



# The Four Angels' Messages

## A Monthly Magazine

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

### *The Divine-Human Nature of Christ*

*Ellen White*

The world's Redeemer passed over the ground where Adam fell because of his disobeying the expressed law of Jehovah; and the only begotten Son of God came to our world as a man, to reveal to the world that men could keep the law of God. Satan, the fallen angel, had declared that no man could keep the law of God after the disobedience of Adam. He claimed the whole race under his control.

The Son of God placed Himself in the sinner's stead, and passed over the ground where Adam fell, and endured the temptation in the wilderness which was a hundredfold stronger than was or ever will be brought to bear upon the human race. Jesus resisted the temptations of Satan in the same manner that every tempted soul may resist, by referring him to the Inspired Record and saying, "It is written."

Christ overcame the temptations of Satan as a man. Every man may overcome as Christ overcame. He humbled Himself for us. He was tempted in all points like as we are. He redeemed Adam's disgraceful failure and fall and was conqueror, thus testifying to all the unfallen worlds and to fallen humanity that man could keep the commandments of God through the divine power granted to him of heaven. Jesus the Son of God humbled Himself for us, endured temptation for us, overcame in our behalf, to show us how we may overcome; He has thus bound up His interests with humanity by the closest ties, and has given the positive assurance that we shall not be tempted above that we are able, for with the temptation He will make a way of escape.

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

# Dear Brothers and Sisters ...

Jerry O'Donnell

Though we are not to celebrate New Year's like the world, it is not to be ignored. Any opportunity to recommit our lives to Jesus should be taken advantage of be it a new year, new month, new week, new day, new whatever. Unlike the world, we do not celebrate the New Year with alcohol and partying, at least we ought not to. Another thing we do not do is make a silly resolution that will be broken by January 15<sup>th</sup> or at least by January 31<sup>st</sup>, which seems to be the average for those who fail at their resolutions. A resolution that picks on one piece of fruit from the corrupt tree, even being successful at it, still allows the tree to be corrupt. The proper resolution is a whole lifestyle commitment, a complete heart change. And remember, unlike the people of the world, if we fail, we do not wait until the next New Year to try again. So, to encourage this along, let us remember some encouraging scriptures:

1 John 2:1, "My little children, these things write I unto you, that ye sin not. And if any man sin, we have an advocate with the Father, Jesus Christ the righteous."

1 John 1:9, "If we confess our sins, he is faithful and just to forgive us [our] sins, and to cleanse us from all unrighteousness."

2 Corinthians 5:17, "Therefore if any man [be] in Christ, [he is] a new creature: old things are passed away; behold, all things are become new."

2 Corinthians 3:18, "But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, [even] as by the Spirit of the Lord."

Romans 6:6, "Knowing this, that our old man is crucified with [him], that the body of sin might be destroyed, that henceforth we should not serve sin."

1 Corinthians 15:57, "But thanks [be] to God, which giveth us the victory through our Lord Jesus Christ."

1 Thessalonians 5:23, "And the very God of peace sanctify you wholly; and [I pray God] your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ."

1 John 3:8-9, "He that committeth sin is of the devil; for the devil sinneth from the beginning. For this purpose the Son of God was manifested, that he might destroy the works of the devil. Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is born of God."

2 Timothy 2:21, "If a man therefore purge himself from these, he shall be a vessel unto honour, sanctified, and meet for the master's use, [and] prepared unto every good work."

Matthew 16:24, "Then said Jesus unto his disciples, If any [man] will come after me, let him deny himself, and take up his cross, and follow me."

Galatians 2:20, "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me."

John 17:17, "Sanctify them through thy truth: thy word is truth."

May God help us to be the Christians that we ought to be!



**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 **\$41 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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The Holy Spirit was promised to be with those who were wrestling for victory, in demonstration of all mightiness, endowing the human agent with supernatural powers, and instructing the ignorant in the mysteries of the kingdom of God. That the Holy Spirit is to be the grand helper is a wonderful promise. Of what avail would it have been to us that the only begotten Son of God had humbled Himself, endured the temptations of the wily foe, and wrestled with him during His entire life on earth, and died the Just for the unjust that humanity might not perish, if the Spirit had not been given as a constant working, regenerating agent to make effectual in our cases what had been wrought out by the world's Redeemer.

The imparted Holy Spirit enabled His disciples, the apostles, to stand firmly against every species of idolatry and to exalt the Lord and Him alone. Who, but Jesus Christ by His Spirit and divine power, guided the pens of the sacred historians that to the world might be presented the precious record of the sayings and works of Jesus Christ?

The promised Holy Spirit, that He would send after He ascended to His Father, is constantly at work to draw the attention to the great official sacrifice upon the cross of Calvary, and to unfold to the world the love of God to man, and to open to the convicted soul the precious things in the Scriptures, and to open to darkened minds the bright beams of the Sun of Righteousness, the truths that as gold make their hearts burn within them with the awakened intelligence of the truths of eternity.

Who but the Holy Spirit presents before the mind the moral standard of righteousness and convinces of sin,

and produces godly sorrow which worketh repentance that needeth not to be repented of, and inspires the exercise of faith in Him who alone can save from all sin. Who but the Holy Spirit can work with human minds to transform character by withdrawing the affections from those things which are temporal, perishable, and imbues the soul with earnest desire by presenting the immortal inheritance, the eternal substance which is imperishable, and recreates, refines, and sanctifies the human agents that they may become members of the royal family, children of the heavenly King?

The question, "What difference does it make what day we keep for Sabbath?" is often asked. Just the same as it did with Adam, it made every difference whether he should obey God and not eat of the tree of knowledge, or whether he should yield to Satan's specious reasoning and say, "What difference does it make whether I eat of the fruit of this forbidden tree or the rest of the trees in the garden?" Adam's sin in doing the very things the Lord told him not to do was his disobedience and transgression and opened the floodgates of woe to our world.

The life of Christ is to be carefully meditated upon and to be constantly studied with a desire to understand the reason why He had to come at all. We can only form our conclusions by searching the Scriptures as Christ has enjoined upon us to do for says He, "they testify of me." We may find, by searching the Word, the virtues of obedience in contrast with the sinfulness of disobedience. "As by one man's disobedience many were made sinners, so by the obedience of one shall many be made righteous."

The Garden of Eden, with its foul blot of disobedience, is to be carefully

studied and compared with the Garden of Gethsemane where the world's Redeemer suffered superhuman agony when the sins of the whole world were rolled upon Him. Listen to the prayer of the only begotten Son of God, "O my Father, if it be possible, let this cup pass from me: nevertheless not as I wilt but as thou wilt." And the second time He prayed saying, "O my Father if this cup may not pass away from me, except I drink it, thy will be done." And the third time He prayed saying the same words. It was here the mysterious cup trembled in the hands of the Son of God. Shall He wipe the bloody sweat from His agonized countenance and let man go? The wail, wretchedness, and ruin of a lost world rolls up its horrible picture before Him. "And being in an agony he prayed the more earnestly; and his sweat was as it were great drops of blood falling down to the ground." "And there appeared an angel unto him from heaven, strengthening him." The conflict is ended, Jesus consents to honor His Father by doing His will and bearing His curse, the consequence of man's transgression. He was obedient unto death, even the death of the cross. Here was what was involved in Adam's disobedience and what the obedience of the Son of God means to us. Adam did not consider all the consequences resulting from his disobedience. He did not set his mind in defiance against God, nor did he in any way speak against God; he simply went directly contrary to His express command. And how many today are doing the very same thing, and their guilt is of much great magnitude because they have the example of Adam's experience in disobedience and its terrible results to warn them of the consequences of transgressing the law of God. So they have clear light upon this subject, and no excuse

for their built-in denying and disobeying God's authority. Adam did not stop to calculate the result of his disobedience.

We can stand down here, in 1892, and with the hindsight we are privileged to have, we can see what it means to disobey God's commandments. Adam yielded to temptation, and as we had the matter of sin and its consequences laid so distinctly before us, we can read from cause to effect and see the greatness of the act is not that which constitutes sin; but the disobedience of God's expressed will, which is a virtual denial of God, refusing the laws of His government. The happiness of man is in his obedience to the laws of God. In his obedience to God's law he is surrounded as with a hedge and kept from the evil. No man can be happy and depart from God's specified requirements, and set up a standard of his own which he decides he can safely follow. Then there would be a variety of standards to suit the different minds, and the government would be taken out of the Lord's hands and human beings would grasp the reins of government.

The law of self is erected, the will of man is made supreme, and when the high and holy will of God is presented to be obeyed, respected, and honored, the human will wants its own way, and to choose how far it shall go to do its own promptings, and there is controversy between the human agent and the divine.

The fall of our first parents broke the golden chain of implicit obedience of the human will to the divine. Obedience has no longer been deemed an absolute necessity. The human agents follow their own imaginations which the Lord said of the inhabitants of the old world were evil and that continually. The Lord

Jesus declares, I have kept my Father's commandments. How? As a man. Lo, I come to do Thy will, O God. To the accusations of the Jews He stood forth in His pure, virtuous, holy character and challenged them, "Who of you, convinceth me of sin?"

The world's Redeemer came not only to be a sacrifice for sin, but to be an example to man in all things, a holy human character. He was a teacher, such an educator as the world never saw or heard before. He spake as one having authority, and yet He invites the confidence of all. "Come unto me, all ye that labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light."

The only begotten Son of the infinite God has, by His words, and His practical example, left us a plain pattern which we are to copy. By His words He has educated us to obey God, and by His own practice He has showed us how we can obey God. This is the very work He wants every man to do, to obey God intelligently, by precept and example teach others what they must do in order to be obedient children of God.

Jesus has helped the whole world to an intelligent knowledge of His divine mission and work. He came to represent the character of the Father to our world, and as we study the life, the words, and works of Jesus Christ, we are helped in every way in the education of obedience to God; and as we copy the example He has given us, we are living epistles known and read of all men. We are the living human agencies to represent in character Jesus Christ to the world.

Not only did Christ give explicit rules showing how we may become

obedient children, but He showed us in His own life and character just how to do those things which are right and acceptable with God, so there is no excuse why we should not do those things which are pleasing in His sight.

We are ever to be thankful that Jesus has proved to us by actual facts that man can keep the commandments of God, giving contradiction to Satan's falsehood that man cannot keep them. The Great Teacher came to our world to stand at the head of humanity, to thus elevate and sanctify humanity by His holy obedience to all of God's requirements, showing it is possible to obey all the commandments of God. He has demonstrated that a lifelong obedience is possible. Thus He gives chosen, representative men to the world, as the Father gave the Son, to exemplify in their life the life of Jesus Christ.

We need not place the obedience of Christ by itself as something for which He was particularly adapted by His particular divine nature, for He stood before God as man's representative and tempted as man's substitute and surety. If Christ had a special power which it is not the privilege of man to have, Satan would have made capital of this matter. The work of Christ was to take from the claims of Satan his control of man, and he could do this only in the way that He came—a man, tempted as a man, rendering the obedience of a man.

Jesus says, "Follow me," "He that followeth me shall not walk in darkness, but shall have the light of life." Consider it not a hard duty. The commandments of God are His expressed character flowing out of a heart of love, of thoughtful plans that man may be preserved from every

evil. They are not an arbitrary authority over man, but the Lord would have men as His obedient children and members of His own family.

Obedience is the outgrowth and fruit of oneness with Christ and the Father. "By this we know that we love the children of God, when we love God, and keep his commandments. For this is the love of God, that we keep his commandments: and his commandments are not grievous. For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith." 1 John 5:2-4.

When we have unmistakably heard His voice and obey, every murmuring thought will be repressed; and we will obey, leaving all consequences with Him who gave the commandment. If, as we see the footprints of Jesus, we step in them, in thus following Him there is love and power.

Bear in mind that Christ's overcoming and obedience is that of a true human being. In our conclusions, we make many mistakes because of our erroneous views of the human nature of our Lord. When we give to His human nature a power that it is not possible for man to have in his conflicts with Satan, we destroy the completeness of His humanity. His imputed grace and power He gives to all who receive Him by faith. The obedience of Christ to His Father was the same obedience that is required of man.

Man cannot overcome Satan's temptations without divine power to combine with His instrumentality. So with Jesus Christ, He could lay hold of divine power. He came not to our world to give the obedience of a lesser God to a greater, but as a man

to obey God's Holy Law, and in this way He is our example. The Lord Jesus came to our world, not to reveal what a God could do, but what a man could do through faith in God's power to help in every emergency. Man is, through faith, to be a partaker in the divine nature, and to overcome every temptation wherewith he is beset. The Lord now demands that every son and daughter of Adam through faith in Jesus Christ serve Him in human nature which we now have.

The Lord Jesus has bridged the gulf that sin has made. He has connected earth with heaven, and finite man with the infinite God. Jesus, the world's Redeemer, could only keep the commandments of God in the same way that humanity can keep them. "Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust." 2 Peter 1:3, 4.

"But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord." 2 Corinthians 3:18. The glory he [Paul] mentioned is character, therefore by thinking and talking of Jesus we become charmed with His character, and by faith we become changed from character to character. "And be renewed in the spirit of your mind; and that ye put on the new man, which after God is created in righteousness and true holiness." "Ye are the light of the world... Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." We must practice the example of Christ, bearing in mind His Sonship and His humanity. It was not God that was tempted in the wilderness, nor a god that was to

endure the contradiction of sinners against himself. It was the Majesty of heaven who became a man—humbled Himself to our human nature.

We are not to serve God as if we were not human, but we are to serve Him in the nature we have, that has been redeemed by the Son of God; through the righteousness of Christ we shall stand before God pardoned, and as though we had never sinned. We will never gain strength in considering what we might do if we were angels. We are to turn in faith to Jesus Christ, and show our love to God through obedience to His commands. Jesus “was in all points tempted like as we are, yet without sin.” Jesus says, “Follow Me.” “If any man will come after me, let him deny himself, and take up his cross, and follow me.” Jesus leads the way. Do not wait and continue in disobedience, hoping circumstances may change, making it easier for you to obey. Go forward, for you know the will of God. “To him that overcometh will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne.”

The fourth commandment is given for us to observe. The third angel’s message comes to us in warnings, entreaties, and threatenings. “And the third angel followed them, saying with a loud voice, if any man worship the beast and his image, and receive his mark in his forehead, or in his hand, the same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb... Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus.”

John is shown that in these last days a remnant will be keeping the commandments of God. Where are they? In a description given of the workings of Satan it says, “And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ.” Who are the people here specified?

{Manuscript 1, 1892}



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# Take Heed Lest Ye Fall

L. A. Hoopes

"Let him that thinketh he standeth take heed lest he fall." 1 Cor. 10:12.

The history of the children of Israel is frequently referred to, to make vivid some lesson that God would have his people know in the last days. The specific sins mentioned in the tenth chapter of first Corinthians are the ones that will be peculiar to the last generation. "Now all these things happened unto them for ensamples; and they are written for our admonition, upon whom the ends of the world are come." That people had witnessed the giving of the law from Sinai's summit, they drank water from the Rock, and that Rock was Christ. He was their invisible leader. Please study the 105th and 106th Psalms. There are lessons in them for this time. It was Satan that stirred up the people to rebel against God. A similar warfare will be carried on against the remnant of the church. "The dragon was with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ." In this we see an external and an internal warfare waged by the dragon. It will reach its climax in the last generation. "A great crisis awaits the people of God. A crisis awaits the world. The most momentous struggle of all the ages is just before us. – "Testimony for the Church," No. 33, p.239. "We are standing upon the threshold of great and solemn events. The whole earth is to be lightened with the glory of the Lord as the waters cover the channels of the great deep. Prophecies are being fulfilled, and stormy times are before us. Old controversies which have

apparently been hushed for a long time will be revived, and new controversies will spring up; new and old will commingle, and this will take place right early. The angels are holding the four winds, that they shall not blow, until the specified work of warning is given to the world; but the storm is gathering, the clouds are loading, ready to burst upon the world; and to many it will be as a thief in the night." – Special Testimony.

"My brethren, do you realize that your own salvation, as well as the destiny of other souls, depends upon the preparation you now make for the trial before us? Have you that intensity of zeal, that piety and devotion, which will enable you to stand when opposition shall be brought against you?" "The time will come when you will be brought before councils, and every position of truth which you hold will be severely criticized. The time that so many are now allowing to go to waste should be devoted to the charge that God has given us, of preparing for the approaching crisis." – Testimony No. 33, p. 245.

A brief review of the past thirty years will reveal how accurately the prophecies relating to religious legislation have been fulfilled. The Sunday-law cause has made its way to the front, so that there is scarcely a statute book in any nation or state but that has a rigid Sunday-law, or favorable mention made of the same. For fifteen years there have been, at different times, imprisonments for Sunday labor. With very few exceptions these have been of those who conscientiously observed the

Sabbath of the fourth commandment. In the aggregate over twelve hundred days have been spent in jail. Thus we are approaching the great crisis.

For more than thirty-five years this people have said that Sunday would be urged upon the world, and that a law would be made to compel the observance of the same. It is being fulfilled. "Protestantism is now reaching hands across the gulf to clasp hands with papacy, and a confederacy is being formed to trample out of sight the Sabbath of the fourth commandment.... A crisis is to be revealed in the great and prolonged controversy in the government of God on earth. Something great and decisive is to take place, and that right early." – Special Testimony.

Just eleven days after these words were penned in Australia, a decision came from the Supreme Court of the United States, declaring this to be a Christian nation. In this is found the foundation for the repudiation of every principle of Protestantism and republicanism as established by our forefathers in the founding of the government. And true to the logic of the question, when Congress passed her Sunday-law regarding Sunday-closing of the World's Fair, there was no dissonance between the Constitution and the Sunday-law. Both were Christian according to the Judges' dictum.

At the General Conference in 1893 the following words appeared in the BULLETIN: "God's memorial has been torn down, and in its place a false sabbath stands before the world." "Now, just now, is our time to work in foreign countries. As America, the land of religious liberty, shall unite with the papacy in forcing the consciences of men to honor the

false sabbath, the people of every country on the globe will be led to follow her example."

More than six years have passed since these words were published, and, true to their prediction, the influence of the Sunday-sabbath, or Lord's-day, movement in this country has had its influence in other countries.

There has been a little time of comparative peace and quiet, so far as religious persecutions are concerned, and the storm cloud has rather settled over the nations. War and rumors of war are heard on every side, so much so that in some sections missionary operations have been hedged up. For all this, we must not take our eyes off from the work for this time. The third angel's message must be given. The world must be warned against the worship of the beast and his image, and the reception of his mark. We must not forget that the Sunday-law advocates were never more thoroughly entrenched than at present. Their plans were never better laid than now. Never have they had a corps of workers enlisted who have such a hold on the public mind, as at present. Never were they better prepared for a systematic canvass of the entire field than now. "While men are sleeping, Satan is actively arranging matters so that the Lord's people may not have mercy or justice. The Sunday movement is now making its way in darkness. The leaders are concealing the true issue, and many who unite in the movement do not themselves see whither the undercurrent is tending." – Testimony No. 32, p. 208. A sad thing in all this is that many with whom we are associating day by day are engaged in the movement.

We must not console ourselves by saying that prophecy will be fulfilled whether we know it or not. The truth is, so many are not ready for the issue. "The clouds are loading, ready to burst upon the world," and how many there are who are unprepared and unwarned of the impending destruction.

"The work which the church has failed to do in a time of peace and prosperity, she will have to do in a terrible crisis, under most discouraging, forbidding circumstances." "This day is just before us. The members of the church will individually be tested and proved. They will be placed in circumstances where they will be forced to bear witness for the truth. Many will be called to speak before councils and in courts of justice, perhaps separately and alone. The experience which would have helped them in this emergency they have neglected to obtain, and their souls are burdened with remorse for wasted opportunities and neglected privileges." – Testimony No. 32, p. 219. Now is the time to "be ready always to give an answer to every man that asketh you a reason of the hope that is in you with meekness and fear." 1 Peter 3:15.

"Let him that thinketh he standeth take heed lest he fall." The external warfare is small in comparison with the subtle devisings of Satan in our deceitful hearts. For six thousand years the enemy of our souls has been laying his snares to entrap the unwary. He works on our weak traits of character, and would pervert every right impulse.

In a certain sense the history of the children of Israel will be repeated. Their lusting and idolatry are mentioned as ensamples for those living in the last days. The besetting

sins that confronted that people, and prohibited their entrance into the promised land, will be the ones that will be the test to those who are looking for the second coming of Christ. They were going to the promised Canaan; we to a heavenly Canaan. They expected to pass over to that good land without seeing death; so likewise the children of God in this generation are looking forward to the appearing of Christ in the clouds of heaven, when the living righteous will be translated to heaven without seeing death. "With many of them God was not well pleased," because of their idolatry, their fornication, their unbelief, and their criticizing, murmuring spirit. Only two of that vast company who were above twenty years of age were permitted to cross over the Jordan.

God's covenant with them was a sufficient guarantee, and supplied all the help needful, to make them a peculiar people, and fitted in every respect to enter into that rest which was prepared for the people of God. But when they left God out of their lives, they found it impossible to enter. They entered not in because of unbelief. Will anything less be required of the people who are to be translated, than of the children of Israel in the wilderness?

If it was necessary that the descendants of Jacob be perfect, and to walk circumspectly before God, in order to enter the promised land, how much more necessary that the people who are to be translated to heaven, to dwell in the immediate presence of God, should get the victory over every besetting sin, over every wrong word and action. "We must reflect the image of Jesus fully." It is not enough that we get an occasional victory over our besetments. We must maintain that

victory all the time. "The soul is to take the impression of the Spirit of God and retain the moral image of Christ."

We are living in the days of the voice of the seventh angel, when the mystery of God is to be finished. The gospel with all its heaven-born energy and vitalizing power is to be applied by the overcomer in the conflict with sin. The mystery of godliness and the mystery of iniquity are to stand in sharp contrast, and be manifested in humanity. Each one in this assembly is to stand as a revelation of God's power to save to the uttermost, or as a slave to the base passions of the deceitful heart controlled by Satan. Dear reader and hearer, which shall it be in your own case?

The grand controversy of the ages is rapidly approaching its end. The great lines of prophecy foretelling this event, are almost fulfilled. We are in the latter days. The closing events of earth's history are just before us. In view of this, let none think that the enemy of all righteousness will give up his cause without a severe struggle. Inspiration says: "Rejoice ye heavens, and ye that dwell in them. Woe to the inhabitants of the earth and of the sea! for the devil is come down unto

you, having great wrath, because he knoweth that he hath but a short time." Rev. 12:12. From this we conclude that every inch of ground will be sharply contested. Humanity will be made to feel its weakness at every step of the way. We shall constantly be reminded that it is only by the power of Christ – humanity clothed with divinity – that will enable us to overcome. "For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds; casting down imaginations and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ."

The great time-prophecy, the twenty-three hundred days, is a thing of the past; but the event that the close of that period ushered in is a thing of the present, and is of the greatest consequence to every one living upon the earth. The year eighteen hundred and forty-four marked the beginning of the cleansing of the great antitypical sanctuary – the investigative judgment. It was then that the Ancient of Days did sit, and, surrounded by myriads of the angelic hosts, the books were opened. The cases of the dead, those whose names have been entered in the

### ***Subscription Renewal***

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

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

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

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

Lamb's book of life, come up in review before the Judge of all the earth. Just how soon the cases of the living will be investigated, we know not. It is enough for us to know that every act, every word, and even every thought will be closely scrutinized. After the cases of the living have been considered, Jesus lays aside his priestly-mediatorial robes, and clothes himself with the garments of vengeance. See Isa. 59:16, 17. Then there will be no intercessor. Probation will have closed. The plagues will then fall upon the finally impenitent. Then will be fulfilled the statement: "He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still." From this it will be seen that those who endure the trying ordeal, must have gotten the victory over every wrong word and action. Their sins have all gone beforehand to judgment. Now is the time to prepare for that event. Please read Luke 13:25; 21:34-36.

We must attend to the sowing, and God will see to it that the reaping will be done; for we shall reap what we have sown. We may sow to the Spirit, for through the sacrifice of Christ on the cross "comes the greatest blessing that God could bestow, – the gift of the Holy Spirit."

"All our powers are to be used for Christ. This is the debt we each owe to God. In forming a relationship with Christ, the renewed man is but coming back to his appointed relationship with God. He is a representative of Christ, and he is ever to pray and watch unto prayer. His duties lie round him, nigh and afar off. His first duty is to his children and his nearest relatives. Nothing can excuse him from

neglecting the inner circle for the larger circle outside. In the day of final reckoning fathers and mothers will be required to answer in regard to their children. Parents will be asked what they did and said to secure the salvation of the souls they took upon themselves the responsibility of bringing into the world. Did they neglect their lambs, leaving them to the care of strangers? Fathers and mothers, are you allowing your children to grow up in impurity and sin? A great good done for others will not cancel the debt you owe to God to care for your children. The spiritual welfare of your family comes first. Take them with you to the cross of Calvary, laboring for them as those that must give an account."

"The cross of Calvary challenges, and will finally vanquish, every earthly and hellish power. In the cross all influence centers, and from it all influence goes forth. It is the great center of attraction, for on it Christ gave up his life for the human race. This sacrifice was offered for the purpose of restoring man to his original perfection; yea, more. It was offered to give him an entire transformation of character, making him more than a conqueror. Those who in the strength of Christ overcome the great enemy of God and man, will occupy a position in the heavenly courts above angels who have never fallen."

– Mrs. E. G. White, in General Conference Bulletin, Vol. 3, No. 2. L. A. HOOPES.

{October 1899 L.A. Hoopes, General Conference Bulletin, 90.3 to 93.2}



# ***Porn is Not a Sin!***

*Jerry O'Donnell*

Now that I have your attention and have waited for you to get over the shock, think about the subject for a moment. Is it really a sin? The honest answer is no. It may be sinful to participate in, but not a sin. It is the fruit of sin. The same is true about punching someone in the face. It is the fruit of sin.

Now, let me get right to the point without delay so you do not think I am out of my mind and toss away this publication. "Keep thy heart with all diligence; for out of it [are] the issues of life" (Proverbs 4:23). "A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh" (Luke 6:45). "O generation of vipers, how can ye, being evil, speak good things? for out of the abundance of the heart the mouth speaketh" (Matthew 12:34). "The cross is that which crosses the natural affections and the will. If the heart is not wholly sanctified to God, if the will and affections and thoughts are not brought into subjection to the will of God, there will be a failure to carry out the principles of true religion and to exemplify in the life the life of Christ" {2T 651.2}. "But if the heart is not cleansed from sin, Christ can not dwell there. The one or the other must be the controlling element" {RH, October 3, 1899 par. 9}. "But those things which proceed out of the mouth come forth from the heart; and they defile the man" (Matthew 15:18). "For from within, out of the heart of men, proceed evil thoughts, adulteries,

fornications, murders, thefts, covetousness, wickedness, deceit, lasciviousness, an evil eye, blasphemy, pride, foolishness: All these evil things come from within, and defile the man" (Mark 7:21-23).

Alright. Let us pause here before we continue with the machine gun of verses and quotes. Sin is what is in the heart. Works or fruit are the result of our heart. If our heart is right, then we will have "the fruit of the Spirit" which "is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law. And they that are Christ's have crucified the flesh with the affections and lusts" (Galatians 5:22-24). And did you catch that last part? If we are crucified with Christ then the affections and especially the lusts, which is the fruit of sin, will also be put off. Sure, the word "lust" incorporates more than sensuality of the body. Therefore, porn is a fruit of an adulterous heart. Eating a whole cake in one sitting is the fruit of gluttony in the heart. Likewise, punching someone in the face is the fruit of the sin of anger in the heart, which is the sin of murder, according to Jesus (Matthew 5:22).

Some may be troubled that we might be contradicting Jesus, Who said, "But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart" (Matthew 5:28). Notice that Jesus focused upon the heart, just as stated and will continue to be stated. The looking on a woman to lust is the fruit of the heart.

Now, the reason for this stark announcement or article title is to wake us up to the fact that too many people try to remove the fruit from the tree not realizing the roots are where the problem resides and then finding themselves not being successful at ceasing from grabbing the fruit that they were so determined to remove. This is a very popular cycle every New Year, where resolutions are made upon the fruits and not the heart, hence why most people break their resolutions so easily.

Using our stark topic as an example, those who know they have an addiction to porn try their best to cease from porn and may be successful for periods of time with frequent lapses. The same goes with the bottle of alcohol or any subject for that matter. Sticking with porn though, since this topic has infiltrated so many homes, brought down a number of pastors, has been the subject of many schools in the exposure thereof, and throwing in there something called sexting on a cell phone, it is a prevalent problem infiltrating every aspect of life, especially when we are done with exposing all of it because right now, there are so many things that are acceptable in society that are actually not acceptable to God or indicative of a godly character.

Again, the person trying to remove porn from the life fail often because they are only dealing with the fruit. They need Christ in the heart as Paul wrote, "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me" (Galatians 2:20). Specifically, the whole subject of sensuality needs to

be addressed. Looking at images of people in bathing suits, be it with men or women since this is no longer just a male issue, is actually still considered porn. Seeing the six-pack, the muscles bulging, etc. on a man is just as tantalizing as seeing a woman, unfortunately, young girls, too, in revealing swimwear. When we say revealing, of course the specific gender items are not revealed, but they might as well be. Bikinis were bad enough, but the extremely revealing swimwear at pools and beaches is unbelievable today. Therefore, everything that excites has to be dealt with, otherwise we are fighting against Romans 13:14. "But put ye on the Lord Jesus Christ, and make not provision for the flesh, to [fulfil] the lusts [thereof]" (Romans 13:14).

To make provision is to supply the access without accessing it at the moment, but it is there upon failing the committed change. "Might as well hide a pack of cigarettes in the house somewhere so when I fail at giving up smoking, at least I don't have to run to the store to buy them!" Likewise, feeding the mind with television and societal-approved movies, all of which are considered "soft" porn to God, has to be cut out. Social media may be too explicit as well. No, we cannot help that at a family gathering where someone has a pool that certain members of the family are going to strip down to near nothing right before our eyes, but what we can do is limit the exposure to that scenario as best as possible – or here is a thought, do not attend. We cannot make others comply. We can only control that which is within our ability. If we need to legitimately purchase an electronic item at a store that sells large screen displays where sensual material is being aired, we cannot control that.

Overall though, we need the heart to be right. The heart needs to be cleansed. And we all know that David had an issue with this subject and that was before it became so easy to access such today, but listen to Him, "Create in me a clean heart, O God; and renew a right spirit within me" (Psalms 51:10). And how about others? "I will take the stony heart out of their flesh, and will give them an heart of flesh" (Ezekiel 11:19). "Cast away from you all your transgressions, whereby ye have transgressed; and make you a new heart and a new spirit: for why will ye die, O house of Israel?" (Ezekiel 18:31). "A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh" (Ezekiel 36:26). "Therefore if any man [be] in Christ, [he is] a new creature: old things are passed away; behold, all things are become new" (2 Corinthians 5:17).

Here are some other principles to consider: "For as he thinketh in his heart, so [is] he" (Proverbs 23:7). "Why do thoughts arise in your hearts?" (Luke 24:38). "For the word of God [is] quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and [is] a discerner of the thoughts and intents of the heart" (Hebrews 4:12).

"Gird up the loins of your mind, says the apostle; then control your thoughts, not allowing them to have full scope. The thoughts may be guarded and controlled by your own determined efforts. Think right thoughts, and you will perform right actions. You have, then, to guard the affections, not letting them go out and fasten upon improper objects. Jesus has purchased you with His

own life; you belong to Him; therefore He is to be consulted in all things, as to how the powers of your mind and the affections of your heart shall be employed" {AH 54.2}.

"We need a constant sense of the ennobling power of pure thoughts. The only security for any soul is right thinking. As a man "thinketh in his heart, so is he." Proverbs 23:7. The power of self-restraint strengthens by exercise. That which at first seems difficult, by constant repetition grows easy, until right thoughts and actions become habitual. If we will we may turn away from all that is cheap and inferior, and rise to a high standard; we may be respected by men and beloved of God" {MH 491.3}.

So, what is causing the desire in the heart for adultery in the first place? What can a person contribute to bring satisfaction to the relationship so adultery does not occur? We cannot make the other person do or say anything. Again, we can only control things from our perspective and may have an influence to the positive upon the other person, though we cannot control that part.

And the one connection that needs to be foremost is that with God. The more we are lax in our part by not praying properly and not spending time in His Word, the more likely the mind will drift. It will not be so disciplined; it will start making little allowances. "Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death" (James 1:15). The fruit of adulterous lust does not have to be physical adultery with someone else. The person who is spending more and more time in the presence of someone who is not a spouse, or one who is not the one we are desiring to marry, because their company seems to be more comfortable is as guilty of



adultery as if it is committed in physical form. And yes, the excuse of, “Well, I’m not married yet” is satanic. That is the world’s way, called “dating”. “Because ye are not of the world, but I have chosen you out of the world, therefore the world hateth you” (John 15:19). “I have given them thy word; and the world hath hated them, because they are not of the world, even as I am not of the world” (John 17:14).

Let me address one more thing. As said before, the last battle ground is our mind. And in our mind, there is something we need to bring under subjection or it will destroy us. We need to be “Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ” (2 Corinthians 10:5). And the sooner we get started, the better, for “the imagination of man’s heart [is] evil from his youth” (Genesis 8:21). And we certainly live in a repeated time in which “every imagination of the thoughts of his heart [was] only evil continually” (Genesis 6:5). Otherwise, “we will walk after our own devices, and we will every one do the imagination of his evil heart” (Jeremiah 18:12). “Because that, when they knew God, they glorified [him] not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened” (Romans 1:21). “This evil people, which refuse to hear my words, which walk in the imagination of their heart, and walk after other gods, to serve them, and to worship them, shall even be as this girdle, which is good for nothing” (Jeremiah 13:10). Instead, we ought to “know thou the God of thy father, and serve him with a perfect heart and with a willing mind: for the LORD searcheth all hearts, and

understandeth all the imaginations of the thoughts: if thou seek him, he will be found of thee; but if thou forsake him, he will cast thee off for ever” (1 Chronicles 28:9).

Now, substitute some other fruit in the place of the subject matter and see how it is being dealt with. Victory over all fruit begins with victory in the heart.

“Blessed are the pure in heart.” Matthew 5:8. God cares more for what we really are than for what we say we are. He does not care how beautiful we may look, but He wants our hearts pure. Then all our words and actions will be right” {SJ 61.7}.

“What the majority of professed Christians need, is genuine conversion. If the heart is right, the actions will be right. An earthly, debasing influence marks the character and the life of those whose hearts do not glow with the fire of true goodness. Too many profess to be followers of Christ, and feel at liberty to follow their own judgment, and indulge the desires of their own hearts. He who would advance in the Christian life must put his own hands and heart to the work. Friends may exhort and counsel, to urge him onward and upward; Heaven may pour its choicest blessings upon him; he may have all possible assistance on the right hand and on the left, and yet all will be in vain, unless he shall put forth earnest effort to help himself. He himself must engage in the warfare against sin and Satan, or he will fail of everlasting life” {OHC 218.4}.

Victory in Jesus is ours! “But thanks [be] to God, which giveth us the victory through our Lord Jesus Christ” (1 Corinthians 15:57).



## Is Weight Loss on Your Mind?

This seems to be the main event at the beginning of every new year in the way of so-called resolutions. The amount of money spent on weight loss and support systems for such in 2024 staggers the mind and makes a dent in many pocketbooks. These numbers do not even take into account the cost of post-surgical interventions for those who have thus far been unsuccessful in getting their weight under control and have turned to such drastic life-altering measures.

### Top Weight Loss Industry Stats for 2024

- **How big is the weight loss industry:** Marketdata estimates that the total U.S. weight loss market reached new highs of \$89.9 billion in 2023. The market is expected to grow another 4.3% to \$93.8 billion in 2024.
- **Obesity medications:** The market for prescription weight loss drugs in the U.S. more than doubled in 2023, from an estimated \$5.1 billion in 2022 to \$11.9 billion in 2023 as demand continued to soar for drugs such as Novo Nordisk's Saxenda, Wegovy and Ozempic, as well as the entry of new drugs such as Mounjaro and Zepbound into the market.
- **Medical weight loss programs and services:** This segment was estimated to be worth \$21.0 billion in 2023—the highest share of the market posted since 1989. Medical programs are provided by independent physicians (incl.

bariatricians), clinics, hospitals and medical weight loss franchises.

- **Commercial weight loss chains:** Revenues of the major commercial weight loss chains (Weight Watchers, NutriSystem, Jenny Craig, Medifast and others) fell 25% from 2021 to 2023, to \$3.35 billion. They are scrambling to add medical programs and survive.
- **Meal replacements and retail appetite suppressants:** Combined sales for these weight loss products were estimated to be worth \$4.86 billion in 2023—down 14% from 2021. The 2024 forecast is for a 4.7% decline to \$4.63 billion in 2024.
- **Weight loss advertising spend:** Commercial diet companies and obesity drug manufacturers spent \$882 million on advertising in 2023.
- **Weight loss coaches:** An estimated 26,500 of them lost their jobs since 2020, as the commercial diet companies implemented layoffs. This is affecting the quality and nature of support for many dieters.

Most weight-loss programs are actually based on deprivation, even cutting out necessary food groups, which is foolish, not to mention miserable.

Food preoccupation is an inevitable result of dieting. Psychologists call this phenomenon "Ironic processing": Some diets promise

you'll avoid feelings of deprivation by letting you eat as much as you want of certain food groups while totally eliminating others. The trouble is that when you eliminate your favorite foods – a requirement of most weight-loss regimens – you develop a deeper longing for them. Vow to avoid pasta, and you will soon find yourself dreaming about spaghetti. Words from the late social psychologist, Daniel M. Wegner.

Call me simple, but would it not be best to plan to gain instead of lose? By consuming a proper, *well-rounded, nutritious* meal plan, where you can actually eat more of the right foods, drink adequate water, get lots of outdoor exercise, and actually improve your complete all-round soundness of body, the weight will come off naturally, and you will gain precious heavenly health.

Just a few words from a wise forefather in health about the importance of water while trying to regain your proper weight...

“Now a few words about the value of water. People will tell you that you should feel thirsty before drinking. But this is not an infallible rule. The daily normal use of water is two quarts for the kidneys, almost the same for the skin, the lungs have to throw off about the same amount of moisture, the liver has to use that much in manufacturing bile, and the alimentary tract uses still more. Even granting that the lungs take much moisture from the air, it still leaves a large quantity that should be taken in by drinking. But the body can only use that which it has, and often there

is not enough water taken into the body to supply more than a fourth of its needs.

We can live a great deal longer without food than without water. No one can live over ten days without water, and people have been known to live sixty days without food.

“If a person has too much fat, drinking water will bring him to his *normal* weight; for it increases alimention and helps oxidation. On the other hand, if a person is too thin, he is lacking in assimilative power. Water helps to carry out the waste matter and improves the assimilation, thus tending to bring the weight up to normal.

“Distilled water is the only absolutely pure water. When we think of the waste matter that must be washed out of the body, it will be seen that the purer the water, the better it will do its work. The best time of day to drink water is early in the morning, and preceding the noon hour. Water increases the blood pressure, and that stimulates every secretion of the body, and we need that in the morning to stir us up.”

Question: Which is the better, cold water or hot?

“We consider cool water better if the digestive organs are in proper shape. But I do not mean ice-water. The nearer it is to the temperature of the body, the better.”

**-H.F. Rand, June 1, 1909 WASE, GCB 251.17**



***Annual receipts will be mailed/emailed at the end of January, so if by mid February you do not receive it, let us know.***

***Immediate Donation Receipts Available Upon Request!***

# Healthy And Delicious Recipes

Lisa O'Donnell

## Tofu Paprikash

### Ingredients

- 28-32 oz super firm tofu, cut into 8 squares (or desired size) [2 blocks of tofu]
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 3 tablespoons olive oil
- 1 large sweet onion, diced
- 4 cloves garlic, minced
- 2 tablespoons tomato paste
- 4 tablespoons all-purpose flour (use gluten free if needed)
- 3 tablespoons sweet paprika
- ½ teaspoon smoked paprika
- 2 cups vegetable broth
- ½ cup coconut cream\*
- ¼ cup fresh parsley

### Instructions

1. Lay tofu pieces on a plate and evenly season both sides with the
2. In a large, deep skillet, add oil and heat over medium high heat. Add the seasoned tofu and sear for 1-2 minutes. Flip and cook the other side for additional 1-2 minutes or until lightly browned. Remove tofu to a plate.
3. Same skillet, reduce heat to medium low, add onions and cook for 3-4 minutes or until softened. Add garlic, tomato paste, and flour and cook, stirring, another 2-3 minutes. Add sweet and smoked paprika and stir together. Cook for 1 minute, careful not to burn. Add vegetable broth and stir together well.
4. Add seared tofu back to the dish, cover with some of the sauce and let cook for 30 minutes (up to an hour), basting occasionally. Remove tofu back to the plate.
5. Add in coconut cream into the sauce and bring to a simmer,

garlic powder and salt.

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stirring occasionally. Simmer, uncovered, about 10 minutes. Add tofu back into the sauce and cook until heated through. Taste and adjust seasoning if needed.

\*Any thick milk can be used (oat, almond, cashew, coconut). Alternatively, you can use a vegan sour cream.



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"People who love to eat are always the best people."

- Julia Child

## Natural Vitamins

*Jerry O'Donnell*

### **Benefits of Eating Honey**

[**Disclaimer:** To the strictest of people who ingest no animal products at all, then this topic will not benefit you as much as those who do consume animal products.]

1. **Antioxidants.** Minimally-processed honey contains many important bioactive plant compounds and antioxidants, such as flavonoids and phenolic acids. Darker varieties tend to offer more antioxidants than lighter varieties.
2. **Digestion.** Raw honey also contains Trusted Source beneficial prebiotics, which nourish the beneficial bacteria that live in the intestines. A healthy gut microbiome is crucial for digestion and overall health.
3. **Energy.** As a carbohydrate made up of fructose and glucose, the sticky stuff makes for a high-powered, energy snack. It also contains small amounts of proteins and minerals such as B6, riboflavin and amino acids; compounds that help the body metabolise bad cholesterol and fatty acids.
4. **Antifungal and antibacterial.** Raw honey has significant potential for both internal and topical treatments. Honey's effectiveness as an antibacterial or antifungal varies depending on the variety, but researchers are studying some varieties for specific therapeutic uses, such as against Candida-associated infections.
5. **Aiding with allergies.** As bees collect pollen from local flowers, that same pollen makes its way into our honey. When allergy sufferers consume it over a period of time, they can become less sensitive to the same pollen that previously caused their symptoms.
6. **Improves cholesterol.** Honey has been shown to improve cholesterol levels by lowering total LDL cholesterol and significantly increasing HDL cholesterol.
7. **Wound healing.** Honey is the oldest wound treatment and healing agent known to humankind. It activates an immune response that fights infection, stimulating white blood cells (which help fight infection and disease) to begin tissue repair. Honey is effective in the treatment of acute and mild

- wounds and surface and partial burns.
8. Improves heart health. Antioxidants present in honey help improve heart health by reducing the risk of heart failure. They lower the risk of heart failure by reducing the ability of platelets in the blood to clot and preventing low-density lipoproteins (a protein that carries cholesterol in bloodstreams) from oxidizing.
  9. Alternative to processed sugar. Raw honey can be a healthy alternative to highly processed sugar in recipes that don't require heat. For every one tablespoon of sugar in a recipe (that doesn't require heating), you can typically use two teaspoons of honey instead.
  10. Soothes sore throats. Raw honey soothes the throat by coating the mucous membranes. It provides a protective layer that can help reduce throat irritation and inflammation (honey stimulates saliva production, which also eases throat pain). The natural antibacterial properties help combat infection, while the thick consistency offers immediate relief from dryness. The antioxidants in raw honey also encourage healing, all of which make raw honey an effective remedy for soothing a sore throat.
  11. Relieves coughs. Studies show that honey works better than some common cough medicines and relieves cough symptoms and improves sleep more than cough medicines.
  12. Improves immunity. Raw honey contains over 30 different polyphenols, 22 amino acids, and a wide variety of vitamins and minerals. Polyphenols are responsible for raw honey's high level of antioxidants, which help your body protect itself against free radicals (and therefore are believed to improve overall health and boost immunity).
  13. Reduces ulcers. A 2017 study found that honey aided in the recovery process from gastroenteritis, and other studies have noted the same for ulcers and gastritis.
  14. Benefits the brain. The antioxidant and anti-inflammatory effects of honey may benefit many functions of the body, including brain health.



### ***Our Websites***

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

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

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

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

# *The Uses of Water In Health and Disease*

*Dr. John H. Kellogg, M.D.*

## **Introduction – Preface**

Since the announcement of the alleged discovery of Priessnitz, about fifty years ago, there has been no scarcity of books upon "Hydropathy," "Water-Cure," and kindred topics. With rare exceptions, these works have been, in reality, little better than advertising mediums for some individual or institution. As might be expected in works prepared for such purposes, they have contained numerous and flagrant exaggerations of the effects of water as a remedial agent, often representing it as a specific for certain maladies and a sure preventive of others. These extravagant accounts, together with various absurd teachings relating to methods of application, have rendered just the popular verdict indicated by the fact that the dingy shelves of nearly every second-hand book store in New York and Philadelphia, as well as other large cities, are laden with these musty old volumes which rest beneath the accumulated dust of years.

The objects of this work may be briefly summarized as follows:

1. To present a careful and candid account of the nature of water and its physiological effects.
2. To explain the effects of water when used as a remedy for disease, and to demonstrate its value as a remedial agent.
3. To show that the employment of water in the treatment of disease has been practiced by the most eminent physicians of all ages, and is not a modern discovery.
4. To expose those absurd and erroneous practices which have brought the use of water as a remedy into disrepute, and have thus deterred scientific physicians from adopting it.
5. To provide a convenient manual of the various methods of applying water. The reader will observe that water is not presented as a panacea. Its use is not advocated as a specialty. It is only recommended as one of the many potent agencies which may be successfully employed in the treatment of the numerous ills to which humanity is subject—a remedy which has been abused by quacks and tyros and disgraced by fanatics, but which still urges a just claim to the attention and consideration of all candid persons.

**J. H. K.**

**Battle Creek, Mich., Sept., 1876.**



### **NO REFUNDS, ESPECIALLY AS CENSORING CONTINUES TO INCREASE**

When this publication is shut down beyond our control, we will be unable to provide any refunds. Rest assured that all funds are used in the most responsible ways according to the Bible and the Spirit of Prophecy.

# 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.*

## Be Joyful and Merry or Rejoice Not?

**Ecclesiastes 9:7 Go thy way, eat thy bread with joy, and drink thy wine with a merry heart; for God now accepteth thy works.**

**1 Corinthians 7:30 And they that weep, as though they wept not; and they that rejoice, as though they rejoiced not; and they that buy, as though they possessed not;**

In Ecclesiastes it looks like they are enjoying life, while in 1 Corinthians they are told not to enjoy life. This is a poor attempt by atheists to show contradiction in the Bible, but context is everything.

First, Ecclesiastes is comparing the living with the dead, unlike 1 Corinthians. The dead cannot do a single thing while the living can do many things, including eating bread with joy, drinking wine or grape juice with a merry heart. Here is the context:

**Ecclesiastes 9:5-7 For the living know that they shall die: but the dead know not any thing, neither have they any more a reward; for the memory of them is forgotten. Also their love, and their hatred, and their envy, is now perished; neither have they any more a portion for ever in any [thing] that is done under the sun. Go thy way, eat thy bread with joy, and drink thy wine with a merry heart; for God now accepteth thy works.**

Likewise, 1 Corinthians, in context, is stressing the shortness of time and is encouraging people not to live life as

average human beings, but make the sacrifice so that a person can go forth with the gospel, of which Ecclesiastes was not trying to convey. Now, the shortness of time is not the topic of discussion or focal point as it has been almost two-thousand years, it is the command to go as if they did not rejoice – that is the focus. Again, here is the context:

**1 Corinthians 7:29-30 But this I say, brethren, the time [is] short: it remaineth, that both they that have wives be as though they had none; and they that weep, as though they wept not; and they that rejoice, as though they rejoiced not; and they that buy, as though they possessed not;**

So, there is no contradiction. One simply is making a comparison between the average lifestyle of living human beings, as compared to a dead person. The other is making comparison between the average living person who is ignorant of the urgency of the times we live in, and that of a Christian with the gospel message in their mouths not wanting to waste their talents on gratifying self.

One is not a command to be joyful and merry, while the other is a command to cease all rejoicing. It is not a sin to be joyful and merry today, but at the same time, there is an encouragement to be part of the work which brings much sadness, watching souls perishing without Christ.





# Authorized KJV vs Catholic Bible

Jerry O'Donnell

*If you are using anything but the KJV, you are using a Catholic influenced Bible, which strategically twists and leaves out key words and verses so as to make even the ecumenical movement between religions outside of Christianity possible. And Ellen White does identify not to use them for reliability: "Wycliffe's Bible had been translated from the Latin text, which contained many errors." {GC 245.1}. Latin is Catholic or which most modern versions rely upon.*

## Did Christ Do Away with the Law

Romans 10:4 is often misunderstood and used to justify the doing away of the Ten Commandments. The word "end" is often thought to mean "finality" instead of the unusual use meaning "result". This is evident when used in James 5:11, "Behold, we count them happy which endure. Ye have heard of the patience of Job, and have seen the end of the Lord; that the Lord is very pitiful, and of tender mercy." No one would ever believe that the Lord has ceased to exist, but substituting the word "result", we definitely can accept that it is the results of the Lord that was seen. Likewise, it is the result of the law that Christ is necessary. So, all versions that try to do away with the law are in error.

**King James Version: Romans 10:4,** "For Christ [is] the end of the law for righteousness to every one that believeth.

### In Error:

**A Faithful Version:** For Christ is the end of works of law for righteousness to everyone who believes.

**Aramaic Bible in Plain English:** For The Messiah is the consummation of The Written Law for righteousness to everyone who believes.

[Consummation is defined by Webster as being the "ultimate end: finished"]

**Contemporary English Version:** But Christ makes the Law no longer necessary for those who become acceptable to God by faith.

**GOD'S WORD® Translation:** Christ is the fulfillment of Moses' Teachings so that everyone who has faith may receive God's approval.

**Good News Translation:** For Christ has brought the Law to an end, so that everyone who believes is put right with God.

**New Living Translation:** For Christ has already accomplished the purpose for which the law was given. As a result, all who believe in him are made right with God. [*The way this is stated implies that once the purpose had been accomplished, the law is no longer necessary.*]

**Weymouth New Testament:** For as a means of righteousness Christ is the termination of Law to every believer.

**World English Bible:** For Christ is the fulfillment of the law for righteousness to everyone who believes. [*Christ fulfilled step-by-step the feast-day laws but simply kept the Ten Commandments which does not do away with the Ten Commandments as does the fulfillment of the feast days does.*]

**Correct, This Time:**

**American Standard Version:** For Christ is the end of the law unto righteousness to every one that believeth.

**Amplified Bible:** For Christ is the end of the law [it leads to Him and its purpose is fulfilled in Him], for [granting] righteousness to everyone who believes [in Him as Savior].

**Anderson New Testament:** For Christ is the end of the law for justification, to every one that believes.

**Berean Literal Bible:** For the end of Law is Christ, unto righteousness to everyone believing.

**Berean Study Bible:** For Christ is the end of the law, to bring righteousness to everyone who believes.

**Bishops' Bible of 1568:** For Christe is the ende of the lawe, for ryghteousnesse to all that beleue.

**Catholic Public Domain Version:** For the end of the law, Christ, is unto justice for all who believe.

**Christian Standard Bible:** For Christ is the end of the law for righteousness to everyone who believes,

**Coverdale Bible of 1535:** For Christ is the ende of the lawe, vnto ryghteousnes for euery one yt beleueth.

**Darby Bible Translation:** For Christ is [the] end of law for righteousness to every one that believes.

**Douay-Rheims Bible:** For the end of the law is Christ, unto justice to every one that believeth.

**English Revised Version:** For Christ is the end of the law unto righteousness to every one that believeth.

**English Standard Version:** For Christ is the end of the law for righteousness to everyone who believes.

**Geneva Bible of 1587:** For Christ is the end of the Law for righteousnes vnto euery one that beleueeth.

**Godbey New Testament:** For Christ is the end of the law unto righteousness to every one who believes.

**Haweis New Testament:** For Christ is the end of the law for righteousness to every one that believeth.

**Holman Christian Standard Bible:** For Christ is the end of the law for righteousness to everyone who believes.

**International Standard Version:** For the Messiah is the culmination of the Law as far as righteousness is concerned for everyone who believes.

**Lamsa Bible:** For Christ is the end of the law for righteousness to every one who believes.

**Literal Emphasis Translation:** For Christ is the end of law unto justice to everyone that is believing.

**Literal Standard Version:** For Christ is an end of law for righteousness to everyone who is believing,

**Mace New Testament:** for the end of the law was to bring men to Christ, that every one who believeth, might be justified.

**NET Bible:** For Christ is the end of the law, with the result that there is righteousness for everyone who believes.

**New American Standard Bible:** For Christ is the end of the Law for righteousness to everyone who believes.

**New Heart English Bible:** For Christ is the end of the law for righteousness to everyone who believes.

**New International Version:** Christ is the culmination of the law so that there may be righteousness for everyone who believes.

**New King James Version:** For Christ is the end of the law for righteousness to everyone who believes.

**Smith's Literal Translation:** For Christ the end of the law for justice to every one believing.

**Tyndale Bible of 1526:** For Christ is the ende of the lawe to iustifie all that beleve.

**Webster's Bible Translation:** For Christ is the end of the law for righteousness to every one that believeth.

**Worrell New Testament:** for Christ is the end of the law for righteousness to every one who believes.

**Worsley New Testament:** For Christ is the end of the law, for righteousness to every believer.

**Young's Literal Translation:** For Christ is an end of law for righteousness to every one who is believing,



## *Keep the Sabbath Holy*

*Jerry O'Donnell*

*Yes, we brought this topic back from the chopping block after finding a new approach and a reader sharing their interest in the article.*

**After the departure of Mark, Paul and Barnabas visited Antioch in Pisidia and on the Sabbath day went into the Jewish synagogue and sat down. "After the reading of the law and the prophets the rulers of the synagogue sent unto them, saying, Ye men and brethren, if ye have any word of exhortation for the people, say on." Being thus invited to speak, "Paul stood up, and beckoning with his hand said, Men of Israel, and ye that fear God, give audience." Then followed a wonderful discourse. He proceeded to give a history of the manner in which the Lord had dealt with the Jews from the time of their deliverance from Egyptian bondage, and how a Saviour had been promised, of the seed of David, and he boldly declared that "of this man's seed hath God according to**

**His promise raised unto Israel a Saviour, Jesus: when John had first preached before His coming the baptism of repentance to all the people of Israel. And as John fulfilled his course, he said, Whom think ye that I am? I am not He. But, behold, there cometh One after me, whose shoes of His feet I am not worthy to loose." Thus with power he preached Jesus as the Saviour of men, the Messiah of prophecy {AA 170.3}.**

On the Sabbath, for that matter, any time, we ought to be reminded of our history. "We have nothing to fear for the future, except as we shall forget the way the Lord has led us, and His teaching in our past history" {CET 204.1}. That history does not mean

only from 1844 and forward; the reminder is to be of all of our history. The Sabbath hours just make it easier to review and reflect upon our past due to the fact that there aren't as many distractions, like employment, house work, etc., taking up our time.

By reviewing the baptism and crucifixion of Jesus along with the stoning of Stephen help to crystallize our understanding Daniel's seventy-week prophecy, which then leads into solidifying the twenty-three hundred day prophecy. The review of things like the rise and fall of the

antichrist keeps us in check and protects us from falling for the apostasy of claiming that the Vatican has changed. Reviewing the fall of Lucifer, Adam and Eve, and others, helps us appreciate the redemption story.

Therefore, spend time each Sabbath reviewing the building blocks of our history so as to construct a firm foundation on which to establish and strengthen our beliefs that we hold near and dear and ought not ever be shaken.



## Questions And Answers

*Jerry O'Donnell*

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

**QUESTION:** Since the 1888 message is so important, should there be something impressed upon the readers about this subject?

**ANSWER:** Yes, and with good efforts being made, it requires a bit of research and the two weeks given for all the articles to be ready for each of our two publications, it may require another cycle of time or so than formerly expected.

Although there are good books on the market regarding the subject, at this publication, we do not rely on them for serious explanation, for positions held, for proving points, and do not do so for multiple reasons. The biggest reason is that some authors may be correct on the matter, but other authors who are not correct have their justifications for their position. They equally quote the pioneers, and even find obscure Ellen White quotes to be included. So, to get it from God, it requires much more involvement than a

simple article. I cannot simply search "1888 message". The words "Christ's righteousness" or "justification by faith" are not sufficient. And the reason we need it from Ellen White's writings is because she is the prophet while everyone else is a mere author, prone to mistakes and even agendas. To pit one author against another by simply quoting from the one, even one that Ellen White would truly agree with, in today's lack of effort by members to study things out, it would be a worthless presentation. It would be dismissed as, "Well, that's your opinion." And we do not want that. Take for instance the matter of the blame game. It is said that the church rejected the 1888 message and that is why we are still here. There are other authors who state that the "rejection theory" is a lie. So, who is right?

But to confirm for the public that this indeed is vital to our getting ready, here is what Ellen White states:

“The Lord God of heaven will not send upon the world His judgments for disobedience and transgression until He has sent His watchmen to give the warning. He will not close up the period of probation until the message shall be more distinctly proclaimed. The law of God is to be magnified; its claims must be presented in their true, sacred character, that the people may be brought to decide for or against the truth. Yet the work will be cut short in righteousness. The message of Christ's righteousness is to sound from one end of the earth to the other to prepare the way of the Lord. This is the glory of God, which closes the work of the third angel.” {6T 19.1}

“God needs men and women who will work in the simplicity of Christ to bring the knowledge of truth before those who need its converting power. The message of Christ's

righteousness must be proclaimed from one end of the earth to the other. Our people are to be aroused to prepare the way of the Lord. The third angel's message – the last message of mercy to a perishing world--is so sacred, so glorious. Let the truth go forth as a lamp that burneth. Mysteries into which angels desired to look, which prophets and kings and righteous men desired to know, the church of God is to make known.” {RH, April 22, 1909 par. 16}.

“Do you imagine that you can give the third angel's message to the world while you are still carnal and corrupt, while your characters are still sinful. "No man putteth a piece of new cloth unto an old garment; for that which is put in to fill it up taketh from the garment, and the rent is made worse." Unless your hearts are emptied of sin every day, unless you are sanctified through the truth, you would better not touch the message

## Who Is the Real Antichrist?



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of God. You cannot cleanse yourselves, but by coming to Jesus in humility, in contrition, surrendering yourselves to God, through the merits of Christ's righteousness you may have an experience in the things of God, and taste of the powers of the world to come. You then will have fruit unto life eternal." {1888 960.10}.

So, in the meantime, everyone is encouraged to study the matter out properly on their own.

**QUESTION:** How do we know that only the ceremonial law is done away with at the cross when other Christians try to say the moral law of Ten Commandments is also done away with?

**ANSWER:** The work of Satan among the other denominations, and leaking into our own, is to combine the Ten Commandments and the ceremonial laws together and nail them both to the cross (Colossians 2:14). In fact, a former Seventh-day Adventist argued with me that it appears that Adventists will pick and choose when they see the word "law" and "commandments" in the New Testament and they will say, "That one is the ceremonial law" or "That one is the Ten Commandments". He declared that it comes across as if Adventists put our influence upon the meaning of the verse to try and support our beliefs, when that is not supportable. Sure, when we see the verse that states, "Let no man therefore judge you in meat, or in drink, or in respect of an holyday, or of the new moon, or of the sabbath [days]" (Colossians 2:16), we say that it is not the Sabbath of the Ten Commandments, but the ceremonial Sabbaths (Leviticus 23:24, 32, and 39). Sure, when we see Jesus say, "If

ye love me, keep my commandments" (John 14:15) that it refers to the Ten Commandments. Of course, we show them that it is a quote right from the Ten Commandments (Exodus 20:6). Overall, that is what is known as "rightly dividing the word of truth" (2 Timothy 2:15). There is to be effort put into properly understanding the verses and not surface reading them.

But we do need Bible justification to make a separation. Sure, we can show how the ceremonial laws were placed in a book (Exodus 17:14) and placed in the side of the ark (Deuteronomy 31:26) as opposed to the Ten Commandments, written by the finger of God (Exodus 31:18), being placed into the ark (Exodus 25:16). Sure, we can point to the fact that the Ten Commandments are in Heaven by implication of the ark being there (Revelation 11:19), but all of that is also successfully argued against from the other side. It is successful because many more hold onto the belief that it is all the same law and done away with, as opposed to those that keep the commandments.

Now, there is one verse that is explicit, however, Satan has attacked it in such a way that it will take effort to remove the error from their eyes. It is Daniel 9:27, which says that the Messiah "shall cause the sacrifice and the oblation to cease". That has nothing to do with the Ten Commandments but it does apply to the ceremonial law, confirming our position. And there are plenty of references to Jesus and the crucifixion that point indeed to the ceremonial service (John 1:29, John 1:36, Matthew 27:51, 1 Corinthians 5:7, etc.).

However, Satan has caused everyone to be blinded in the popular Christian

churches to think differently about Daniel 9:27. First, they separate that verse from the prior sixty-nine week part of the prophecy and throw it into the future creating a seven year timeline yet to be fulfilled. Second, they attribute the verse to Antichrist instead of Jesus Christ, the Messiah. That means, Daniel 9:24 through Daniel 9:26 are equally understood between just about every denomination, including our own. It is that last verse that we differ on, and for a very good reason.

They do not want to be obligated in keeping the moral law, especially the Sabbath, so they have to discredit the application of the verse in those two manners.

Now, what are we left to do? To the person who has an open mind, remind them that Daniel 9:24 states that it is a seventy week prophecy and not a sixty-nine week prophecy plus 1 week. Also, in Daniel 9:24, the word “determined” means to “cut off”, as in “cut off from the timeline in Daniel 8:14”, which is the twenty-three hundred day prophecy, as Daniel was praying for an answer about Daniel 8:14, meaning starting from Daniel 9:4 through verse 23. There are not two separate “determines” or “cut offs”. Just one slice.

That gives general Christians a third reason for separating that last verse of Daniel 9:27 away from the other sixty-nine, because they do not want to acknowledge the prophecy that lands them in 1844. By doing so, they would have to acknowledge all that happened around that time and be Seventh-day Adventists.

According to Daniel 9:24, the timeline of seventy weeks is for “thy people and upon thy holy city”, which are the Jews. So instead of accepting 1844, popular Christianity makes Daniel 9:24-26 to welcome in the Messiah, then there is the Christian dispensation followed by the secret rapture happening between verses 26 and 27 that does not exist or we would have another verse there when there is none, then returning the focus of the seventieth week back to the Jews to enter into an agreement with the then-unknown antichrist for him to renege or break his agreement causing a war involving the image and then the Mark of the Beast.

Interestingly, the Bible states, “we must through much tribulation enter into the kingdom of God” (Acts 14:22), and yet, there is a teaching in which the last generation gets an easy out? That is not biblical.



## ***Prophecy Made Plain***

*Jerry O'Donnell*

### **No Intercessor**

There is a prophecy that declares there will be a period of time when we will have no Intercessor, referring to Jesus. The prophecy is in Isaiah 59:16, which says, “And he saw that [there was] no man, and wondered that [there was] no intercessor:

therefore his arm brought salvation unto him; and his righteousness, it sustained him.” Continuing on with the prophecy, we are told in Isaiah 59:17, “For he put on righteousness as a breastplate, and an helmet of salvation upon his head; and he put on the garments of vengeance [for]

clothing, and was clad with zeal as a cloke.”

At some point, Jesus is going to change clothes. Currently, “Seeing then that we have a great high priest, that is passed into the heavens, Jesus the Son of God, let us hold fast [our] profession” (Hebrews 4:14). That means Jesus is going to stop being our High Priest and put on the garments to return to earth with vengeance. When Jesus stops being our High Priest, that means He will no longer receive our prayers.

Now the question is, when does this happen? Revelation 15:8 gives us insight to the answer. “And the temple was filled with smoke from the glory of God, and from his power; and no man was able to enter into the temple, till the seven plagues of the seven angels were fulfilled.” That means, once the plagues begin, Jesus stops being our High Priest and changes His garments. In fact, when Jesus stops being our High Priest, that is when the plagues begin. That will create a period of time between the first plague and the second coming where we have no Intercessor. That further means if we sin during that time, we have no one to confess our sins to, nor have anyone to forgive them. And according to Revelation 18:8, there is a prophetic day for the plagues to be poured out. That means up to three hundred and sixty literal days, we are to stand perfect without sinning. Thankfully, it will be shorter, but no one knows how short the plague period will exactly be.

Before anyone panics saying that it is impossible, please be encouraged by the words from above: “it sustained him”. By the grace of God, which is the power of God, He “is able to keep you from falling” (Jude 1:24). And, “With men [it is] impossible, but not with God: for with God all things are possible” (Mark 10:27). Also, it will be declared beforehand, “He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still” (Revelation 22:11). When God declares people to be “righteous still” and “holy still”, that sustaining power takes over.

So, yes, there is coming a time during the seven last plagues in which the saints will be sustained to live holy and righteous lives throughout, not only during the plagues, but eternity.

By the way, the fact that “no man was able to enter into the temple” is a reference to it being useless to pray at that time because our prayers will not be heard as our High Priest will have left the temple to go and put on the garments of vengeance to come back to earth for the second coming.

This is what is meant by, “Let the LORD be glorified: but he shall appear to your joy, and they shall be ashamed” (Isaiah 66:5). The vengeance will be upon all those that are ashamed, while the joy will be to the holy and righteous saints.



## ***News And Comments***

**October 24—Car Scoops**

**Corvette Flips Over On Its Top After Alleged Burnout At Car Show**

And we have a modern fulfillment of "Pride [goeth] before destruction,



and an haughty spirit before a fall" (Proverbs 16:18).

### **November 12—The Daily Beast**

#### **Fox News' Jesse Watters' Mom Didn't Invite Him to Thanksgiving**

This is but one example of punishment handed out for not voting the way another person thought the vote should have gone. There are boycotts, movements that include women divorcing their husbands, etc. Back in the day, people voted on one day, and even though they knew a person voted opposite of them, no grudges were held. It was truly, "Let the better person win". Not today! Peter admonishes, "Use hospitality one to another without grudging" (1 Peter 4:9). Today, there is no hospitality and there is a whole lot of grudging going on.

### **November 14—Yahoo Lifestyle**

#### **Are pickles good for you? What a dietitian says about the sour, sweet and (yes) salty snack.**

Pickles are usually pickled with vinegar, and that is not good for the body. "The mince pies and the pickles, which should never find a place in any human stomach, will give a miserable quality of blood" {CD 387.3}. "Condiments are injurious in their nature. Mustard, pepper, spices, pickles, and other things of a like character irritate the stomach and make the blood feverish and impure" {CD 345.1}.

### **November 27—Fox News**

#### **Lee Greenwood says the 'pendulum has swung,' senses a conservative revival in America**

According to the second half Revelation 13, worship is a form of

religion, which is held more with conservatives as they return under the first beast of Revelation 13, a religious, world influencing entity. It is also represented by Daniel in Daniel 11, where it predicts a swing of the pendulum. "He shall stretch forth his hand also upon the countries: and the land of Egypt shall not escape" (Daniel 11:42). The word "He" refers to the King of the North (Daniel 11:40), being a religious entity, swinging down upon spiritual Egypt, which is atheism and worldliness or sin, demonstrates at some time the conservative swing will take place, where the religious power has the upper hand. Time will only tell if this statement is true. If it is, we ought to be readying to meet the mark of the beast head on.

### **November 29—Futurism**

#### **When They Took Fluoride Out of the Water Like RFK Jr. Wants to Do Everywhere, People's Teeth Started Rotting Out of Their Heads**

One sample in a far, far away place in Alaska while displaying an adult picture to imply adults were involved in the study, we find out that it was adolescents only and only those that used Medicaid dental care as opposed to out of pocket or other insurance options. One sample does not make a definitive result. Also, adolescent behaviors do change over time. On top of that, studies show that tooth paste with fluoride has not prevented as many cavities as they brag about. So, before declaring the results as 'fluoride does prevent rotting teeth', how about a better control study and multiple studies? Be careful of "oppositions of science falsely so called" (1 Timothy 6:20).



# 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.*

**November 4—Adventist Review**  
**A Day for Freedom of Conscience and Religion**

The guest of honor was John Graz,

former secretary-general of the International Religious Liberty Association (IRLA) and IRLA’s representative to the United Nations. Graz shared parts of the expertise he

## ***I Am Come to Deceive The Whole World***

***How Satan, from his perspective, is distracting so many Christians while his agenda marches on.***



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- Do you think inflation is just the normal highs and lows over the economic timeline?

**While people are distracted by sports, politics, Hollywood idols, etc., the march towards the agenda is already upon us and increasing in intensity.**

acquired during two decades of dialogue with heads of state, ministers, and religious leaders around the world.

**Bible:** Isaiah 8:20, “To the law and to the testimony: if they speak not according to this word, [it is] because [there is] no light in them.”

**Comment:** “No light” means that we are not to be trying to learn anything from them, therefore, to allow this person to address a single Adventist is not of God. To promote the deeds of this person in our publications is a disservice.

### November 14—Fulcrum 7

#### **SDA Evangelist in Spokane Has To Conduct Baptisms in Mormon Church After Conference Bans Him From Using Adventist Churches**

Jim Reinking is an evangelist in Washington. He is currently holding an evangelistic series in Spokane Valley. When it comes time for baptisms at the close of the meeting, he has been told by the Upper Columbia Conference that he cannot use an Adventist Church to baptize people. Jim said, “UCC administration will not allow me to hold our baptism in an SDA church, because I spoke up about Bill Henson’s LGBTQ+ inclusion program here last spring. Again, all of this is because I dared to question leadership’s decision to bring Bill Henson’s LGBTQ inclusion program to this conference.”

**EGW:** “The casting of the net is the preaching of the gospel. This gathers both good and evil into the church. When the mission of the gospel is completed, the judgment will accomplish the work of separation. Christ saw how the existence of false brethren in the church would cause the way of truth to be evil spoken of. The world would revile the gospel

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

1SM - Selected Messages Book 1

2T - Testimonies for the Church Volume Two

6T - Testimonies for the Church Volume Six

1888 - The Ellen G. White 1888 Materials

AA - The Acts of the Apostles

AH - The Adventist Home

CD - Counsels on Diet and Foods

CET - Christian Experience and Teachings of Ellen G. White

COL - Christ's Object Lessons

GC - The Great Controversy (1911)

MH - The Ministry of Healing

OHC - Our High Calling

RH - The Review and Herald

SJ - The Story of Jesus

because of the inconsistent lives of false professors. Even Christians would be caused to stumble as they saw that many who bore Christ's name were not controlled by His Spirit. Because these sinners were in the church, men would be in danger of thinking that God excused their sins. Therefore Christ lifts the veil from the future and bids all to behold that it is character, not position, which decides man's destiny. {COL 122.2}



# 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.*

## Garlic Syrup

Place one cup of finely chopped garlic in a small pan with a lid. Use enough honey to cover the garlic. Slowly simmer on low heat for about 20 minutes, or until the garlic begins to disintegrate. Keep the pan covered as much as possible, and stir mixture often. You can strain it if

you wish, but I would leave the garlic particles in it, due to garlic's healing properties. Store in a jar with a lid in the refrigerator, administering as often as needed, 1 tsp for children, and 1 Tbsp for adults suffering with tonsillitis, sore throat or coughs.

