemned by the Bible.



Prophecy Made Plain

Jerry O'Donnell

How Do We Know That the Antichrist Beast Rules the World for a Mere Two Weeks?

The antichrist ruled the western world, while influencing other parts of the world, pretty much unchallenged during the dark ages. For the “deadly wound” (Revelation 13:3), which was administered in 1798, to become completely “healed” (Revelation 13:3), that same power must be restored, and it will be, because prophecy says so.

Revelation 17:12 states, “And the ten horns which thou sawest are ten

kings, which have received no kingdom as yet; but receive power as kings one hour with the beast.”

The antichrist beast does not now have the power from the kings of the earth to rule openly as it once did during the dark ages. That crowning act is yet future, but notice how long the rule will last. In other words, in all the effort and bloodshed that is being directed behind the scenes to gain supreme power once again, it lasts only a mere hour. Just one hour is all the beast will have to itself to rule openly and unchallenged by any nation.

Now, that is not literally one hour. As covered before (November 2023), there is "a day for a year" principle (Numbers 14:34, Ezekiel 4:6) in which when God speaks of time in prophecy, He uses symbolic time. In plain speak, each day is equivalent to one year.

Now, one hour is but a small portion of a day. In fact, with twenty-four hours in a day, that means one hour is a fraction of the day being one twenty-fourth. If a person would then apply that fraction prophetically against a year, being three hundred sixty days long, one twenty-fourth of the year comes out to be fifteen days, which is just over two weeks. All this effort for a mere two weeks

and a day of being recognized by all nations as supreme ruler.

And that is how we know that the Antichrist will rule the world for just a mere two weeks and a day for a total of fifteen days.

Those who argue daylight hours only for the calculation, still cover only a short period of time as that is one twelfth or literally one month of time because one twelfth of three hundred sixty days is thirty days.

Either way, the power-hungry grab for supremacy is a satanic activity at the loss of millions upon millions, not to mention all the billions being led astray into the fires of hell eventually, for such a short rule.



News And Comments

December 2—Yahoo

Latter-day Saints lawsuits raise questions over Mormon tithing – can churches just invest funds members believe are for charity?

"The lawsuit against the LDS church and Ensign Peak, filed on Oct. 31, 2023, is based on the premise that the church has violated its members' trust by amassing massive investments in stocks, bonds, real estate and agriculture that don't support charitable activities." Seems that both sides do not understand the purpose of tithe. Tithe is to pay the salaries of those employed by the church, most importantly that of ministers, but other leadership are also to be paid from the tithe. Charity and investments are not to made from the tithe (Numbers 18:24).

December 4—KTLA

These California cities are the 'most fun,' study says

The article was accompanied by many youth in skimpy clothing, promoting certain lifestyle choices, and many other "fun" appearances. And that is exactly what the devil distracts people with, especially the youth, into sin that as they grow older they realize "Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting" (Galatians 6:7-8).

December 4—Faith Wire

Young Brits Open to Banning the Bible 'Unless the Offended Parts Can Be Edited Out'

Telling people to stop sinning and Christ is the only way would be

considered offensive. All of Proverbs would have to be removed because fools would be offended throughout. Basically, only the words forgiveness and promise of eternal life, all summarized in a handful of pages, would be permitted. The offensive parts are what we are to stop doing if we want eternal life. God is telling us that "the works of the flesh are manifest, which are [these]; Adultery, fornication, uncleanness, lasciviousness, Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told [you] in time past, that they which do such things shall not inherit the kingdom of God" (Galatians 5:19-21). So, removing such verses does not change anything. It just keeps people in the dark.

December 5—Washington Post

Utah wants people to eat invasive bullfrogs. Here's how to catch them.

Back in the days of Noah, of whom we are all related to, he knew which animals were identified as clean and unclean: "Of every clean beast thou shalt take to thee by sevens, the male and his female: and of beasts that [are] not clean by two, the male and his female" (Genesis 7:2). Depending upon the classification, pretty sure frogs do none of these things: "Nevertheless these shall ye not eat of them that chew the cud, or of them that divide the hoof: [as] the camel, because he cheweth the cud, but divideth not the hoof;" therefore "he [is] unclean unto you" (Leviticus 11:4). And being a water creature, "fins and scales" are required (Leviticus 11:9).

December 6—Free P

'All the children were homeschooled': Michigan AG, lawmakers call for home

school accountability

Evidently, there was abuse in a home-school household which was allowed to adopt up to 30 children, and the coordinators with the adoption agency were irresponsible in not detecting the abuses. This issue, though deeply troubling, is being used to make it difficult upon those home-educators who do abide with proper environments. This also neglects to address the number of public school abuses that take place more often than compared to home-school environments. These cases are used often to strip parents of their God-given rights to be the responsible influencers upon their children: "Train up a child in the way he should go: and when he is old, he will not depart from it" (Proverbs 22:6). That is understood as direction to a godly set of parents, not to the government, especially since the government does not teach the proper way, which is a godly way.

December 7—Complex

Vegas Shooter Who Killed 3 Was a Professor Who Recently Applied for a Job at UNLV, AP Source Says

Although the title of the article is suspect, we are addressing face value of what the title states. This is the ultimate example of someone throwing a fit because they did not get their way. As for Christians, in all things, we are to "deny himself, and take up his cross, and follow" Jesus (Matthew 16:24). The outrage of not getting your own way is very contagious. According to the New York Post, "HS basketball player, older brother beat up coach after game for getting benched: police."

December 7—Yahoo

Harvard, Penn and MIT presidents ignite furor with 'unacceptable' response to antisemitism

These three college presidents could not identify bullying happening on their campus. The topic is insignificant in what we want to bring out. We simply want to bring awareness that there is an agenda actively happening – If the same situation were to fit the agenda, it is bullying. If it is outside the agenda, it is not bullying. Bullying is bullying, but the world is not interested in addressing all bullying. So, do we really think we shall have a fair trial when "ye shall be brought before governors and kings for my sake, for a testimony against them and the Gentiles. But when they deliver you up, take no thought how or what ye shall speak: for it shall be given you in that same hour what ye shall speak" (Matthew 10:18-19).

December 8—Bloomberg

Apps That Use AI to Undress Women in Photos Soaring in Use

Just when people do not think things can get any worse, all those social media photos can be turned into porn now thanks to the apps available. And do not think that just because you are grand parents and older parents that no one would be interested in you – they may be interested in who is included in your photos, especially teens and younger. Social media was dangerous enough, now innocent users can actually be aiding the porn industry. We use social media to get the word out, but that is all it is. Photos that may be included are nature photos to get people's attention. One word of advice, "Abstain from all appearance of evil" (1 Thessalonians 5:22). At least abstain from exchanging those photos of the kids, no matter if they have even reached adulthood.

December 11—Yahoo Finance

Nearly two-thirds of millennials say spending \$7 on a daily cup of coffee

brings them 'joy' — but Suze Orman has compared it to 'peeing \$1M down the drain.' Who's right?

And this is why feelings have to be kept in the secondary as opposed to the primary. To be driven by what brings joy means that all of the right decisions that are not so joyful are left undone. No wonder the work ethic is so poor with the upcoming generation. This is so wrong on so many accounts. That amount of money and more per day adds up quickly to be a serious investment into idolatry, plus not living in reality. "He that loveth pleasure [shall be] a poor man: he that loveth wine and oil shall not be rich" (Proverbs 21:17). And the "poor" does not necessarily mean financially. It can mean that they lack Christ in their life, which means they lack salvation.

December 12—Fox News

French teachers stage walkout after Muslim students 'offended' over Renaissance painting spark safety concerns

Both sides are overreacting, but the bottom line is the understanding of the content. Most human beings are not bothered by works of art depicting nudity, but should we be desensitized to the content and class it as Renaissance to make it acceptable? The answer is no. True Christians ought to be offended. Leviticus 18 and 20 speak much of the abhorrence of revealing nakedness. Just because it is called art does not make it permissible.

December 14—Fox News

Satanic display inside Iowa State Capitol destroyed, man charged: officials

Although we disagree and are upset with the presence of Satanic content, we are not to restrict people's freedoms as there are no exceptions in

the constitution for it. We either have the freedom to express or we do not. The temple Jesus was cleansing was not government property and cannot be used as support for destructive activity. Further, destroying idols in Israel also does not serve as justification to destroy this satanic content as the United States is not a theocracy. Simply, "Little children, keep yourselves from idols" (1 John 5:21). That includes to avoid going to visit the state capital of Iowa. The verse does not give permission to be destructive when legally being exercised.

December 14—Reuters

Breathing contributes to global warming – study

Genesis 1:28 says, "And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth." To subdue the earth does not mean to destroy it, but all things were created for the sustaining of human beings. The movement to kill off the human race is not a thought of God. We have a responsibility to take care of things, but ceasing to breathe is not one of them.

December 14—LA Mag

Report: Fear of Promiscuity Could Be Fueling Anti-Abortion Sentiment

The media will do anything to push the false narrative yet be true in the statement. The use of the word "could" implies it also "could not". It is not a fact but they want those of promiscuous practice who are enjoying it to get upset and vote against anything and everyone on the anti-abortion side. The focus is on life. When God "formed thee from the womb" (Isaiah 44:2), that is when life

began, and that means to snuff out life would be to commit murder. In fact, that is how God sees it. "If men strive, and hurt a woman with child, so that her fruit depart [from her], and yet no mischief follow: he shall be surely punished, according as the woman's husband will lay upon him; and he shall pay as the judges [determine]. And if [any] mischief follow, then thou shalt give life for life" (Exodus 21:22-23). God calls the "fruit" in the womb as "life".

December 18—Life Site News

Pope Francis publishes norms for clergy to 'bless' homosexual couples

This is anti-Catholic even anti-Christ action. Christ said, "Have ye not read, that he which made [them] at the beginning made them male and female, And said, For this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh?" (Matthew 19:4-5). Jesus did not bless or reference any other union as being acceptable. "This is a deceiver and an antichrist. Look to yourselves, that we lose not those things which we have wrought, but that we receive a full reward. Whosoever transgresseth, and abideth not in the doctrine of Christ, hath not God. He that abideth in the doctrine of Christ, he hath both the Father and the Son" (2 John 1:7-9).

December 23—Telegraph

My dad's dignity is being stretched beyond breaking point – I support his right to die

"It's all about dignity", the article stated. Jesus contrasts this because He "made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men" (Philippians 2:7).

December 22—USA Today

Biden pardons marijuana use nationwide. Here's what that means

Do not blame Biden for signing into law the continued demoralizing of the nation because he is just giving people what they want. It is the demand for immorality that causes a politician to do such things. The people have basically said to Jesus, "We will not have this [man] to reign over us" (Luke 19:14).

December 25—Daily Mail

Moses' parting of the Red Sea may NOT have been a miracle and could have been because of a 'meteorological phenomena', study suggests

The article blames basically "strong winds" for the drying of the land. If that were the case, how could the people cross? They would be falling all over the place being pushed by the winds. And then for the winds to stop at the precise moment to drown the Egyptians is too much of a coincidence. Besides, Moses wrote the experience down. He is the same one who wrote, "Thou shalt not bear false witness against thy neighbour" (Exodus 20:16). To encourage not lying while lying is hypocritical, of which true followers of

God do not practice. Moses stated, "And the LORD said unto Moses, Wherefore criest thou unto me? speak unto the children of Israel, that they go forward: But lift thou up thy rod, and stretch out thine hand over the sea, and divide it: and the children of Israel shall go on dry [ground] through the midst of the sea" (Exodus 14:15-16). We have a choice, throw away the hope of eternal life and believe the Bible is a lie, or accept not only the promise of eternal life but the miracles that go with it. There is no middle ground.

December 28—Breitbart

The Methodist Church of Great Britain Labels Terms 'Husband' and 'Wife' Offensive

And will the Methodist church be rewriting the Bible? "Nevertheless let every one of you in particular so love his wife even as himself; and the wife [see] that she reverence [her] husband" (Ephesians 5:33). "For I am jealous over you with godly jealousy: for I have espoused you to one husband, that I may present [you as] a chaste virgin to Christ" (2 Corinthians 11:2).



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.

October 2023—Fulcrum 7

North American Division Continues to Promote Social Justice

Because social justice is the celebration of victimhood. The reason we see social justice as the

incarnation of the social gospel is because we have an increasing supply of victims which social justice claims to be able to address. It's popular, it's trendy.

Bible: "Behold, the days come, saith the LORD, that I will raise unto David a righteous Branch, and a King shall reign and prosper, and shall execute judgment and justice in the earth" (Jeremiah 23:5).

Comment: There is a difference between "justice" and "social justice". We need to know the difference.

December 1—Adventist Review

Band Festival Promotes Christian Values, Environmental Awareness

Eighteen of the Adventist schools in the country participated in this year's festival, with 15 schools represented by their "peace bands," as they are called. "We had 465 musicians and 552 students participating in choreography and gymnastics presentations," Diaz said. Each band had 10 minutes to play pieces they had prepared, and gymnasts performed for a group of churches, municipal leaders, and friends.

EGW: "We must not permit these experiences to lead us to feel discouraged. Such experiences will come to us from time to time. Let us give no place to strange exercisings, which really take the mind away from the deep movings of the Holy Spirit. God's work is ever characterized by calmness and dignity. We cannot afford to sanction anything that would bring in confusion and weaken our zeal in regard to the great work that God has given us to do in the world to prepare for the second coming of Christ." – Letter 338, 1908. {2SM 42.4}

December 6—General Conference Project

www.humansexuality.org

Summary: The various topics on the website all conclude with vague conclusions leaving those on one side or the other on the practice or belief to be left to interpretation opening the way to make everything acceptable. On homosexuality, "Following the unique biblical position, Jewish and Christian societies rejected any type of homosexual activity for centuries. Only recently, some churches, following the new approach of various cultures and secular governments, have made provisions for a homosexual life style while others respect homosexual persons without advocating or condoning their lifestyle. — By Ekkehardt Mueller, Th.D., Associate Director (Retired), Biblical Research Institute, Silver Spring, Maryland"

Bible: Matthew 5:37, "But let your communication be, Yea, yea; Nay, nay: for whatsoever is more than these cometh of evil."

December 21—Advent Review

La Sierra Athletics Gets Upgrade with New Fitness Center, Gym Flooring

SUMMARY: The article tells of all the upgrades to the fitness rooms and exercise equipment, but the photos reveal that a volley ball game played on a basketball court after the ribbon cutting ceremony means that the school went beyond simple exercise.

EGW: "Some of the most popular amusements, such as football and boxing, have become schools of brutality. They are developing the same characteristics as did the games of ancient Rome. The love of domination, the pride in mere brute

force, the reckless disregard of life, are exerting upon the youth a power to demoralize that is appalling.” {AH 500.3}

“Other athletic games, though not so brutalizing, are scarcely less objectionable because of the excess to which they are carried. They stimulate the love of pleasure and excitement, thus fostering a distaste for useful labor, a disposition to shun practical duties and responsibilities. They tend to destroy a relish for life's sober realities and its tranquil enjoyments. Thus the door is opened to dissipation and lawlessness with their terrible results.” {AH 500.4}

December 26—Advent Messenger
Betraying Sacred Trusts: Ganoune Diop Tells Interfaith Leaders Gathered at the WCC Headquarters that Ecumenism’s Ultimate Goal is to Unite the Whole World Under the Lordship of Christ

Comment: Is Ganoune Diop equating lordship of Christ with lordship of the Pope? That is what the whole world is being united into through the ecumenical movement.

Bible: Revelation 17:13, “These have one mind, and shall give their power and strength unto the beast.”

December 28—Adventist Review
‘Christmas in a Box’

“This spirit of solidarity, which has its origin in the teaching of our Lord Jesus Christ, warmed hearts and brightened the feasts for these children,” leaders said. “Who knows? Next year, by God’s grace, maybe we could double that number. Because the magic of Christmas is also the magic of shared generosity.”

EGW: “Christmas and New Year celebrations can and should be held in

behalf of those who are helpless. God is glorified when we give to help those who have large families to support.” {AH 482.3}

Comment: The spirit of solidarity is not rooted in Christ when it supports pagan activity, like Christmas. Though we are not to ignore Christmas, we certainly are not to promote Christmas. The article is nothing short of making the support of Christmas a beautiful and Christ-like event as nothing but toys were collected as per the picture they showed. Everything was worded just so properly to make it acceptable when it was not. And the sad thing is, ADRA was at the head of the effort, specifically Sebastião Santos Vieira, the head of the congregation’s ADRA department. If the contents were clothing, household products, etc., that would have been in the proper spirit.



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

1SM - Selected Messages Book 1

2SM - Selected Messages Book 2

AH - The Adventist Home

EW - The Adventist Home

GC - The Great Controversy (1911)

GCDB - General Conference Daily Bulletin

LHU - Lift Him Up

RH - The Review and Herald

SC - Steps to Christ

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.*

Energy booster

Blend a tablespoon of blackstrap molasses in your smoothie to give yourself an occasional energy boost during stressful times that have been draining your vital energy. Molasses is a rich source of highly-bioavailable iron and it blends really nicely into the non-dairy milk of your choice, along with a banana. The calcium, magnesium, and B vitamins in blackstrap molasses fight fatigue, anxiety, and stress while enhancing brain function, mood, and focus.



REMOVE ME!

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