



# 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.

### *Jesus, Our Redeemer and Ruler*

*Ellen White*

"In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by him; and without him was not anything made that was made. And the Word was made flesh, and dwelt among us, (and we beheld His glory, the glory as of the only begotten of the Father,) full of grace and truth." "For the bread of God is he which cometh down from heaven, and giveth life unto the world. Then said they unto him, Lord, evermore give us this bread. And Jesus said unto them, I am the bread of life. He that cometh to me shall never hunger, and he that believeth on me shall never thirst."

My prayer is, O Lord, take the lead of my mind, control my judgment, imbue me with Thy Spirit. In my very

weakness I would glorify God. I would put my trust in Him, I would have sincere faith that works by love and purifies the soul. We need to cultivate faith and love, for our churches are becoming leavened with unbelief, and with hardness of heart. We need to pray for the Lord to give them hearts of flesh.

Jesus, in communicating with John the Revelator, says, "Unto the angel of the church of Ephesus write, These things saith he that holdeth the seven stars in his right hand, who walketh in the midst of the seven golden candlesticks: I know thy works, and thy labor, and thy patience, and how thou canst not bear them which are evil: and thou hast tried them which say they are apostles, and are not,

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

# Dear Brothers and Sisters ...

*Jerry O'Donnell*

As this is being written in February, but will take until April to be available to the readership due to the processes involved in the printing of this publication, it was noticed that the intensity of worldly distractions has greatly increased. As the article has been somewhat dated, a particular distraction in a sporting event took place called the Super Bowl. Now, before the point we want to make is declared, let it also be understood what is involved in another section of this publication called the "News and Comments". Each day, minus the Sabbath, a particular website that collects various articles from numerous resources is scanned by us for something worth commenting upon. With that said, that intensity of distracting the public was well noted. Not only was there frequent content in the news about the Super Bowl, as expected, this year it intensified greatly because of a dating relationship between a fairly well-known singer and an NFL player along with the speculation of the results of certain playoff games to be able to appear in the Super Bowl as being "scripted", in addition to one particular political party believing the scripting was favoring them to have a certain team continue in appearance to bolster them in the upcoming presidential election.

What made it appear even more intense than past experiences was that the particular news site that has been described that we use as a regular resource of articles was full of Super Bowl, relationship, and political connections. This explains why our "News and Comments" section is a bit lighter this month, along with our being a bit choosier

about what to include. The desire for the hype to go away so we can get back to real articles immediately came to mind, but then it dawned upon us that it will never die down. Oh, that particular event will, but the cycle is geared up to make sure people continue to be distracted. Following that event is the gearing up for March madness, then it is the start of the baseball and car-racing seasons, along with basketball and hockey playoffs soon after, and on and on we go. And it seems to never cease because the cycle begins all over again where baseball has its World Series, the NFL has already been in progress, striving towards the next Super Bowl.

All of these things, as well as the TV show called politics, are simply creating a preoccupation for the man of sin to continue to make his moves, placing things into position, creating scenarios that appear to make politicians unable to easily resolve, and need society's help to resolve, etc., all of which is to gain control and have that deadly wound fully healed.

This is why we have to be careful of what we get caught up in, for it is surely nothing more than a distraction away from where minds ought to be focused, and even trying to take us away from our responsibilities.

Now, as the children's song states, do we watch what our little eyes see, and are we careful of what is being put into our little brains?

God, please help us to be faithful and avoid these distractions.



**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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and hast found them liars: and hast borne, and hast patience, and for my name's sake hast labored, and hast not fainted." Here is presented a high state of advancement in spiritual knowledge.

"Nevertheless," saith the True Witness, "I have somewhat against thee, because thou hast left thy first love. Remember therefore from whence thou art fallen, and repent, and do the first works; or else I will come unto thee quickly, and will remove thy candlestick out of his place, except thou repent. He that hath an ear, let him hear what the Spirit saith unto the churches: To him that overcometh will I give to eat of the tree of life which is in the midst of the paradise of God."

Will our churches have an ear to hear? Will they take heed? Will they by faith secure the heavenly anointing, the oil of grace which keeps the lamps burning, that they may discern their defects, their destitution of the love of God? Certain it is that the love, earnest, vital love, for Jesus has been dying out of our church. Will every member of the church arouse, will they put on Jesus Christ, and will they heed His positive requirements? Remember therefore from whence thou art fallen, and repent, and do the first works. The first works, when the love of God was pervading the soul with its energizing, transforming power, how simple was the faith, how trustful the confidence in the Lord, how precious the name of Jesus! His love melted and subdued the proud heart. The knocking of Jesus at the door of the heart met a heart's response in opening and welcoming the heavenly Guest.

"Behold, I stand at the door and knock: if any man hear my voice, and

open the door, I will come in to him, and will sup with him, and he with me." Thus the world's Redeemer illustrates the work of the Holy Spirit upon the human heart. The living agent, by an act of faith of his own, places himself in the hands of the Lord for Him to work in him His good pleasure in His time.

Well, then, there must be a continual exercise of faith to be in Christ, and keep in Christ, abiding by faith in Him. This is a training process, a constant discipline of the mind and heart, that Christ shall work His great work in human hearts. Self, the old natural self, dies, and Christ's will is our will, His way is our way; and the human agent becomes, with heart, mind, and intellect, an instrument in the hands of God to work no more wickedness, but the righteousness of Christ. The man works and cooperates with God; the grace of God is constantly at work with the consent of the agent to perfect a Christlike character.

In the divine arrangement, God does nothing without the co-operation of man. He compels no man's will. That must be given to the Lord completely, else the Lord is not able to accomplish His divine work that He would do [through] the [human] agency. Jesus declared that in a certain place, He could not do many mighty works among the people because of their unbelief. He wanted to do for them, in that place, just what He knew that they needed to have done, but He could not because unbelief barred the way. The potter cannot mold and fashion, unto honor, that which has never been placed in his hands. The Christian life is one of daily surrender, submission, and continual overcoming, gaining fresh victories every day. This is the

growing up into Christ, fashioning the life into the divine model.

Christ says of the church, I have somewhat against thee, because thou hast left thy first love. This is represented as a fallen condition, spiritually. Remember therefore from whence thou art fallen, and repent, and do thy first works; or else I will come quickly, and will remove thy candlestick out of his place, except thou repent. The first new love that pervaded the heart manifested itself not only in ardent love to God, but in love to all men formed in His image. There was a soft heavenly light shining in the soul. It did not remain there, shut up as under a bushel, but it was diffused, for it was the practical working out of God's will. There was lively living, a sanctified, lively love, sanctified in Christ Jesus.

Said the apostle Paul, "Know ye not that the unrighteous shall not inherit the kingdom of God? And such were some of you, but ye are sanctified, and ye are justified in the name of our Lord Jesus, and by the Spirit of our God." Devotion, piety, and sanctification of the entire man come through Jesus Christ our Righteousness. The love of God needs to be constantly cultivated. Oh, how my heart cries out to the living God for the mind of Jesus Christ! I want to lose sight of self. I want to work with all the powers I am capable of exercising to save souls for whom Christ has made the infinite sacrifice of His own precious life. I must seek wisdom daily to know how to deal with souls that are entrapped in Satan's snares.

There are many erring, well-beloved souls that, if imbued with the Spirit of Christ, we may win back to God. Notwithstanding their sins and follies, the Lord loves them, He gave His only -beloved Son to save them, and it

was because He loved them that He sent His Son into the world, that whosoever believeth in Him should not perish, but have everlasting life. We must ever keep close to Jesus Christ, that we may be constantly partaking of the divine nature, having a deep personal interest in others who have once been our best friends, but in time of temptation have lifted up the heel against us. The love of Christ must not be extinguished in the soul.

But the prejudice against me cannot make me what they think I am, and I shall not feel hard toward them; but when I see my own brethren in the faith, responsible men, working in darkness, my heart aches. They have not injured me but the Lord Jesus, who has delegated me to bear His message to them. And now I can but weep as I think of the suffering, stubborn natures who will not yield to evidence. They wear an appearance of unconcern, but it is not true. Gladly would they change their relation to me and those whom they have deeply wronged by thoughts, words and influence, if they could avoid the humiliation of saying, "I have committed an error; I confess my faults; will you forgive me?" The haughty, stubborn will evades the very points they will have to face if their souls are converted. Oh, will they never break the spell of Satan, that is upon them? Will they cherish their pride to the last? How my [heart] longs to see them free, and not in the strong deceptions of Satan.

While one class pervert the doctrine of justification by faith, and neglect to comply with the conditions laid down in the Word of God, "If ye love me, keep my commandments," there is fully as great an error on the part of those who claim to believe and

obey the commandments of God, who place themselves in opposition to the precious rays of light (new to them) reflected from the cross of Calvary. They do not see the wondrous things in the law of God. To all who are doers of the word, with every injunction to obedience there is a promise the most positive underlying the command.

We have lost very much in that we have not opened the eyes of our understanding to discern the wondrous things in the law of God. On the one hand, the religionist generally has divorced the law and the gospel, while we have, on the other hand, almost done the same from another standpoint. We have not held up before the people the righteousness of Christ and the full significance of His great plan of redemption. We have left out Christ and His matchless love, and brought in theories and reasonings, [and] preached arguments.

Unconverted men have stood in the pulpits sermonizing; their own hearts have never experienced the sweet evidence, through a living, clinging, trusting faith, of the forgiveness of their sins. How then can they preach the love, the sympathy, the forgiveness of God for all their sins? "Look and live." Looking at the cross of Calvary, you will have a desire to bear the cross. A world's Redeemer hung upon the cross of Calvary. Behold the Saviour of the world, in whom dwelt all the fulness of the Godhead bodily. Can any look, and behold the sacrifice of God's dear Son, and their hearts not be melted and broken, ready to surrender to God, heart and soul?

And let this point be fully settled in every mind; if we accept Christ as a Redeemer, we must accept Him as a Ruler. We cannot have the assurance,

[the] perfect confiding trust in Christ as our Saviour, until we acknowledge Him and are obedient to His commandments. Thus we evidence our allegiance to God. We have, then, the genuine ring in our faith. It works by love. Speak it from your heart, "Lord, I believe Thou hast died to redeem my soul. If Thou hast placed such a value upon my soul [as] to give Thy life for mine, I give my life and all its possibilities, in all my weakness, into Thy keeping."

The will must be brought into complete harmony with the will of God. When this is done, every ray of light that will shine into the heart and chambers of the mind will not be resisted and the soul barricaded with prejudice, calling light darkness, and darkness light. The light from Heaven is welcomed as light filling all the chambers of the soul, and this is making melody to God. How much do we believe from the heart, "Draw nigh to God, and God will draw nigh to you"? This means to be much with the Lord in prayer.

Those who have educated themselves in skepticism and cherished unbelief, weaving questions and doubts into their experience, when under conviction of the Spirit of God, see it to be their personal duty to confess their unbelief and open their hearts to accept of the light sent them, stepping by faith over the line from wrong to right, from doubt to faith, and consecrate themselves unreservedly to God to follow His light in the place of the sparks of their own kindling. As they maintain their consecration, they will see increased light, and the light will continue to grow brighter and brighter unto the perfect day.

The unbelief which is cherished in the soul has a bewitching power; the

seed which it has been sowing will produce its harvest. But they must continue to dig up every root of unbelief, and these poisonous plants will cease to grow for want of nourishment in word and action, and the soul must have the precious plants of faith and love put in the soil of the heart and cultivated, and cherished there.

Let not anyone be afraid of going to extremes while he is a close student of the Word, humbling the soul at every step. Christ must dwell in him by faith. He, their Exemplar, was self-possessed. He walked in humility. He had true dignity. He had patience. If we, who accept justification by faith, individually possess these traits of character, there will be no extremists. Christ never erred in His judgment of men and of truth. He was never deceived by appearances. He never raised a question but what was clearly appropriate. He never gave an answer but what was fitting and right to the point. He silenced the voice of the cavilling, shrewd, and cunning priests by penetrating through the surface and reaching the heart, flashing light into their consciences, which annoyed them, but they would not yield to conviction.

Christ never went to extremes, never lost self-control or the balance of mind under any excitement. He never violated the law of good taste and discernment—when to speak and when to keep silent. Then if all who claim to see the precious golden rays

of the light of the Sun of Righteousness will follow the example of Christ, there will be no extremists. The example of Christ is before us, to ever keep the law and the gospel closely connected; they cannot be separated.

Let calmness and self-possession be cultivated and perseveringly maintained, for this was the character of Christ. We hear the vehement expression of false religionists who make bold pretensions, who talk loud and long, saying, “I am holy, I am sinless,” when they have not the least foundation for their faith. We hear no noisy protestations of faith, nor do we see tremendous bodily contortions and exercises in the Author of all truth.

Remember, in Him dwelt all the fulness of the Godhead bodily. If Christ is abiding in our hearts by faith, we shall, by beholding the manner of His life, seek to be like Jesus, pure, peaceable and undefiled. We shall reveal Christ in our character. We will not only receive and absorb light, but will also diffuse it. We will have more clear and distinct views of what Jesus is to us. The symmetry, loveliness, and benevolence that were in the life of Jesus Christ will be shining forth in our lives.

{Manuscript 24, 1890}



## ***Annual Receipts Have Been Sent***

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# The Two Covenants

William Henry Branson

In his chapter on this subject Mr. Canright the Baptist contends that the "old covenant" spoken of by Paul as having passed away, consisted of, or at least included, the Ten Commandment law and the seventh-day Sabbath. We quote his words:

"The abolition of the Sinaitic covenant carries with it the abolition of the Jewish Sabbath so completely that no authoritative trace of it can be found this side of the grave of our risen Lord." – Seventh-day Adventism Renounced, p. 350.

Again:

"Now notice how plainly and how repeatedly the Ten Commandments are called 'the covenant', which God gave at Sinai to Israel when He brought them out of Egypt." – Ibid., p. 353.

And again:

"Notice the points in this. Jesus is Mediator of a better covenant than the old. Verse 6. Then we have something better than the Ten Commandments." – Ibid., p. 355.

This, of course, is not a new argument. We have often heard it from the no-law advocates. It is a subtle line of reasoning, and to one not familiar with the subject of the two covenants, to say the least, a bit confusing. But this entire effort to get rid of the law of God via the old covenant argument, is based on an entirely erroneous premise, i.e., that the Ten Commandments was the old covenant. When this premise is removed, as it is not difficult to do, the entire line of argument collapses. In considering this subject, we desire, for the sake of clarity, to divide it into four subdivisions, as follows:

1. What the old covenant was not.

2. What the old covenant was.

3. The new covenant.

4. The new covenant, effective both before and after the cross.

## What the Old Covenant Was Not

The old covenant was not the Ten Commandments, as Mr. Canright would have us believe. This fact is clearly revealed by many of the conflicting characteristics, attributed to these two instruments. The things said of either one of them could not by any possible means apply to the other. The distinction between them is clear.

For instance, we find the Lord speaking of the new covenant as being "a better covenant" than the old one. (Hebrews 8:6.) This clearly indicates that the old covenant was not perfect in its provisions. There was weakness in it, and that weakness was to be corrected in the new covenant.

But of the Ten Commandments the Lord declares: "The law of the Lord is perfect, converting the soul: the testimony of the Lord is sure, making wise the simple." Psalms 19:7.

"Wherefore the law is holy, and the commandment holy, and just, and good." Romans 7:12. But the old covenant was imperfect and faulty. Therefore it is evident that the old covenant and the Ten Commandments, though related, are certainly not identical. The Ten Commandments cannot be the old covenant.

Of the new covenant God says that it was to be "established upon better promises." Hebrews 8:6. This clearly indicates that some of the promises of the old covenant were poor. These



poor promises were made, not by God, but by the people when they promised more than they could perform. The fault was "with them", the Lord declares in verse 8. Their promises were not reliable. The new covenant had better promises, not made by sinful men, but by the Lord Himself.

The old covenant is declared to have been "faulty". "If the first covenant had been faultless, then should no place have been sought for the second." Hebrews 8:7. But this could not possibly apply to the Ten Commandments, which, as we have seen, are clearly declared to be "perfect", "holy, and just, and good." A thing cannot be faulty and perfect at the same time.

Paul declared that the old covenant was ready to vanish away. "In that He says, A new covenant, He hath made the first old. Now that which decays and waxes old is ready to vanish away." Hebrews 8:13.

But this same apostle states that the law, instead of vanishing away, was definitely established by faith. "Do we then make void the law through faith? God forbid: yea, we establish the law." Romans 3:31. A thing cannot "vanish away" and be established at the same time. Jesus also makes this point clear when He declares: "It is easier for heaven and earth to pass, than one tittle of the law to fail." Luke 16:17. Now, heaven and earth have not passed. Therefore this is positive evidence that not a jot nor tittle of the law has failed. No part of it has vanished away.

And again the apostle Paul, some thirty years after the cross, wrote these words concerning the Ten Commandments: "Now we know that what things so ever the law says, it says to them who are under the law: that every mouth may be stopped, and all the world may become guilty

before God." Romans 3:19.

These considerations show conclusively that Mr. Canright is wrong when he declares that the old covenant was the Ten Commandments, and that with its passing both the Ten Commandments and the Sabbath passed away. The old covenant was not the Ten Commandments, and therefore, the passing of this covenant did not in any way affect the moral law.

### **What the Old Covenant Was**

The old covenant was an agreement between God and the people of Israel concerning the keeping of His law. It did not consist of the law, but it had to do with the law, and so, for that matter, does the new covenant.

When God had brought Israel out of Egypt, He led them by way of Sinai. They reached this place in the third month of their travels. (See Exodus 19:1.) It was here that the Lord called Moses to come up into the mount to commune with Him. There God revealed to His servant that He was about to speak His law to Israel, but that before doing so He wished to make a covenant, or agreement, with them. He therefore instructed Moses to return to the camp and say to Israel: "Now therefore, if you will obey My voice indeed, and keep My covenant, then you shall be a peculiar treasure unto Me above all people: for all the earth is Mine; and you shall be unto Me a kingdom of priests, and a holy nation." Exodus 19:5, 6.

When Moses repeated these words to Israel, "all the people answered together, and said, All that the Lord hath spoken we will do. And Moses returned the words of the people unto the Lord." Verse 8.

Here, then, was a definite agreement, or covenant, between God and His people. God offers to bless Israel if

they will obey His voice. They agree to be obedient. Mr. Canright quotes Webster as stating that a covenant is "a mutual consent or agreement of two or more persons to do or forbear some act or thing; a contract." – Seventh day Adventism Renounced, p. 351.

Here, then, we have found the agreement made at Sinai. It consisted in definite promises made by God to His people, and in promises made by the people to God. God's promises were good, but the people's promises were like ropes of sand. This made the covenant faulty. It was established upon poor promises. Sinful men, with carnal hearts, had made a high agreement to keep a holy and perfect law, whereas "the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be." Romans 8:7. In their agreement they had not taken the weakness of the flesh into account. They put no reliance in the power of the Holy Spirit. They felt self-sufficient; and in their self-sufficiency they trusted not in God, but in themselves.

Jesus once said to the Jews of His day: "You shall know the truth, and the truth shall make you free. They answered Him, We be Abraham's seed, and were never in bondage to any man: how says Thou, You shall be made free?" John 8:32, 33. It was this same spirit which led them to speak with such assurance in entering into the old covenant relationship.

It was just after this agreement was made at Sinai that God spoke the law of the Ten Commandments and wrote it upon tables of stone. When this was accomplished, Moses wrote the words of the agreement, or the old covenant, that had been entered into, in a book, and once more read them in the hearing of Israel, and they reiterated their promise, saying:

"All that the Lord hath said, will we do, and be obedient." (See Exodus 24:4-7.) Then Moses "sent young men of the children of Israel, which offered burnt offerings, and sacrificed peace offerings of oxen unto the Lord. And Moses took half of the blood, and put it in basins; and half of the blood he sprinkled on the altar. And he took the book of the covenant, and read in the audience of the people: and they said, All that the Lord hath said will we do, and be obedient. And Moses took the blood, and sprinkled it on the people, and said, Behold the blood of the covenant which the Lord hath made with you concerning all these words." Verses 5-8.

Thus it is clear that the old covenant made at Sinai was not the commandments, but, on the part of the people, an agreement to keep God's law, and on God's part a promise to give them certain blessings conditional upon obedience. The law was that concerning which the covenant was made, but it was not the covenant itself. The weakness of this covenant was the fact that it was based on the principle, "Do and live", whereas the people could not do, because they were carnal and trusted in the flesh, and therefore were unable to fulfill the covenant provisions. God knew that in their mere human strength they would be unable to keep it, and evidently the reason it was given was that it might serve as an everlasting lesson to man regarding his utter helplessness without God.

### **The New Covenant**

One fault Mr. Canright finds with the old covenant is that it was made with Israel. But so was the new covenant. The difference between these two covenants lies chiefly in the character of the promises. In the old covenant

some of these were made by God and some by the people. In the new covenant they are all made by the Lord. With this thought in mind, let us carefully note the terms of this new covenant.

"But now hath He [Christ] obtained a more excellent ministry, by how much also He is the Mediator of a better covenant, which was established upon better promises. For if that first covenant had been faultless, then should no place have been sought for the second. For finding fault with them, He says, Behold, the days come, says the Lord, when I will make a new covenant with the house of Israel and with the house of Judah: not according to the covenant that I made with their fathers in the day when I took them by the hand to lead them out of the land of Egypt; because they continued not in My covenant, and I regarded them not, says the Lord.

"For this is the covenant that I will make with the house of Israel after those days, says the Lord; I will put My laws into their mind, and write them in their hearts: and I will be to them a God, and they shall be to Me a people; and they shall not teach every man his neighbor, and every man his brother, saying, Know the Lord: for all shall know Me, from the least to the greatest. For I will be merciful to their unrighteousness, and their sins and their iniquities will I remember no more. In that He says, A 'new covenant, He hath made the first old. Now that which decays and waxes old is ready to vanish away." Hebrews 8:6-13.

Let it be carefully noted that the promises here are all made by Christ the Lord. He declares: "This is the covenant that I will make." "I will put My laws into their mind." – I will be to them a God." – I will be merciful to their unrighteousness, and their sins

and their iniquities will I remember no more." The old covenant was made between God and sinners; the new covenant is made between God and those who accept Jesus and who own Him as their Lord and Mediator. He can make no promises of obedience for any but those who are fully surrendered to the control of His Spirit; hence no sinner can come under this covenant until He accepts Jesus as his Savior. It is made with Israel; but this time it is spiritual Israel, and not the literal descendants of Abraham.

"Not as though the word of God hath taken none effect. For they are not all Israel, which are of Israel. Neither, because they are the seed of Abraham, are they all children: but, In Isaac shall thy seed be called. That is, They which are the children of the flesh, these are not the children of God: but the children of the promise are counted for the seed." Romans 9:6-8.

"He is not a Jew, which is one outwardly; neither is that circumcision, which is outward in the flesh: but he is a Jew, which is one inwardly; and circumcision is that of the heart, in the spirit, and not in the letter; whose praise is not of men, but of God." Romans 2:28, 29.

"As many of you as have been baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female: for you are all one in Christ Jesus. And if you be Christ's, then are you Abraham's seed, and heirs according to the promise." Galatians 3:27-29.

Observe that the new covenant is made concerning the law of God. In this particular it is no different from the old. Its object is to assure the keeping of God's statutes by the covenanters. But in this covenant

man is not left to struggle alone, in human weakness, in his efforts to keep the law, but our Lord Himself promises, "I will put My laws into their mind, and write them in their hearts." How different this is from having the law written only on stone, and sin still in the heart! When the law is only on stone, it serves as an instrument of condemnation. All the struggles of the human heart to keep it end in failure. But when, by the Spirit of God, this law is written on the heart, then there is victory and power and perfection. Then it is that "the righteousness of the law" is "fulfilled in us, who walk not after the flesh, but after the Spirit." Romans 8:4.

"Forasmuch as you are manifestly declared to be the epistle of Christ ministered by us, written not with ink, but with the Spirit of the living God; not in tables of stone, but in fleshly tables of the heart. And such trust have we through Christ to Godward: not that we are sufficient of ourselves to think anything as of ourselves; but our sufficiency is of God; who also hath made us able ministers of the new testament; not of the letter, but of the spirit: for the letter kills, but the spirit gives life. But if the ministration of death, written and engraven in stones, was glorious, so that the children of Israel could not steadfastly behold the face of Moses for the glory of his countenance; which glory was to be done away: how shall not the ministration of the spirit be rather glorious? For if the ministration of condemnation be glory, much more doth the ministration of righteousness exceed in glory." 2 Corinthians 3:3-9.

So the "ministration" (or the manner of administering the law) even under the old covenant, was glorious, in that it revealed God's perfect character and glory; but under the old

covenant the law of God served only as a ministration of condemnation, or death. Under the old covenant the people had only the letter of the law written and engraved on stones. They failed to accept either the spirit of the law or the Spirit of God into their hearts. The old covenant therefore had no salvation in it.

Under the new covenant the ministration is changed. Therefore those who were saved in the old dispensation had to be saved under the terms of the new covenant, as we shall show later. It is the ministration of the Spirit. The Spirit takes this same law that was then written upon stone, and now writes it upon the "fleshly tables of the heart." Its principles become an integral part of our very nature. "Old things" – the carnal, fleshly lusts – "are passed away; behold, all things are become new." 2 Corinthians 5:17. Our trust is no longer in the power and strugglings of the flesh to keep the law, but in the indwelling Christ. "Whereunto I also labor, striving according to His working, which works in me mightily." Colossians 1:29. "Not that we are sufficient of ourselves to think any thing as of ourselves; but our sufficiency is of God." 2 Corinthians 3:3.

The righteousness of Christ, is ministered to the life of the believer by the Holy Spirit. It is the new covenant relationship, and through this relationship alone is it possible for human beings to obey God's law in an acceptable manner. Therefore "if the ministration of condemnation be glory, much more does the ministration of righteousness exceed in glory."

But this law which is written on the heart by the ministration of the Spirit under the new covenant, is not a new law, but is the same as that which was written on the tables of stone. It

is not changed by a single jot or tittle. It therefore still declares to the heart of the believer that "the seventh day is the Sabbath.... In it thou shall not do any work." It has no new provisions except the provision made by the indwelling Christ, which makes it possible for us to keep its every precept.

### **New Covenant Effective Before the Cross**

Now, a new covenant is not called "new" because of its being a more recent provision than the old. In fact, it is much older than the Sinaitic covenant. God's promise was made to Adam and Eve in Eden immediately after the fall, and has been renewed to all succeeding generations thereafter. When the Lord said to the serpent: "I will put enmity between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shall bruise His heel" (Genesis 3:15), He couched in those few words the first promise of a mighty Deliverer from the power of sin. This was the beginning of the new covenant with man. This promise introduced man to the plan of deliverance through Christ, the Seed. It was his first lesson in the inability of man to deliver himself from sin, or regain the moral perfection demanded by the law which he had broken. It revealed his utter dependence upon Christ, the coming Deliverer.

This was the covenant that was made with Abraham. It is said of him that he was justified by faith. "What shall we say then that Abraham our father, as pertaining to the flesh, hath found? For if Abraham were justified by works, he hath whereof to glory; but not before God. For what says the Scripture? Abraham believed God, and it was counted unto him for righteousness." Romans 4:1-3.

This same covenant was known to Isaac and Jacob, and in fact to all the Old Testament worthies. It is outlined in Jeremiah's prophecies. It was spoken of by David. Thus the new covenant stretches both sides of the cross, and spans the gulf from Eden lost to Eden restored. The only reason it is spoken of as "new" is the fact that it was ratified at a later date than the Sinaitic covenant. The old covenant was ratified by Moses at Sinai with the blood of beasts; the new covenant was ratified on Calvary by the precious blood of Jesus. In that sense it is new. In every other respect it antedates the old one.

No one was ever saved under the terms of the old covenant. It provided only for righteousness by works, and so held no more hope of salvation for sinners before the cross than after. All who were saved before the cross were saved under the terms of the new covenant. They were saved by faith, and not by the works of the law. Their law keeping grew out of their faith – righteousness, but did not produce it. Just so it must be with us, if we would be saved under the terms of the new covenant, which provides a way of life and righteousness.

"For those who are led by God's Spirit are, all of them, God's sons. You have not for the second time acquired the consciousness of being slaves – a consciousness which fills you with terror. But you have acquired a deep inward conviction of it having been adopted as sons – a conviction which prompts us to cry aloud, 'Abba! our Father!'" Romans 8:12-15, Weymouth's New Testament in Modern Speech.

{1933 William Henry Branson, In Defense of the Faith, pages 226.1 to 237.3}



# What Is the Real Impact of the Marital Act?

Jerry O'Donnell

When it comes to the marital act, the discussion with young adults, and even young teens, instructs that it is an intimate activity that should be reserved for marriage. Adults separate the activity out from marriage making it just another act on the lines similar to telling a young person, not of our faith, to not drink alcohol until they are at least of age and are disappointed with them if they drink earlier. That act should have been described as something intimate saved for adulthood.

What is about to be revealed Biblically is not designed to be an attack on a role exercised by ministers, but instruction for the guarding of our children. And if you happen to have been a person who did not wait to engage in the marital activity until “getting married”, and in fact may have had more than one partner, please set aside what impact that this article may have in that thought process and follow the Biblical connection. To justify a position different from what is about to be shared to lighten the meaning in one’s own life is a selfish act, especially if the proper understanding was withheld from a young person which could have saved them from heartache as well as making a serious mistake.

It has been my experience that there are two camps when it comes to the meaning of the marital act. A number of years ago, using the “exception” as the basis of their position a popular social media Seventh-day Adventist couple (an irregular line minister and his wife) did a message on this topic and basically stated that despite the

Biblical content you are about to read, marriage is simply two people who love each other and are willing to give themselves to each other, not necessarily sexually, especially since there are people out there, for one reason or another, who cannot perform the marital act. As I said, their argument is based upon the small percentage of the situation of married couples who are unable to conduct the marital act. In reality, the vast majority of married people are able to participate in the marital act. No doubt that those who do fall into the exception that cannot engage in the activity, are still considered married in the eyes of God. But setting that argument aside, let us look at one situation brought to our attention a number of years ago.

What is interesting about this content that may be eye-opening to some is that secular television has known about the truth of the matter more so than Christians have. In many sitcoms, the proper meaning of the marital act is very much made a laughing stock. For instance, on May 1, 2015, the *Big Bang Theory* television show had a supposed religious person known as Mary Cooper state the proper understanding. [Yes, it was necessary to search for the transcript so as to accurately portray this one of many examples of where Hollywood makes this matter an extreme joke.] Mary was in conversation with a character known as Penny, who was actively engaged in the marital activity with her boyfriend, Leonard, though he was not in the conversation at the time. However, Leonard’s atheistic mother, Beverly Hofstadter, was also

among the people in conversation. Mary Cooper spoke up and stated, "The moment a man lays with a woman, they are married in the eyes of the Lord." This dialog would continue as Beverly takes to task against Mary for uttering such "nonsense". Mary said that it is Bible! And she is right.

According to historians, the first marriage, using an official, dates back to Mesopotamia in 2350 B.C. Several hundred years later, it would evolve into something ancient Hebrews, Greeks, and Romans would embrace. And it would not be adopted by the Christian church until after the Protestant Reformation. It was eventually made canon law in the Catholic Church only as of 1563. [Resource provided by *The Week* publication, religious section.]

But all of that is not important because we do not take secular or religious/secular sources as gospel, however, it was presented to let you know that what we accept in society as always having been, is not so. This is only several hundred years old. The reason such evidence does not matter is because we take our position from the scriptures.

Now, before we go any further, let us hear what Ellen White has to state on the matter:

*"God celebrated the first marriage. Thus the institution has for its originator the Creator of the universe. "Marriage is honourable"; it was one of the first gifts of God to man, and it is one of the two institutions that, after the fall, Adam brought with him beyond the gates of Paradise. When the divine principles are recognized and obeyed in this relation, marriage is a blessing; it guards the purity and happiness of the race, it provides for man's social needs, it elevates the*

*physical, the intellectual, and the moral nature."* {AH 25.4}

She stated that God celebrated the first marriage, which is an act found in various books of the Bible, but she does not mention that God was the first minister to conduct a marriage ceremony, but even if Ellen White were to have stated such, where in the Bible is the second minister to conduct a wedding service? Neither is actually found throughout the whole Bible.

Now, this is not meant to belittle the practice of having a church wedding, a minister officiating, and the papers being signed. Today, there does need to be a bit of official regulation so as to protect the parties involved, grant certain privileges like that of medical decisions, etc.

So, let us search the scriptures to see what we really find out on the matter regarding the marital act.

The first occurrence of becoming married is found in Genesis 2:24, which says, "Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh." The simple act of leaving one's mother and father and joining with their spouse to live together is what we see. The verse does not declare, "and the two shall see a minister and be declared as one flesh."

That means the whole notion that couples who "live in sin" before the eyes of God, are actually living in marriage. What makes it sinful is the lack of commitment in which if either party gets tired of the other, they can just move on since there is no piece of legal paper involved. This what Jesus saw instead of the high divorce rate, which is an inaccurate measurement to begin with. "They did eat, they drank, they married

wives, they were given in marriage, until the day that Noe entered into the ark, and the flood came, and destroyed them all” (Luke 17:27). People marrying and separating and becoming married to someone else is really fulfilled in those who jump from one “living together relationship” to another which is Biblically called fornication.

And Jesus reaffirmed the verse in Genesis by stating, “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? Wherefore they are no more twain, but one flesh. What therefore God hath joined together, let not man put asunder” (Matthew 19:4-6). Even Paul reiterates the statement: “For this cause shall a man leave his father and mother, and shall be joined unto his wife, and they two shall be one flesh” (Ephesians 5:31).

And for those who especially label women unfavorably (but it is also applicable to men) who jump from one “living together relationship” to another, or simply engage in the marital activity often, this is what the Bible has to say about those who indulge in such promiscuity: “What? know ye not that he which is joined to an harlot is one body? for two, saith he, shall be one flesh” (1 Corinthians 6:16). Is there need to state any more evidence given that even conducting the activity with a prostitute is considered “one flesh”, as in being married, in the eyes of God? But we shall continue on the positive side of the subject.

We shall skip all of the verses that simply declare that couples were husband and wife because nothing is mentioned or hinted at concerning

how they became such, but here are notable incidents where the Bible shows what defined these unions as marriage.

“And Sarai Abram's wife took Hagar her maid the Egyptian, after Abram had dwelt ten years in the land of Canaan, and gave her to her husband Abram to be his wife. And he went in unto Hagar, and she conceived: and when she saw that she had conceived, her mistress was despised in her eyes” (Genesis 16:3-4). We see from these verses that the marital act allowed Abram to have a second wife.

“And Isaac brought her into his mother Sarah's tent, and took Rebekah, and she became his wife; and he loved her: and Isaac was comforted after his mother's [death]” (Genesis 24:67). For Isaac to “take Rebekah” means that the marital act was performed. What was the result? – “She became his wife.” There is no mention of a minister being present in that tent.

Now let us have Jacob, not only once, but four times, show us that engaging in the marital act is not an act reserved *for* marriage, but actually “*is* marriage”.

The first of the four acts was the trick, or deception, perpetrated by Laban. “And Jacob said unto Laban, Give [me] my wife, for my days are fulfilled, that I may go in unto her. And Laban gathered together all the men of the place, and made a feast. And it came to pass in the evening, that he took Leah his daughter, and brought her to him; and he went in unto her” (Genesis 29:21-23). To “go in unto her” was the marital act. Upon learning of the trickery, Jacob could not simply hand Leah back to Laban, for the act had made them married. Jacob would have to go



through a divorce process, which had not existed as of yet. The “bill of divorcement” would not come into existence until the time of Moses (Deuteronomy 24:1). Further, he knew that Leah would then not be of marriage material since “laying” with a man, and not wanting to shame her, he decided to keep her.

Genesis 29:28-30 shows the process for obtaining the second wife. “And Jacob did so, and fulfilled her week: and he gave him Rachel his daughter to wife also. And Laban gave to Rachel his daughter Bilhah his handmaid to be her maid. And he went in also unto Rachel, and he loved also Rachel more than Leah, and served with him yet seven other years.” To “go in also unto Rachel” is the wording for the marital act.

For the third wife, Genesis 30:4 states, “And she gave him Bilhah her handmaid to wife: and Jacob went in unto her”, and the fourth wife, Genesis 30:9 tells us, “When Leah saw that she had left bearing, she

took Zilpah her maid, and gave her Jacob to wife.” Alright, so the fourth wife is not so clear with Jacob actually conducting the marital act, but the third one is with the words “went in unto her”.

Now, let us look at a law that was in practice for war situations. “And what man [is there] that hath betrothed a wife, and hath not taken her? let him go and return unto his house, lest he die in the battle, and another man take her” (Deuteronomy 20:7). As long as there is no marital activity, a woman was considered only betrothed, or engaged. Oh, it was a serious engagement that would involve divorce proceedings, but none the less, she was not his married wife until he had engaged in the marital activity with her. Basically, all those who were engaged were allowed to use it as an excuse for not going to war.

So, the bottom line is, we need to be educating our youth properly,

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Biblically, and just maybe it would reduce the number of youths engaged in such activity while thinking that it is nothing more than premarital activity. “Oh, well, it’s not like anyone is being murdered.” Sure, it would still be considered fornication, an act condemned by the Bible, but it has far more serious repercussions if we teach our youth that if you lie with a person, you are married.

This is why the rape in Genesis 34 was so serious, causing all kinds of rules to be broken. In short, Dinah was raped by Shechem, a heathen. Exchanging sons and daughters with the heathen was at least verbally understood as being forbidden, yet an agreement was reached between this heathen group because of the incident. This did not sit well with Simeon and Levi who knew that as long as Shechem lived, Dinah could not be married to someone else. Even Romans 7:1-2 states, “Know ye not, brethren, (for I speak to them that know the law,) how that the law hath dominion over a man as long as he liveth? For the woman which hath an husband is bound by the law to [her] husband so long as he liveth; but if the husband be dead, she is loosed from the law of [her] husband.” The final result was a surprise slaughter attack freeing their sister from the obligation of being married to a heathen.

And for those who were curious about the statement of the erroneous divorce rate, let us briefly address it. The way the divorce rate is calculated is that in one particular year, all requests for marriage licenses are compared to all the requests for divorces back to the beginning of all marriages conducted and are still alive. What is unfair about the calculation is that the

divorce requests are based upon all marriages over all the years as compared to only those married in a particular year. A better calculation would be to add up all existing marriages and see how many ended in divorce. According to the little unknown method of doing it properly, instead of reporting a 50 to 60 percent rate of divorce, it is more like 5 to 6 percent. In our day and age, the vast majority of adults “live together” instead of filing paperwork with the government. It is definitely an inaccurate way to track the divorce rate.

But get this – according to other statistics, most people who do get married through the proper paperwork, be it a church wedding or justice of the peace, 93% have already engaged in marital activity and not with the person they are getting married to. Before the 1960s, a woman especially, would not be participating in such activity as women were protective of their reputation. Today, with both men and women, if they do not engage in the activity by the third date, it is time to move on. Clearly, this activity fulfills Jesus’ prophecy as spoken of earlier.

Again, we are doing a disservice to our youth by trying to teach them not to engage in the marital activity through the simple means of saying that such an act is to be reserved *for* marriage. It makes much more of an impact if we tell our youth that *to engage in the marital activity is actually making a marital commitment.*

God help our youth!



# 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.*

## Does God Tempt or Not?

James 1:13 states, "Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man", yet Genesis 22:1 tell us, "And it came to pass after these things, that God did tempt Abraham, and said unto him, Abraham: and he said, Behold, [here] I [am]." So, does God tempt or not?

The answer is actually in James 1:13. What is happening here is that people read verses too quickly, not realizing that there is intelligent assumption allowed to be made. As we see in James 1:13, "God cannot be tempted with evil". It is not that God cannot be tempted, for temptation is not sin to start with, but God has been known to turn from certain purposes after He had declared what He was going to do. As an example, Ninevah repented and that stayed off the destruction of the city.

So, when it says that "neither tempteth he any man", referring to God not tempting anyone, it can

actually be read with an intelligent assumption attached to it: "neither tempteth he any man with evil". Therefore, Genesis 22:1 stays accurate. God did not tempt Abraham with evil, though God did tempt Abraham.

By the way, our ways are not God's ways (Isaiah 55:8), and to sacrifice Isaac was, in this case, not an evil act of murder. And by the way again, God did not tempt Abraham with murder, nor even to kill. He tempted Abraham with faith – would Abraham have enough faith to fulfill the promise of many descendants and at the same time, needing to sacrifice his only seed. The focus was not to be placed on the act of sacrifice, but the willingness to sacrifice, not understanding how the promise could be fulfilled thereafter.

And so, once again, there are no contradictions between these verses. Just proper reading of the one verse and not making it a blanket understanding covering all situations.



### **SUDDEN MISSING DELIVERY!!!**

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# Heavenly Health

Reen Swindle

## **Why isn't that on the label?**

Acrylamide. You might never have even heard this word, but it is all around you, and even worse, in you, and exposure to it or having ingested it could be an unrecognized source of cancer, nerve damage or breathing difficulties. So, how do we get it in our systems? I'm glad you asked! We will get to that, but first questions, first.

You won't find it on the labels of your food or drink because it is not an ingredient, but rather it is a result of the process of producing much, or even most, of our food found in grocery stores and restaurants, and even our own kitchens. This is how many dangerous things get into our bodies that we are not even aware of and are allowed by all of those three-letter agencies. According to the FDA website, acrylamide is considered a "Process Contaminant in food", which means it is formed through natural chemical reactions between certain natural elements already contained in the food such as sugars and an amino acid, asparagine, which are in plant-based foods, when they are processed with high heat. But they also go on to say it "forms during high-temperature cooking, such as frying, roasting, and baking."

Even though they clearly state it is a "Process Contaminant", indicating it is formed in the processing itself, it seems we can add to its existence in our food by "frying, roasting and baking" certain food types at home. Let us take a look at the pre-packaged selections first that many of us are drawn to. Foods from the grocers' shelves already containing

high levels of this substance seem to be potato chips and other similar snacks, crackers, cookies, cereals and breads, which are foods containing natural and added sugars, and the amino acid, asparagine, which at high heat activates the offending substance. So these foods come to us containing this contaminant in undetermined amounts, all set for us to consume for breakfast, lunch, dinner and snack.

So what are those foods in which we are likely to have activated the acrylamide content in our own kitchens? Here are some that top that list: Potatoes came up #1 almost everywhere I looked – specifically French fried potatoes and potato chips. Roasted and baked are right behind French fries, but for some unexplained reason, boiled potatoes are not such a threat, having quite a bit lower level of this carcinogen. Another high content food item is canned black olives which have been shown to contain significant levels of acrylamide due to the pasteurization methods (high heat) used in the canning process.

Next, surprisingly, is prune juice. I could find no explanation for prunes requiring an exceptionally high-temperature processing.

Toasted nuts and peanut butter were quite low on the lists, but remember, we are just talking about acrylamide levels in this article, not the overall safety of a food.

Coffee was the only beverage I saw with a mention of acrylamide and it is on the high end of the list of most

agencies. Just one more reason not to indulge.

And inhaling cigarette smoke is very high in acrylamide.

Along my research travels I ran across somewhat of an opposing view of many of the dangers of this substance from Harvard Medical School so I took a look at what they had to say. These are a couple of their paragraphs:

### **In brief: Acrylamide: No longer such a hot potato**

“Remember acrylamide? Its 15 minutes of fame occurred in 2002, when Swedish researchers and food regulators reported that fried and baked goods — French fries and potato chips especially — contained large amounts of the chemical. Subsequent analyses by researchers in other countries, including the United States, confirmed what the Swedes had found and then some: acrylamide was found in breads, cereals, cookies, crackers, coffee, and cocoa. By some reckonings, over a third of the calories we get each day come from foods that contain the chemical.

“Although new to most of us, acrylamide (pronounced a-KRIL-a-mide) was a known entity before the headlines. It had a long history of being used in several manufacturing processes and as a “clarifier” in water treatment because it traps suspended solids and takes them out of solution. Its health-effects dossier included cases of neurological damage from large, on-the-job exposures, but the bigger worry, by far, was that it might cause cancer. Based on the results of animal studies that involved feeding rats large quantities, the International Agency for Research on Cancer had

classified it as a probable carcinogen.”

Is it just me, or does that sound sort of like “*Pshaw!* It’s no big deal! It’s been around forever! Lots of other things might cause cancer! And we use it for all kinds of good stuff, like filtering water for example!”

Neurological damage sounds pretty important to me, and since water treatment is quite nasty business, I think acrylamide is a pretty big deal. So I wondered what else it is used for. Here is a smattering of what I found in a general search:

“Acrylamide is a chemical used primarily to make substances called **polyacrylamide and acrylamide copolymers**. Polyacrylamide and acrylamide copolymers are used in many industrial processes, such as the production of paper, dyes, and plastics, and in the treatment of drinking water and wastewater, including sewage. Workplace exposure to high amounts of acrylamide can cause nerve damage. In very high doses, acrylamide is known to cause cancer in animals. Not much is known about whether it’s safe for humans.”

Unfortunately, but not surprisingly, from agency to agency I found much conflicting reporting and not much well-defined information, and a lot of it looked like borrowed, copy/pasted pages from one to another. We would be well-advised, as always, to follow as closely as possible the guidelines set forth by our Creator in the book of Genesis in choosing what to put into our bodies to sustain our health. We will find no confusing contradictions there, and we can never go wrong when we trust in God’s Word.



# Healthy And Delicious Recipes

Lisa O'Donnell

## Jackfruit Pot Roast

### Ingredients:

- 2 TBSP Olive Oil
- 1 Small Onion
- 4 cloves of garlic
- 2 TBSP lemon juice
- 3 cups of Vegetable Broth (reserving 2 cups)
- 1 tsp Thyme
- 1 tsp Rosemary
- 1 tsp sea salt
- 2 TBSP Cornstarch
- 1 lbs. Red Potatoes
- 1 lbs. Carrots
- 18 oz. Young Jackfruit (if canned use a 24 oz can)

### Instructions:

1. Preheat oven to 400 deg.
2. Drain and rinse jackfruit squeezing out water.
3. In extra large skillet or stockpot, heat the olive oil over medium heat.
4. Sauté onion for 5 min.
5. Add the chopped garlic and drained jackfruit and cook for 2 minutes more.
6. Add in one cup of broth, lemon juice, thyme, rosemary and salt.
7. Stir and bring to gentle simmer.
8. In a small bowl whisk together remaining 2 cups of broth and cornstarch until fully combined and mix into the skillet with the jackfruit.
9. Bring to a simmer and cook for 5 minutes stirring often.
10. Pour jackfruit mixture over top of the carrots and potatoes and bake for 40 minutes or until the veggies are tender.
11. Cool slightly and enjoy.



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"I appeal to men and women to whom God has given intelligence: learn how to cook. I make no mistake when I say men, for they, as well as women, need to understand the simple, healthful preparation of food." {CTBH 57.3}

## Natural Vitamins

Jerry O'Donnell

### Brussels Sprouts

1. High in fiber, which helps with digestion.
2. Rich in vitamin K, which is good for bone health and necessary for blood clotting.
3. High in vitamin C, which aids in tissue repair and immune functions.
4. Contain small amounts of B6, potassium, iron, thiamine, magnesium, and phosphorus.

(Continued from page 22)

- 5. Rich in antioxidants, which helps prevent cell damage.
- 6. Help with maintaining healthy blood sugar levels.
- 7. May reduce inflammation, reducing the risk of pro-inflammatory diseases.
- 8. Natural source of folate, an essential nutrient for preventing certain birth defects.
- 9. Rich in carotenoids, nutrients that can be converted to vitamin A in your body.
- 10. Contribute to collagen production, keeping your skin firm and glowing.
- 11. Rich in alpha-linolenic acid (ALA), which is converted to omega-3s in your body.



## 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.

### Having the Right Test

This discrepancy is very much anti-Seventh-day Adventist. If we do not have the right test to determine if a person has light or not, we are then open to deception. By not including the commandments as part of the test is a blatant allowance for any belief. **Isaiah 8:20** is one of those verses that is a staple to our beliefs. It is one of several most quoted verses by a Seventh-day Adventist. In fact, it is used often when other preachers try to nail the commandments to the cross, replace the law with grace or faith, etc. Take away the reference to the law, and it opens up allowance to walk all over God's law, the commandments.

**King James Version:** “To the law and to the testimony: if they speak not

according to this word, [it is] because [there is] no light in them.”

### In Error

**Christian Standard Bible:** Go to God's instruction and testimony! If they do not speak according to this word, there will be no dawn for them.

**Contemporary English Version:** what it should do. None of those who talk like that will live to see the light of day!

**English Standard Version:** To the teaching and to the testimony! If they will not speak according to this word, it is because they have no dawn.

**GOD'S WORD® Translation:** They should go to the teachings and to the written instructions. If people don't speak these words, it is because it doesn't dawn on them.

**Receipts Available Upon Request!**

**Good News Translation:** You are to answer them, "Listen to what the LORD is teaching you! Don't listen to mediums-- what they tell you cannot keep trouble away."

**International Standard Version:** for instruction and for testimony? Surely they are speaking like this because the truth hasn't dawned on them.

**JPS Tanakh 1917:** for instruction and for testimony?--Surely they will speak according to this word, wherein there is no light.--

**NET Bible:** Then you must recall the LORD's instructions and the prophetic testimony of what would happen. Certainly they say such things because their minds are spiritually darkened.

**New Heart English Bible:** They will pass through it, greatly distressed and hungry; and it will happen that when they are hungry, they will worry, and curse by their king and by their God. They will turn their faces upward,

**New International Version:** Consult God's instruction and the testimony of warning. If anyone does not speak according to this word, they have no light of dawn.

**New Living Translation:** Look to God's instructions and teachings! People who contradict his word are completely in the dark.

**Confusing:**

**Brenton Septuagint Translation:** For he has given the law for a help, that they should not speak according to this word, concerning which there are no gifts to give for it.

**Correct This Time:**

**A Faithful Version:** To the law and to the testimony! If they do not speak according to this Word, it is because there is no light in them.

**American Standard Version:** To the law and to the testimony! if they speak not according to this word, surely there is no morning for them.

**Amplified Bible:** [Direct those people] to the law and to the testimony! If their teachings are not in accord with this word, it is because they have no dawn.

**Berean Study Bible:** To the law and to the testimony! If they do not speak according to this word, they have no light of dawn.

**Bishops' Bible of 1568:** Get thee to the lawe, and the testimonie: and if they speake not after this worde, there is no light in them.

**Catholic Public Domain Version:** And this is, moreover, for the sake of the law and the testimony. But if they do not speak according to this Word, then he will not have the morning light.

## ***Four Angels' Messages Contact Info***

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

**E-mail:** [info@fourangelsmessages.com](mailto:info@fourangelsmessages.com)

**Mailing:** PO Box 301, Boiling Springs, PA 17007

**Website:** [www.FourAngelsMessages.com](http://www.FourAngelsMessages.com)

*The link for our YouTube sermons is on our website.*

*Keyword search through all of our publications.*

*Links to our other websites are available too.*



**Coverdale Bible of 1535:** Yf eny man want light, let him loke vpon the lawe and the testimony, whether they speake not after this meanyege.

**Darby Bible Translation:** To the law and the testimony! If they speak not according to this word, for them there is no daybreak.

**Douay-Rheims Bible:** To the law rather, and to the testimony. And if they speak not according to this word, they shall not have the morning light.

**English Revised Version:** To the law and to the testimony! if they speak not according to this word, surely there is no morning for them.

**Geneva Bible of 1587:** To the Law, and to the testimonie, if they speake not according to this worde: it is because there is no light in them.

**Holman Christian Standard Bible:** To the law and to the testimony! If they do not speak according to this word, there will be no dawn for them.

**Lamsa Bible:** As for the law and the testimony, if they do not speak according to this word, it is because they do not receive a bribe for it.

**Literal Standard Version:** To the Law and to the testimony! If not, let them say after this manner, "That there is no dawn to it."

**New American Standard Bible:** To the Law and to the testimony! If they do not speak in accordance with this word, it is because they have no dawn.

**New King James Version:** To the law and to the testimony! If they do not speak according to this word, it is because there is no light in them.

**Peshitta Holy Bible Translated:** To the Written Law and to the Testimony, for they will not speak according to this Word, because there is no one to give a bribe for it

**Smith's Literal Translation:** To the law and to the testimony if they will not speak according to this word, because no morning is in them.

**Webster's Bible Translation:** To the law and to the testimony: if they speak not according to this word, it is because there is no light in them.

**World English Bible:** Turn to the law and to the testimony! If they don't speak according to this word, surely there is no morning for them.

**Young's Literal Translation:** To the law and to the testimony! If not, let them say after this manner, 'That there is no dawn to it.'



## Questions And Answers

*Jerry O'Donnell*

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

**QUESTION:** In John 14:13-14, Jesus says that He gives us water from which we shall never thirst yet we keep needing to come back to drink more of that water, so how can Jesus say the words, "never thirst"?

**ANSWER:** John 4:13-14 says, "Jesus answered and said unto her, Whosoever drinketh of this water shall thirst again: But whosoever drinketh of

the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life."

The water that was in the well represented worldly solutions to quench the thirst that we all experience not knowing that all of the worldly answers can never quench. Jesus offers the real solution in which,

when we drink and keep drinking, we shall no longer thirst after worldliness, but rather we shall thirst after righteousness. "Blessed [are] they which do hunger and thirst after righteousness: for they shall be filled" (Matthew 5:6).

To drink once and never thirst for righteousness ever again would be "once saved, always saved", and we know that it is not true as we need "our daily bread" (Matthew 6:11). So, not only shall we continue to thirst after the spiritual, but hunger after it as well. And we are only provided with that amount that is sufficient for the day we are given, for we are to "Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day [is] the evil thereof" (Matthew 6:34).

With that said, Ellen White says it quite a bit more eloquently:

Jesus did not immediately answer the question in regard to Himself, but with solemn earnestness He said, "Whosoever drinketh of this water shall thirst again: but whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life." {DA 187.1}

"He who seeks to quench his thirst at the fountains of this world will drink only to thirst again. Everywhere men are unsatisfied. They long for something to supply the need of the soul. Only One can meet that want. The need of the world, "The Desire of all nations," is Christ. The divine grace which He alone can impart, is as living water, purifying, refreshing, and invigorating the soul. {DA 187.2}

"Jesus did not convey the idea that merely one draft of the water of life would suffice the receiver. He who tastes of the love of Christ will continually long for more; but he seeks

for nothing else. The riches, honors, and pleasures of the world do not attract him. The constant cry of his heart is, More of Thee. And He who reveals to the soul its necessity is waiting to satisfy its hunger and thirst. Every human resource and dependence will fail. The cisterns will be emptied, the pools become dry; but our Redeemer is an inexhaustible fountain. We may drink, and drink again, and ever find a fresh supply. He in whom Christ dwells has within himself the fountain of blessing,--"a well of water springing up into everlasting life." From this source he may draw strength and grace sufficient for all his needs. {DA 187.3}

"As Jesus spoke of the living water, the woman looked upon Him with wondering attention. He had aroused her interest, and awakened a desire for the gift of which He spoke. She perceived that it was not the water of Jacob's well to which He referred; for of this she used continually, drinking, and thirsting again. "Sir," she said, "give me this water, that I thirst not, neither come hither to draw." {DA 187.4}

**QUESTION:** Did Lot really do what he was told to do in Genesis 19:17?

**ANSWER:** Genesis 19:17 states, "And it came to pass, when they had brought them forth abroad, that he said, Escape for thy life; look not behind thee, neither stay thou in all the plain; escape to the mountain, lest thou be consumed."

According to Genesis 19:18-22, initially Lot did not do as he was told. "And Lot said unto them, Oh, not so, my Lord: Behold now, thy servant hath found grace in thy sight, and thou hast magnified thy mercy, which thou hast shewed unto me in saving my life; and I cannot escape to the mountain, lest some evil take me, and I die: Behold now, this city [is] near to flee unto, and

it [is] a little one: Oh, let me escape thither, ([is] it not a little one?) and my soul shall live. And he said unto him, See, I have accepted thee concerning this thing also, that I will not overthrow this city, for the which thou hast spoken. Haste thee, escape thither; for I cannot do any thing till thou be come thither. Therefore the name of the city was called Zoar.”

But then Lot realized the error of his ways and changed his mind as described in Genesis 19:29-30, which says, “And it came to pass, when God destroyed the cities of the plain, that God remembered Abraham, and sent Lot out of the midst of the overthrow, when he overthrew the cities in the which Lot dwelt. And Lot went up out of Zoar, and dwelt in the mountain, and his two daughters with him; for he feared to dwell in Zoar: and he dwelt in a cave, he and his two daughters.”

Now, before we condemn Lot for not initially going where he was told to go right away but later repented, this was a real situation that should cause us to recall a parable of Jesus. Matthew 21:28-31 tells us, “But what think ye? A [certain] man had two sons; and he came to the first, and said, Son, go work to day in my vineyard. He answered and said, I will not: but afterward he repented, and went. And he came to the second, and said likewise. And he answered and said, I [go], sir: and went not. Whether of them twain did the will of [his] father? They say unto him, The first. Jesus saith unto them, Verily I say unto you, That the publicans and the harlots go into the kingdom of God before you.”

So, Lot is like the son that said he would not go but went, and evidently that was the acceptable answer in the parable.



## *Prophecy Made Plain*

*Jerry O'Donnell*

### **What is Spiritual Israel?**

To understand spiritual Israel, we need to briefly look at literal Israel, not as just a country, but as the origin of where Jacob was renamed to Israel (Genesis 32:28). His children became known as the Children of Israel. They, then, had children and multiplied, and after the period of slavery in Egypt, they eventually settled in the land of Canaan (Exodus 6:4). This is when the nation of Israel was established. This was the nation that God chose in which to deposit His Word and the Commandments (Deuteronomy 30:10). Please realize that these were given before Israel became a physical nation.

Moving forward in time, Daniel prophesied that “Seventy weeks are determined upon thy people and upon thy holy city” (Daniel 9:24), which was

a period of four hundred and ninety years of time allotted to Israel, which ended in 34 A.D. [Details are in the October 2022 issue.]

Later in time, Jesus announced that Israel was going to lose that favored status: “The kingdom of God shall be taken from you, and given to a nation bringing forth the fruits thereof” (Matthew 21:43). Paul described it on a spiritual basis: “For he is not a Jew, which is one outwardly; neither [is that] circumcision, which is outward in the flesh: But he [is] a Jew, which is one inwardly; and circumcision [is that] of the heart” (Romans 2:28-29), and “if ye [be] Christ's, then are ye Abraham's seed, and heirs according to the promise” (Galatians 3:29). Literally, the gospel was given to the Gentiles to share to the world since literal Israel

failed at doing so. However, no specific nation was established, but collectively they made up what is known as spiritual Israel, or God's new people.

Keep in mind that the Book of Revelation is full of symbolism that if not taken spiritually then all Gentiles have no hope. We have the "hundred [and] forty [and] four thousand of all the tribes of the children of Israel" (Revelation 7:4), saints dwelling in the "new Jerusalem" (Revelation 21:2), and other references.

Unfortunately, from the time of the apostles to the present moment, Christianity splintered, so much so that we have well over four thousand different denominations and sects today. "They went out from us, but they were not of us; for if they had been of us, they would [no doubt] have continued with us: but [they went out], that they might be made manifest that they were not all of us" (1 John 2:19). Compromises crept into the early church, and eventually the name Christian meant very little when the vast majority of Christians were in apostasy.

Now, God always had a people living up to all the light that they were aware of, but it would not be until 1844 that all the necessary truth for salvation's sake would be reaffirmed in a group of people that would eventually be known as the Seventh-day Adventists. It has been through this group that the commandments were reaffirmed, despite Seventh-day Baptists already keeping the seventh day Sabbath. It is because we became the only

denomination with the sanctuary message to be connected with it along with making connection to Bible prophecy regarding the Sabbath. In other words, history was repeating itself.

God was placing all of the necessary truth into a particular denominating people "which keep the commandments of God, and have the testimony of Jesus Christ" (Revelation 12:17). None other can claim this along with the mission of "Thou must prophesy again before many peoples, and nations, and tongues, and kings" (Revelation 10:11) after coming out from a great disappointment (Revelation 10:10), specifically with "the three angels" (Revelation 8:13) messages. All of this was deposited into this group back in 1844 well before the organization was set up in 1863.

So, with history repeating itself, we became known as spiritual Israel with everyone else in confusion represented by the title spiritual Babylon. God did not place this amount of truth or greater amount with any other denomination. It was only with this one. And just as there was but one nation responsible for delivering the true gospel in B.C. times, though they failed at their job, we, too, have that responsibility.

As the truth shall triumph, the name Israel simply means "God prevails!" And He will. Just read Revelation 19 and 20 to see.



## News And Comments

January 30—NY Post

**Drinking coffee can help you lose weight — here's how many cups per day**

Here we go again. Yes, this may be true, but are people really serious about losing

weight to the risk of heart attack, anger issues, drug withdrawals symptoms, just to start with. If there were no benefits to coffee, no one would drink it, but those that are serious about being Christian will not place such liquids into their bodies.

"What? know ye not that your body is the temple of the Holy Ghost [which is] in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's" (1 Corinthians 6:19-20).

### **February 1—Business Insider**

#### **A Florida mom was barred from dropping her kids off at a private Christian school over a decal promoting her OnlyFans page**

What is perplexing about the article is the contradictive position this mom holds. There is a reason a person sends their children to a Christian school – to get a Christian education, learn Christian morals, etc. To then live a different lifestyle at home models just the opposite, even if the children have not been explicitly exposed to her activity, the fact that they are "ok" with it means they have knowledge of it. "Hear, O Israel: The LORD our God [is] one LORD: And thou shalt love the LORD thy God with all thine heart, and with all thy soul, and with all thy might. And these words, which I command thee this day, shall be in thine heart: And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up. And thou shalt bind them for a sign upon thine hand, and they shall be as frontlets between thine eyes" (Deuteronomy 6:4-8). To teach is to demonstrate.

### **February 6—MSN**

#### **18 Misunderstood Acts The Bible Says Aren't Actually Sins**

So, it appears that people or news outlets get to just declare what is no longer a sin without even providing scriptural support. That includes alternative dressing, getting tattoos, drinking alcohol, playing sports on the Sabbath, eating shellfish, dancing, working on the Sabbath, consulting

psychics, and drinking caffeinated beverages. "Woe unto them that call evil good, and good evil; that put darkness for light, and light for darkness; that put bitter for sweet, and sweet for bitter!" (Isaiah 5:20).

### **February 16—Fortune**

#### **Trump hit with \$364 million civil fraud judgment in New York over yearslong scheme to inflate his wealth**

First, this is not a political support as we are not supportive of any party or political person, and we hope you are the same way because Christians should not be involved in politics; however, that is a separate topic. Now, according to this article, "Trump, one of 40 witnesses to testify at the trial, said his financial statements actually understated his net worth and that banks did their own research and were happy with his business." If that is true that there was no wrong-doing claimed by the banks, no victim involved, and the judge publicly stating that other businesses do not have to worry because Trump was brought before the courts for being different than all the other business. Agree or disagree, it does not matter, but if people can honestly believe that all of this was conducted properly and neutrally, they are blind. Today, it is Trump. Tomorrow it is others that they disagree with. And eventually, they will come after true, Bible-believing Christians. This is very concerning because none should expect a fair trial. This is an example of this country beginning to fulfill the prophecy "he spake as a dragon" (Revelation 13:11). "But beware of men: for they will deliver you up to the councils, and they will scourge you in their synagogues; And ye shall be brought before governors and kings for my sake, for a testimony against them and the Gentiles" (Matthew 10:17-18).

### **February 20—MSN**

#### **California teacher suing Newsom says gender policy forced her to teach students to 'live a double life'**

We usually only comment on political content that has been completed and makes an impact on freedom of conscience or unbiblical actions. This one is not settled but caught our attention because the current policy is in place and here is the reality of it that causes the lawsuit: "A Christian teacher in California is suing the state's top officials over a gender policy she says forced her to lie to parents and teach her students to live "double" lives." First of all, no one can force anyone to lie. The consequence of always being truthful is a different matter, for instance, the teacher probably would be fired. That is not a desired consequence, however, to lie without repentance, the Bible says, "all liars, shall have their part in the lake which burneth with fire and brimstone." (Revelation 21:8). And the verse certainly

does not say, "Except if you are saved!" It says that "all liars" go to hell. And to lie while planning to repent later is not acceptable with God.

### February 26—Business Insider

#### **A woman lost her \$823,000 injury claim after lawyers found a photo of her winning a Christmas-tree-throwing competition**

Numbers 32:23 states, "But if ye will not do so, behold, ye have sinned against the LORD: and be sure your sin will find you out." And ultimately, God knows our deeds of Whom we are responsible to answer to.



## *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.*

### February 2—Advent Review

#### **In Mongolia, Adventist Women Pastors Hold First-Ever Retreat**

The Mongolia Mission continues to grow despite ongoing challenges. In late 2023, NSD leaders elected Eui-Sik Yang as the new president of the territory.

**Bible:** Titus 1:5-6, "For this cause left I thee in Crete, that thou shouldest set in order the things that are wanting, and ordain elders in every city, as I had appointed thee: If any be blameless, the husband of one wife, ..."

**Comment:** How can female pastors be husbands of one wife?

### February 3—Advent Review

#### **Exegesis for Everyone**

**Summary:** A long article on scripture interpretation while avoiding the real definition: "critical explanation or interpretation of a text" [Oxford Dictionary].

**Bible:** Isaiah 28:9-10, "Whom shall he teach knowledge? and whom shall he make to understand doctrine? [them that are] weaned from the milk, [and] drawn from the breasts. For precept [must be] upon precept, precept upon precept; line upon line, line upon line; here a little, [and] there a little."

**EGW:** "The history of Christ is to be

searched, comparing scripture with scripture, that we may learn the all-important lesson.” {SpTEd 5.1}

**Comment:** True exegesis contradicts God’s method of interpretation revealed through Isaiah and Ellen White.

### February 10—Advent Review

#### **Puppetry Evangelist Brings Joy and Faith to People across Borders**

Using puppets in church, Moi believes, can help children and adults connect with their faith on a deeper level. Puppetry ministry is indeed a rapidly growing trend in the church, offering a modern form of entertainment while delivering valuable spiritual messages.

**EGW:** “Satan’s ruling passion is to pervert the intellect and cause men to long for shows and theatrical performances. The experience and character of all who engage in this work will be in accordance with the food given to the mind.” {2MR 246.3}

### February 24, 2024—La Sierra University Church of Seventh-day Adventists Website

#### **40 DAYS 2024 - Day 1 – Love and Ashes**

This Valentine’s Day is also Ash Wednesday. It’s a day when many Christians from different traditions around the world will attend a service and receive ashes on their foreheads in the shape of a cross.

**Bible:** Ezekiel 8:14, “Then he brought me to the door of the gate of the LORD’S house which [was] toward the north; and, behold, there sat women weeping for Tammuz.”

### February 16—Fulcrum 7

### **Grindelburg Church in Germany With Bi-Sexual Pastor Triples Down on LGBTQ Agenda**

The Hamburg-Grindelberg SDA Church in the North German Union is not resolving their problem of having an Out-and-Proud bisexual-pastor. This week, the Grindel SDA Church announced on their website that they are collaborating with SDA Kinship (a pro LGBTQ activist group). They now accept LGBTQ+ individuals in all positions of leadership.

**Bible:** Leviticus 20:13, “If a man also lie with mankind, as he lieth with a woman, both of them have committed an abomination: they shall surely be put to death; their blood [shall be] upon them.”

**Comment:** This is not only apostasy but an abomination to God and surely they shall eventually suffer the second death if they do not repent.



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

1SM - Selected Messages Book 1

2MR - Manuscript Releases Volume Two

AH - The Adventist Home

DA - The Desire of Ages

CTBH - Christian Temperance and Bible Hygiene

GC - The Great Controversy (1911)

SpTEd - Special Testimonies On Education

# 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.*

## **Ginseng for debilitating exhaustion**

Both American ginseng (*Panax quinquefolius*, L.) and Asian ginseng (*P. Ginseng*) have long been used in traditional medicine as a natural energy booster. Debilitating fatigue in cancer patients has been linked to an increase in the immune system's inflammatory cytokines as well as poorly regulated levels of the stress-hormone cortisol. Ginseng's active ingredients, called ginsenosides, have been shown in animal studies to reduce cytokines related to inflammation and help regulate cortisol levels. Ginseng may also help stimulate mental activity in people who feel weak and tired.



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PO Box 301, Boiling Springs, PA 17007  
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