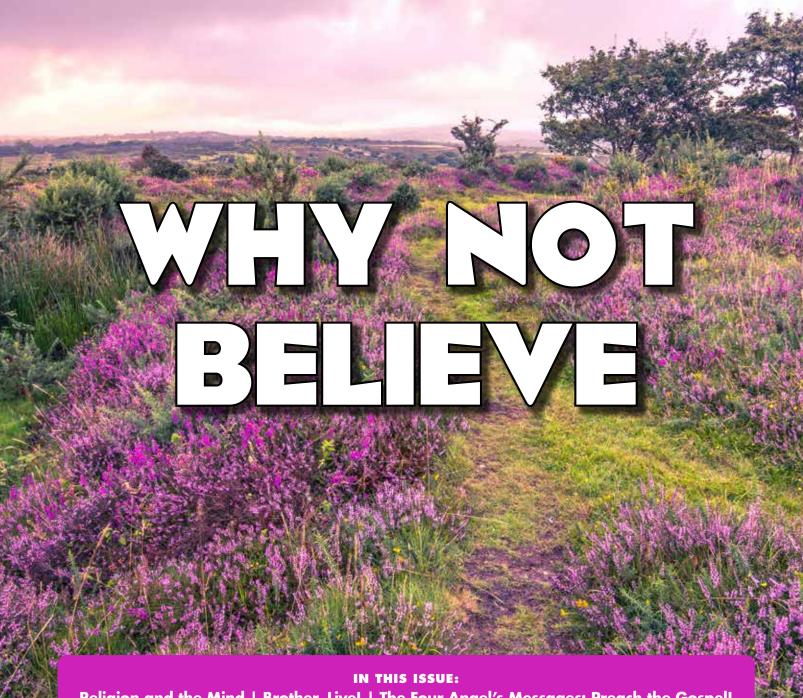
The Immutable Law of God • Christ Our Righteousness • The Seventh-day Sabbath The Three Angels' Messages • The Non-Immortality of the Soul • The Sanctuary

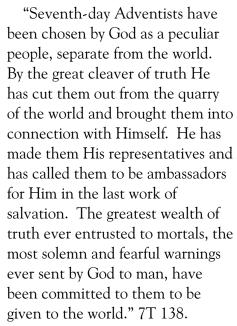


Religion and the Mind | Brother, Live! | The Four Angel's Messages: Preach the Gospel! Words of the Pioneers - Little Things | News Watch **Health Gem: Hoxsiac**

The Truth About Angels - EGW

Editorial

Clark Floyd



As we grow closer to the end of time, as a time of trouble seems to be coming on the horizon, what are you as an individual doing to reach out to your neighbors and

We need to get the materials out and leave the results with God.

friends with this message that has been entrusted to you—"the last warning for a perishing world"? 9T 19.

I can remember how God miraculously reached me—I wasn't looking for Him. I was into mind control and evolution, and I was reached through a lady and her husband who had never met me, nor even seen me, but God used them in a miraculous way to get me interested. They were not even Seventh-day Adventists, but

they were Christians, and someday, if they are in heaven, and I am faithful and am there, we will meet. They gave their message to one of my law partners who was not a Christian, and he gave it to me, who was not a Seventh-day Adventist, nor even a Christian.

But by a chain of circumstances leading from this encounter, I first became a reborn Christian and then a Seventh-day Adventist, a Seventh-day Adventist pastor, and then a world traveler carrying the Seventh-day Adventist message. The original people will never know until heaven what their message did in my life or in the lives of others. I never saw or communicated with them.

Dear Reader, you may never know in this life where the pamphlet you left, or the word you spoke, ends up, but if you haven't spoken the word or left the pamphlet, you can know that nobody has been encouraged to come to Jesus by you. Sometime we can become discouraged because we don't see any results from our outreach, but God can reach people through our materials in ways that we never even dreamed of, but only if the materials are out there for Him to use.

I praise God that someone was willing to witness to my law partner even though they could not see any immediate results at the time. We need to get the materials out and leave the results with God.

Our first SDA members could have all met together in a small room, but by 1863 the church had 3500 members. Recently, in this year, 2016, I saw from one of our magazines that we have several million members today, and continue with spectacular growth because of the efforts of our people like you.

We each have been called out of "Babylon" to carry a final message to the world.

To Every Man His Work

"We are laborers together with God. We must have spiritual workers, not only laborers who labor in the pulpit for the churches but those who will do personal work among the people....The work of the Lord's ambassadors is to organize a company of workers to hunt for souls who need help,... In the Spirit of Christ, with the heart all aglow with his love, seek to win the hearts of those in the family. Give faithful admonitions and instructions from the Word of God." KC 154.



Clark Floyd, editor of Our Firm Foundation magazine, has been co-host of the radio program Bible Answers with Clark and Lee and is a licensed attorney and an

ordained Seventh-day Adventist pastor. He has spoken internationally and makes his home in the beautiful mountains of western North Carolina.

Our Mission:

It is the mission of Hope International and the editors of Our Firm Foundation to clearly present Christ and His truth. The days remaining for this world are few, and we must work quickly. We must boldly proclaim the historic truths of Adventism that place us on so firm a foundation in the midst of this troubled world. —Editor

Executive Director:

Dan Olson executivedirector@hopeint.org

Office Manager:

Alisha Price office@hopeint.org

Editor:

Clark Floyd editorial@hopeint.org

Assistant Editor:

Reen Swindle assistanteditor@hopeint.org

Director of Hope For Health:

Kaye Olson, N.D. hopeforhealth@hopeint.org

Bookstore Manager:

Dianne Price shipping@hopeint.org

About Hope International:

We are a lay ministry founded, supported, and operated by Seventh-day Adventists to assist God's Church in the proclamation of the Everlasting Gospel in every way that is consistent with the principles of God as revealed in Inspiration.

Invitation to Writers

We are accepting article-length manuscripts (3,000 words) for possible publication in Our Firm Foundation. We prefer that submissions be submitted in Word .doc format as a computer file. Include a digital picture and a short bio. Please address all correspondence to Editor, Our Firm Foundation, 151 Ascension Lane, Marshall, NC 28753, or by email to editorial@hopeint.org.

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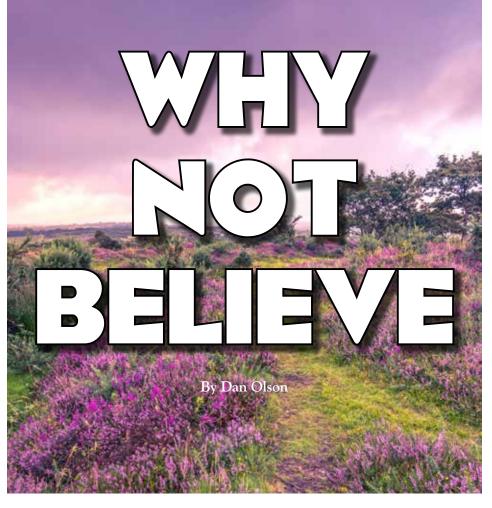
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A key to the abbreviations for Ellen White's material used in each magazine can be found at www.whiteestate.org



Why Not Believe. Think about the many things that this world can offer you – money, fame, pleasure in things or places, etc. It can all fill your heart with joy, it's true; but let's face reality, none of these will last you forever. They're all just temporary. Some might last you 20 years, others maybe 2 days. Money lasts only until it is all spent. Fame? Only until someone more famous takes your place and people forget about you. Pleasure? Well, sometimes not as long as we'd like. But one way or another it all ends. All of it last for such a short time.

Even our lives – sixty, seventy, or maybe eighty years, then it's over. Things come, and things go. We live... and unfortunately, we all die. However, when we do die, what then? Let's consider the following questions:

- 1: Are you living a life of hope beyond these present things?
- 2: Would you like to see deceased loved ones again some day?
- 3: Is there something better beyond what this present world has to offer?
- 4: Is there life after death?

LET'S TACKLE EACH QUESTION ONE BY ONE

First: What is a life without hope? It is a gloomy, sad life. Whether one may realize it or not, it is a life that has no future, no wishes, no hope beyond death. A life that says, "When I die I'm just dead, that's it, nothing else and nothing more." I knew a guy years ago, nice guy, hard worker, loved his wife and what he did for a living. An avid hunter, fisherman, loved the outdoors. But the one thing that always struck me was what he believed about life. He believed that we live here for awhile, then when we die we return to the earth and become worm food, or when our bodies decompose they help the vegetation grow so the animals will have food to eat. So I asked him, so that's it, it's done, that's all you think there is? He truly believed that that was all there was to our existence.

I thought to myself what a sad way that a lot of people think about this life and how we end up after death. I wasn't even a Christian back then but I knew there had to be something more than that. This is the result of

trying to look at life from a limited human point of view. We only believe in what we see. Like the old saying, "If I can see it, I can believe it." But what's the point in that? Assurance? You can't always be assured. You can't see in front of the airplane if you are a passenger. You HOPE there is no other plane in your way. You "believe" in the pilot, that he will not collide with some mountain, or with another jet.

So you can't always believe only what you see. We are sometimes obligated to have faith and hope. Why not, then, have faith and hope in God? You don't know where you're going after death, nor can you prove that nothing happens to you when you die. So why not just believe in a life after death? Or, you can't always be sure just because you can see something. The apple you're about to eat might look juicy on the outside, but on the inside it might be rotten, or it might not taste sweet. How will you find out? You will never know unless you take a bite and taste it. Your friend might say it will taste good, your brother might say it will taste bad, though unless you try it for yourself, you will never find out. The Bible says, "O taste and see that the Lord is good." How would you like to be always sure of what will happen to you after death? Why not try it? Why not taste? Why not believe?

Second: A few years ago my dad had a massive stroke, which left him pretty much an invalid. But not long before this he accepted Jesus into his heart. Even though right now his mind is not right, I have hope and faith in the living God that when he does pass, and



Our Firm Foundation

he sleeps in the grave, that one day we will meet again. And when people lose someone they love and cherish here on earth, we do have the promise that if we are faithful, and they were faithful, we will be reunited with them in heaven.

I have noticed two differences between individuals who believe in Jesus and those who do not. When a loved one dies, the believer goes through much grief and heartache, as does the unbeliever. The believer cries, as does the unbeliever. The believer asks questions, and so does the unbeliever. But there is one big difference between the two - one is at peace in their heart; they have hope that they will one day see that loved one again. One lives life happier without trying to forget the tragedy. One sees life much more differently, as if they are here but for a little while, and will one day live forever with their loved one in a better place. His countenance glows with joy! The believer accepts what has happened because they have this "hope" that they'll see that loved one again. This hope can only be found in Jesus Christ.

They both experience the same feelings – grief, heartache, sadness, tears, anger, etc. Yet the believer has hope and gains more hope; the unbeliever stays just where he is. The unbeliever sees their loved one in the ground, never to see the light of day again. The believer looks at the grave and knows that someday they will be together again. Have you lost someone you loved so much? Wouldn't you like to know for a fact that one day you will meet again? Why not give Jesus a



chance to touch your heart and give you his "peace". A peace that looks beyond death, beyond trouble, beyond pain, beyond tribulation! Doesn't that sound wonderful? The true Christian understands this. Would you also like to have this hope that's only found in Iesus? Remember the ear of the Lord is open to our prayers. "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened. Or what man is there of you, whom if his son ask bread, will he give him a stone? Or if he ask a fish, will he give him a serpent? If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him?" Matt. 7:7-11.

THEN WHY NOT TAKE COD AT HIS WORD?

Why not believe with all the heart and mind and soul. Why not, by faith, take hold of the divine nature. It is our privilege. All things shall be done for him that believeth.

It has always amazed me that our God, the Maker of this universe, is interested in me. Doesn't He have better things to do? Create other worlds or something? Make sure the sun shines, sends the rain to water the earth? Yes, He does have these things to do, but the most important thing to Him is you and me. So, why not believe? Why not believe in a God whose most important thing He has and wants to do is see to it that we have all we need to live. And not just live here on this earth, but to help us get ready to live with Him forever. Why not believe?

Third: This world has its pretty views and nice moments. But those moments always have an end, and all the nice looking things have something wrong with them. Like the beautiful mountains – from afar they are wonderful, but try climbing one. There's a risk of getting bit by a snake, stung by a bee, etc. You can fall, slip and break



an ankle. How about the beautiful rivers and lakes? Bacteria float along the stream, some of which can be fatal if accidentally swallowed because of all the toxins we have put in them.

This world is becoming overpopulated. The present count of human population on the earth is about 7.4 billion. It is said that within the next 30 years it will go up to a shocking number of 25 billion people. That number will just continue to increase, and disease will continue to spread among the humans and the animals. China is such a heavily populated country that a family's third child is to be put to death. This is what the world is coming to.

Just look around you. Look outside the window, garbage on the streets. Dead plants and animals. In the cities you find drunken people, and poor beggars pleading for money so they can eat. Adultery, murder, rape; you can't turn on the news without hearing about some kind of tragedy happening every single day. All this and still some think that there is no hope for something better? This world only brings problems, and problems beg for a solution. This world only offers temporary solution that only lasts for a little while, but the true solution is found in God.

The Bible says, "Faith is the substance of things hoped for, the evidence of things not seen." Why not hope and believe in something BETTER than this? Why not believe in a place where there is no disease, no death, no temporary amusement or solutions, and no fading flowers? Why not believe? Listen to this quote from Ellen White. This is from The Signs of the Times, January 26, 1891:

"We have a precious Saviour, and he knows our trials before we present them before him. He loves us with a love that is infinite, and he will do for us all that he has promised to do. We need not walk in darkness. We need not go on in uncertainty. We are willing to believe what our friends tell us, then why not believe the word of our best Friend? Why not take God at his word? Why not "come" and find rest unto our souls, according to the invitation and promise of Jesus?" Why not believe?

Fourth: The question is asked, is there life after death? You can't prove there is, yet you can not prove there isn't. That is why we have faith. But consider the following:

Two Roads - the atheist's road and the believer's road. At the end of their road of life they both die. If the Atheist was right in saying there is nothing after death, then both the believer and the atheist die and are forever doomed. But if the believer was right in saying there is a God and a life after death, they both still die, but only ONE is resurrected into life eternal – the believer. The unbelieving atheist stays right where he is – dead. Who has the higher percentage of being right in their beliefs? The believer in Jesus Christ does! So why not believe? If there is no God, there is no meaning.

What happens when we try to take God away? What about all the shootings that are going on in our schools? "Why doesn't God stop this from happening?" Well, haven't you heard? God isn't allowed in the schools anymore! You see, the moment we try to take God away from our



lives, tragedy, suffering and death reign; hope is completely lost, and hopelessness and misery take its place. Without God life has no meaning and morality has no foundation. One author puts it like this: "When God is present in our lives, humanity lives with the sense that we have value as persons, that life has a purpose, and that morality has meaning. Such things are sufficiently founded only on the Creator-God who is personal (therefore we have value), who created us to be in fellowship with him (therefore life has an ultimate meaning), and who is holy (therefore morality has sufficient foundation)." The Compact Guild to World Religions, Dean C. Halverson, p. 31.

TRUE JOY CAN ONLY BE FOUND IN JESUS CHRIST

The world hates the idea that there is a God because they know that the very moment they accept and believe in God, they have to let go of their selfish, evil deeds that they love so much. They prefer to teach our children that we are all a big mistake that happened by chance, and that we eventually evolved from animals. But if we are going to teach our children that they are animals that came about by mistake, don't be surprised when they begin to act like it! However, if we teach them that there is a loving God who has laws and order and who created them to have fellowship with them, and that He wants the best for us, how much less violence do you think this world would have? How many of these children would grow up to live a life of hope and true happiness, a life full of goals, meaning, and purpose? True joy can only be found in Jesus Christ. If you take away God, you take away the whole meaning of life, which will leave us with no hope, no faith, no meaning and nothing to look forward to after death. If there is no "absolute good" found in a god then you can not judge the actions of that boy who shot up the school. But if we accept God and believe in Him life makes



much more sense.

We are left, then, with only one true answer to life's greatest questions: There is an absolutely good God who created you and loves you, and wants you to live forever. If this is not true, then hope is crushed, and you will never really be at peace with yourself and the world. So, why not believe? Jesus offers you hope. There is no other god that can relate to your pain as Jesus can. Not Buddha, not Confucius, not Allah, nor any other. There is only one God that understands what you are going through; He understands your pain and suffering; He is the Lord Iesus Christ. He came down from heaven above, and died for us on the cross. He suffered the death penalty we all deserve because of our sins so that we can have life eternal through his sacrifice. Isn't that great! Jesus went through it all, He was tempted in every way that we are. "For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as [we are, yet] without sin." Heb. 4:15. He suffered immense pain and agony. "Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed." 1Pet. 4:24.

THERE IS NO OTHER COD THAT CAN RELATE TO YOUR PAIN LIKE JESUS CAN

He knows what it feels like to be misunderstood, falsely accused, betrayed and insulted; He knows



what grief is like. "He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were [our] faces from him; he was despised, and we esteemed him not. Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted. But he [was] wounded for our transgressions, [he was] bruised for our iniquities: the chastisement of our peace [was] upon him; and with his stripes we are healed. All we like sheep have gone astray; we have turned every one to his own way; and the LORD hath laid on him the iniquity of us all. He was oppressed, and he was afflicted, yet he opened not his mouth: he is brought as a lamb to the slaughter, and as a sheep before her shearers is dumb, so he openeth not his mouth. He was taken from prison and from judgment: and who shall declare his generation? for he was cut off out of the land of the living: for the transgression of my people was he stricken. And he made his grave with the wicked, and with the rich in his death; because he had done no violence, neither [was any] deceit in his mouth." Isa. 53:3-9.

Yet death did not have the victory; Jesus was raised to life after being buried in the tomb for three days! Victory is swallowed up whole, and life can now be freely given through Jesus. He offers a hope that extends beyond anything we can imagine. He can give you a peace that nothing can take away, not death, not suffering, not anything at all. Jesus says, "Peace I give you, not peace as the world gives,

but my peace. Let not your heart be troubled, neither let it be afraid" John 14:27. He understands, and he extends his hands to you, to help you, and give you life eternal: "But the gift of God is eternal life through Jesus Christ our Lord" Romans 6:23. It's a gift, a FREE Gift. Take it, it's your to keep. All you have to do is believe. Why not believe? What have you got to lose? Your car, your friends, your money? That's all temporary, my friend, yet this is for eternity! Why not try it? It wouldn't hurt; instead, it will heal you – guaranteed! Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ... we rejoice in the hope of the glory of God. Not only so, but we also rejoice in our sufferings, because we know that suffering



produces perseverance, perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out his love into our hearts.

TODAY IS YOUR DAY

Some people hope in earthly things, such as their business, money, women, parents, husband, wife, children, home, fame... all of which has an end. But today you are being offered to hope on Someone that will never fade away. Someone that will never die, and will give you true hope and happiness. But most importantly, Someone who will give you the free gift of eternal life. The Bible says, "Today, if ye hear his voice, harden

not your hearts" Ps. 95:7-8. Jesus stands knocking at the door of your heart. As soon as you let him in He will enter and dine with you. He will give you life in all its fullness. All He asks is for a relationship. Accept Him and believe in Him today, be baptized for the remission of sins and receive God's forgiveness, because it is the sin problem that separates us from God. As soon as we admit that we are sinners in need of a savior, and allow Iesus to enter our lives and make a change for our greater good, our lives will be completely transformed. You will not look at anything the same ever again. All your problems, all your troubles, your tribulations... you will look beyond all this because you will understand why those things happen. "For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory." 2 Cor. 4:17. Today is your day. Don't wait any longer. Prophecies are being quickly fulfilled. Soon the prayers of the saints will be answered and all the misery and grief and death, all sin and sinners will finally be destroyed.

Would you like to be among those redeemed and saved by the blood of Jesus Christ? Wouldn't it be wonderful to know that no matter what curve balls this life throws at you, no matter what any one else tells you, you know without a single doubt that someday you will be with Jesus and live for eternity? Don't wait until it's too late, nor wait until your troubles get worse. Don't allow yourself to get more depressed, sick, or stressed, etc.

Hope is when you envision that



tomorrow will be better than today. And true hope can only be found in Jesus Christ. Give Jesus a chance to give you hope, to make you truly happy, and most importantly to freely give you eternal life, because He can and He will, but only if you believe. So... Why not believe? We are promised that He will do whatever it takes to save us. In our weakness He tells us that we are strong with Him by our side.

WHY IS IT THAT WE ARE SO HESITANT TO HOLD ON TO WHAT HE SAYS HE WILL DO FOR US?

"And, behold, I send the promise of my Father upon you: but tarry ye in the city of Jerusalem, until ye be endued with power from on high." Luke 24:49. This is just one example to us, just before Jesus left this world He promised us that He would give us the power to overcome the devil and his minions. One of the words in this verse is endued. Endued means to invest or endow with some gift, or quality or faculty. He promises us that He will give us the power to overcome. Whatever it is that we struggle with, no matter how big or how small, He is there, waiting to bestow upon us the power to rid our lives of that sin.

This whole thing that we talk about so often, some say is the game of life. This is not a game to our God – this is reality. The plan of salvation is reality; we can, if we want, choose not to be a part of the plan. But why, why would we choose death over life eternal? Why not believe? Why not believe in eternal life? What do you have to lose? Why

not believe in a God who loved us so much that He was willing to allow His only Son to come down here with us and live only to die for you and me. What more could He do? What else could He possibly do to help us see the light? He gave it all. Not only did Jesus give His life so we could live, but when He ascended to His father, He promised us the help we would need here on this earth. He sent the Holy Spirit to guide us and direct us through our time here. And the help is free for the asking, all we have to do is ask and He will send the help — it is that simple, folks.

WE CANNOT EXPECT THE HELP WITHOUT SOME EFFORT ON OUR PART

It's like the person who is looking for a job. He prays to God for the help he needs to find a job, but he sits on the couch asking God to find him a job. This is where we have a part to play. Most of the time He doesn't just hand it to us without some effort on our part. We need to get up off the couch and actually go look for a job. When we ask for guidance from Him in some other matter, He wants us to go to the Bible and the Spirit of Prophecy to see for ourselves in His word how we should go about doing what it is we need to do. Not only did He send the Holy Spirit to help us, He has angels that excel in strength, that are at His beck and call, so when one of His children needs help, instantly they are commissioned and sent to our aid. All this help is available to us and so few actually use it.

Listen to this quote from Ellen White from The Acts Of the Apostles, page 154: "We need to understand better than we do the mission of the angels. It would be well to remember that every true child of God has the cooperation of heavenly beings. Invisible armies of light and power attend the meek and lowly ones who believe and claim the promises of God. Cherubim and seraphim, and angels that excel in strength, stand at God's right hand, "all ministering spirits, sent forth to minister for them who shall be heirs of



salvation." Isn't that the coolest thing you ever heard? He pleads with us in His word, that He will do whatever it takes to give us all the power that heaven can bestow, and give us the help we need in whatever situation we are in. Again, why not believe? Why not believe in a God who is alive, who is right by our side when we need Him? Isn't this a whole lot better than the alternative? - living here for a few years and then that's it? Nothing at all to look forward to. You are dead and in the ground and became worm food. What a bummer for most of the people who are alive today. This is all they have – what is right in front of them right now. Praise the Lord that we know what comes next!

We have the light. We know that if we are faithful to the end, the Lord will raise us from the grave and we will be with Him and our loved ones (who were faithful) forever. Isn't this a wonderful promise? To live forever with Jesus and with the people we love is just beyond anything that we could possibly hope for. What a wonderful and glorious God we serve that would give us this opportunity.



Dan is the
Executive
Director of Hope
International. He
loves the Lord
and uses every
opportunity to tell
others about His
wonderful God.He

enjoys the work of ministry in his capacity and plans on working until the Lord comes.



Hope Health

Do you suffer from hormonal problems or erratic blood sugar levels? Today, pancreatic problems are on the rise and unfortunately, most people suffer from a variety of symptoms, thinking that drugs are their only option for maintaining their health. Thankfully, we can help! Instead taking dangerous drugs that can cause numerous side effects, try improving the function of your pancreas and eliminating symptoms naturally! Our <u>Pancreas Support</u> actually helps strengthen the pancreas which can reduce symptoms of blood sugar imbalances.

Pancreas Support

Hope for Health's <u>Pancreas</u> Support Can Help:

- Promote weight loss
- · Maintain a healthy blood sugar level
- Support healthy pancreas function
- Rejuvenate the digestive system
- Improve circulation to hands and feet
- Aid in improvement of all disorders of the pancreas
- Promote detoxification of body from harmful pollutants
- Provide naturally-occurring vitamins, minerals, and nutrients

FACT:

The pancreas (from the Greek meaning 'all flesh') is a large, pale, carrot-shaped rubbery gland which lies just below your stomach. It is responsible for the production of digestive juices and hormones. The pancreas is essential to every step of the processing of food, from digestion to absorption, storage, and even the utilization of nutrients.

The Pancreas and Indigestion

Do you suffer from heartburn or indigestion? The pancreas secretes the body's own *natural* antacid, sodium bicarbonate, to settle an upset stomach!

The Pancreas and Blood Sugar

The pancreas is responsible for secreting two important hormones: insulin and glucagon. These two hormones work together to regulate blood sugar levels, and keep everything in the body energized and fueled! Without a healthy pancreas, these hormones can get imbalanced, causing problems with your blood sugar levels! Protect your pancreas and your blood sugar levels with <code>Pancreas Support</code>!

Discover some of the benefits of the 17 extraordinary ingredients in Pancreas Support:

- **Bitter Melon** Helps maintain a healthy blood sugar level, boosts the immune system, and improves digestion.
- Nopal Cactus Leaves Blocks absorption of sugar in the intestinal tract, which helps regulate blood sugar level. Supports liver and pancreatic function. Aids in normalizing insulin levels.
- Huckleberry Fruit Supplies extra oxygen to the blood, benefiting all capillaries in the body <u>and improving circulation to the hands and feet</u>. Is rich in fatty acids, bioflavonoids, iron, zinc, and phosphorus.
- **Glucosol** Supports the body's transport of glucose into the cells for more energy.
- Lipase An enzyme required to break down fats and lipids
- Protease Helps break down protein so the body can use protein's building blocks (amino acids) more effectively.
- **Spirulina** Studies show that spirulina aids the body's ability to balance blood sugar, and supports a healthy immune system.
- Bromelain An enzyme that breaks down proteins in the body, has anti-inflammatory properties, helps reduce swelling, and promotes a healthy immune system.
- **Papain** Papain has a mild soothing effect on the stomach and is used as a digestive aid. Also has anti-inflammatory properties.
- Vanadyl Sulfate Aids in the transport of glucose and amino acids into muscle cells, which supports muscular growth and repair.
- **Biotin** Helps metabolize carbohydrates, which aids the balancing of blood sugar.

- Chromium Picolinate Improves blood glucose metabolism.
- **GTF Chromium** GTF Chromium is a trace mineral that plays an important role in regulating blood sugar levels. GTF works with insulin to transport glucose from the blood into the cells.
- **Amylase** A digestive enzyme that improves carbohydrate tolerance.
- Zinc Gluconate An essential mineral that has been shown to be low in most diets. Zinc helps with metabolizing glucose and balancing the level of glucose in the blood.
- Fenugreek Seed Contains a soluble fiber that helps maintain healthy glucose metabolism and promote fullness. This type of fiber can slow the rate of postprandial* glucose absorption.
- Blueberry Fruit Promotes digestion and weight loss! High in antioxidants and helps detoxify the body.

*LEVELS OF GLUCOSE AFTER A MEAL

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J	v	i	-	^	۰

90 capsules\$16.99

Suggested Adult Usage:

• 1 caplet, two to three times a day (about 30 minutes before each meal) or as needed.

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The Love of Christ Vitalizes the Whole Being. – The love which Christ diffuses through the whole being is a vitalizing power. Every vital part – the brain, the heart, the nerves – it touches with healing. By it the highest energies of the being are aroused to activity. It frees the soul from the guilt and sorrow, the anxiety and care, that crush the life-forces. With it come serenity and composure. It implants in the soul, joy that nothing earthly can destroy – joy in the Holy Spirit – health-giving, life-giving joy.

Christ's Work Is to Heal the Brokenhearted. – God's healing power runs all through nature. If a tree is cut, if a human being is wounded or breaks a bone, nature begins at once to repair the injury. Even before the need exists, the healing agencies are in readiness; and as soon as a part is

wounded, every energy is bent to the work of restoration. So it is in the spiritual realm. Before sin created the need, God had provided the remedy. Every soul that yields to temptation is wounded, bruised, by the adversary; but wherever there is sin, there is the Saviour. It is Christ's work "to heal the brokenhearted, to preach deliverance to the captives, . . . to set at liberty them that are bruised" (Luke 4:18).

The Saviour's Prescription for Mental and Spiritual Ills. – Our Saviour's words, "Come unto Me, . . . and I will give you rest" (Matthew 11:28), are a prescription for the healing of physical, mental, and spiritual ills. Though men have brought suffering upon themselves by their own wrongdoing, He regards them with pity. In Him they may find help. He will do great things for those who trust in Him.

Gospel Versus Science and Literature. – Science and literature cannot bring into the darkened mind of men the light which the glorious gospel of the Son of God can bring. The Son of God alone can do the great work of illuminating the soul. No wonder Paul exclaims, "For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth" (Romans 1:16). The gospel of Christ becomes personality in those who believe, and makes them living epistles, known and read of all men. In this way the leaven of godliness passes into the multitude. The heavenly intelligences are able to discern the true elements of greatness in character, for only goodness is esteemed as efficiency with God.

Gospel Alone Can Cure Evils
Cursing Society. – The only remedy for
the sins and sorrows of men is Christ.
The gospel of His grace alone can cure
the evils that curse society. The injustice
of the rich toward the poor, the hatred
of the poor toward the rich, alike have





their root in selfishness, and this can be eradicated only through submission to Christ. He alone, for the selfish heart of sin, gives the new heart of love. Let the servants of Christ preach the gospel with the Spirit sent down from heaven and work as He did for the benefit of men. Then such results will be manifest in the blessing and uplifting of mankind as are wholly impossible of accomplishment by human power.

Only Through Harmonious Development Can Perfection Be Attained. – The improvement of the mind is a duty which we owe to ourselves, to society, and to God. But we should never devise means for the cultivation of the intellect at the expense of the moral and the spiritual. And it is only by the harmonious development of both the mental and the moral faculties that the highest perfection of either can be attained.

The Divine Leaven Changes the Mind. – In the parable the woman placed the leaven in the meal. It was necessary to supply a want. . . . Thus the divine leaven does its work. . . . The mind is changed; the faculties are set to work. Man is not supplied with new faculties, but the faculties he has are sanctified. The conscience hitherto dead is aroused. But man cannot make this change himself. It can be made only by the Holy Spirit. . . .

When our minds are controlled by the Spirit of God, we shall understand the lesson taught by the parable of the leaven. Those who open their hearts to receive the truth will realize that the Word of God is the great instrumentality in the transformation of character.

Gospel Truth Provides Steadfast Purpose. – Every one of us needs to have a deep insight into the teachings of the Word of God. Our minds must be prepared to stand every test and to resist every temptation, whether from without or from within. We must know why we believe as we do, why we are on the Lord's side. The truth must keep watch in our hearts, ready to sound an alarm and summon us to action against every foe. The powers of darkness will open their batteries upon us; and all who are indifferent and careless, who have set their affections on their earthly treasure, and who have not cared to understand God's dealings with His people will be ready victims. No power but a knowledge

of the truth as it is in Jesus will ever make us steadfast; but with this, one may chase a thousand, and two put ten thousand to flight.

Committing Ourselves to Christ Brings Peace. – All our future rests with our individual action in opening our heart to receive the Prince of peace. Our minds can find quiet and rest in and through committing ourselves to Christ, in whom is efficiency of power. Having secured that peace, that comfort, that hope, which He offers to your soul, your heart will be rejoicing in God our Saviour for the great and wondrous hope presented to you as an individual who recognizes the Great Gift. Then you will be so thankful that you will praise God for the great love and grace bestowed upon you.

Behold your Helper, Jesus Christ. Welcome Him, and invite His gracious presence. Your mind may be renewed day by day, and it is your privilege to accept peace and rest, rise above worries, and praise God for your blessings. Do not erect barriers of objectionable things to keep Jesus away from your soul. Change your voice; repine not; let gratitude be expressed for the great love of Christ that has been and is still being shown toward you.

Dwelling Upon Christ Provides Stimulus. – If we would permit our minds to dwell more upon Christ and the heavenly world, we should find a powerful stimulus and support in fighting the battles of the Lord. Pride and love of the world will lose their power as we contemplate the glories of that better land so soon to be our home. Beside the loveliness of Christ all earthly attractions will seem of little worth.

Knowledge Strengthens Mind and Soul. – What we need is knowledge that will strengthen mind and soul, that will make us better men and women. Heart education is of far more importance than mere book learning. It is well, even essential, to have a knowledge of the world in which we live; but if we leave eternity out of our reckoning, we







shall make a failure from which we can never recover.

The Mind and Spiritual Warfare. – Our improvement in moral purity depends on right thinking and right acting. "Not that which goeth into the mouth defileth a man; but that which cometh out of the mouth, this defileth a man." "For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies. These are the things which defile a man"

Evil thoughts destroy the soul. The converting power of God changes the heart, refining and purifying the thoughts. Unless a determined effort is made to keep the thoughts centered on Christ, grace cannot reveal itself in the life. The mind must engage in the spiritual warfare. Every thought must be brought into captivity to the obedience of Christ. All the habits must be brought under God's control.

Preoccupation of Mind a Safeguard Against Evil. – As a safeguard against evil, the preoccupation of the mind with good is worth more than unnumbered barriers of law and discipline.

A Perverted Imagination Produces Darkness. – If the eye of the mind beholds the excellence of the mystery of godliness, the advantage of spiritual riches over worldly riches, the whole body will be full of light. If the imagination is perverted by the fascination of earthly pomp and splendor until gain seems godliness, the whole



body will be full of darkness. When the powers of the mind are concentrated upon the treasures of earth, they are debased and belittled.

Mind Directed to Creator, Not Self-exaltation. – Were this principle [working for God's glory] given the attention which its importance demands, there would be a radical change in some of the current methods of education. Instead of appealing to pride

and selfish ambition, kindling a spirit of emulation, teachers would endeavor to awaken the love for goodness and truth and beauty—to arouse the desire for excellence.... Instead of being directed to mere earthly standards or being actuated by the desire for self-exaltation, which in itself dwarfs and belittles, the mind would be directed to the Creator, to know Him and to become like Him.

Living Water Versus Broken Cisterns. – Jesus knew the wants of the soul. Pomp, riches, and honor cannot satisfy the heart. "If any man thirst, let him come unto Me." The rich, the poor, the high, the low, are alike welcome. He promises to relieve the burdened mind, to comfort the sorrowing, and to give hope to the despondent.

Many of those who heard Jesus were mourners over disappointed hopes, many were nourishing a secret grief, many were seeking to satisfy their restless longing with the things of the world and the praise of men; but when all was gained, they found that they had toiled only to reach a broken cistern, from which they could not quench their thirst. Amid the glitter of the joyous scene they stood, dissatisfied and sad.

That sudden cry, "If any man thirst," startled them from their sorrowful meditation, and as they listened to the words that followed, their minds kindled with a new hope. The Holy Spirit presented the symbol before them until they saw in it the offer of the priceless gift of salvation.

Union of Divine and Human Endeavor Necessary.

– The Spirit furnishes the strength that sustains striving, wrestling souls in every emergency – amid the unfriendliness of relatives, the hatred of the world, and realization of their own imperfections and mistakes. A union of divine and human endeavor, a close connection first, last, and ever, with God, the source of all strength – this is absolutely necessary. 1MCP 65-70.



Ellen G. White, 1827–1915, received the spiritual gift of prophecy, and the fruits of her life and work accord with the biblical tests of a true messenger of God. To this day, her counsels are an incalculable blessing to God's people around the world.



When dark misfortune's tide is up Its surges running high, If we have lost our hold on God, Where then for refuge fly?

Oppressed, desponding, near despair, Health, strength and courage fled, These cheering words heed, "Brother, live," And raise your sinking head.

Though anguish deep, and bitter grief Be felt and long be borne, Abide the test; seek no relief, That's not from heaven alone.

Deliverance must be found in God. A blessing to secure; There is encouragement for those Who trials well endure.

In tribulation's beaten path, The ancient prophets trod; It is the only way that brings The wanderer home to God.

Let patience have its perfect work, Be purified and tried; Be ready when the King shall come, To e'er with him abide.



Reminder That the Time Is Near

It is established that between now and 2031, Jesus ought to be coming the second time, and it will be sooner than 2031 as He shall cut the work short (Romans 9:28). This was established by God through Ellen White who penned that the cross in 31 AD marked the 4,000th year {DA 652.2}, and she used the Gregorian calendar to identify that.

Reminder of What We Are Called To

In Early Writings, page 14, Ellen White penned that 144,000 "in number", which means that it is literal, then referred to the Adventist people in the *Review and Herald* as, "Not one in one hundred who understands for himself the Bible truth on this subject that is so necessary to our present and eternal welfare", where today we boast of 17 to 19 million strong. Take away 99% or even a little more since she

wrote, "not one in one hundred", and

that leaves only 170 to 190,000. That is pretty close to 144,000.

And "these, having been translated from the earth, from among the living, are counted as 'the first-fruits unto God and to the Lamb'" {GC88 648.3}, yet the Bible tells us "Then shall they deliver you up to be afflicted, and shall kill you: and ye shall be hated of all nations for my name's sake" (Matthew 24:9). So is the difference between 170,000 or so and 144,000 room for martyrs?

Now, after the seven last plagues begin, "God would not suffer the wicked to destroy those who were expecting translation and who would not bow to the decree of the beast or receive his mark. I saw that if the wicked were permitted to slav the saints, Satan and all his evil host, and all who hate God, would be gratified. And oh, what a triumph it would be for his satanic majesty to have power, in the last closing struggle, over those who had so long waited to behold Him whom they loved! Those who have mocked at the idea of the saints' going up will witness the care of God for His people and behold their glorious deliverance." {EW 284.1}

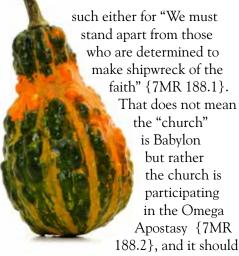
So "among those who are waiting for

the coming of the Lord, meat-eating will eventually be done away; flesh will cease to form a part of their diet" {CTBH 119.1. Going further, we believe the time has come where "there will be no safety in using eggs, milk, cream, or butter" {7T 135.1}. And the leadership that are in position right before the close of the church's probation, which happens when Sunday law comes in, such "will not be the leaders then" {5T 80.1}, and it is all based upon having every wind of doctrine, which has been blowing for some time. Seeing Sunday law is on the verge of coming in very, very soon, which by 2020, or sooner is the Pope's desire, that means our current leadership from president down to elder may very well may be what is prophesied.

We do not state these things to condemn but to alert all to be adhering to the Word of God and not use the excuse, "if the Bible and Spirit of Prophecy is silent on the subject then it is allowed". A second reason for stark revelation is in preparation for this article to wake us up to the fact that we need to stop waiting for the "church" and just be part of those that preach the true Angels' Messages.



The church as a whole is not going to wake up, and it is in the time of apostasy that such is preached anyway. In other words, we are encouraging all to just do the work and let politics make the church appear to have fallen, but it does not because of the 144,000 that go forth despite what the apostatized organized or regular channels of command are doing. And we ought not be financially supporting



not stop the faithful from moving forward.

Who Goes Forth With the Three and Four Angels' Messages?

"The theme of greatest importance is the third angel's message, embracing the messages of the first and second angels. All should understand the truths contained in these messages and demonstrate them in daily life, for this is essential to salvation. We shall have to study earnestly, prayerfully, in order to understand these grand truths; and our power to learn and comprehend will be taxed to the utmost."-Letter 97, 1902. {Ev 196.1} Sense the urgency that we need to study these messages more than just as simple messages but as grand truths that involve being taxed to the utmost! And the reason? So that we can live them in our daily life because no greater work can be done to make the messages ineffective than a hypocritical giving of the messages.

"Men and women, enlightened by the Spirit of God and sanctified through the truth, proclaim the three messages in their order." {2SM 387.1} So, the men and women giving the messages have been sanctified through the truth. The people giving the messages are serious about their relationship with God in how they live. While the rest of the church is watching their favorite TV show, the sanctified person is being careful what they are exposed to. While the rest of the church enjoys sports and recreation, the sanctified person is partaking in God's exercise program and experiencing re-creation, which is different from wreck creation. While the rest of the church is satisfied showing up to church once a week, the sanctified person is found spending at least an hour a day in prayer and study. While the rest of the church is waiting for something powerful to happen to the whole, the sanctified person will already be receiving the latter rain drops and be busy proclaiming the messages to be soon empowered by the flood of the latter rain downpour.

"Are we hoping to see the whole church revived? That time will never come. There are persons in the church who are not converted, and who will not unite in earnest, prevailing prayer. We must enter upon the work individually. We must pray more, and talk less."—1SM 122 (1887).

"Only those who are living up to the light they have will receive greater light. Unless we are daily advancing in the exemplification of the active Christian virtues, we shall not recognize the manifestations of the Holy Spirit in the latter rain. It may be falling on hearts all around us, but we shall not discern or receive it."—TM 507 (1897).

"God will move upon men of humble position in society, men who have not become insensible to the bright rays of light through so long contemplating the light of truth, and refusing to make any improvement or advancement therein. Many such will be seen hurrying hither and thither, constrained by the Spirit of God to bring the light to others. The truth, the word of God, is as a fire in their bones, filling them with a burning desire to enlighten those who sit in darkness. Many, even among the uneducated, now proclaim the words of the Lord. Children are impelled by the Spirit to go forth and declare the message from Heaven. The Spirit is poured out upon all who will yield to its promptings, and, casting off all man's machinery, his binding rules and cautious methods, they will declare



the truth with the might of the Spirit's power. Multitudes will receive the faith and join the armies of the Lord." {RH, July 23, 1895 par. 3}

Casting off all man's machinery is casting off all the programs that have been put in place, even with good intentions, that were supposed to bring revival and active evangelizing. There is not one program that can do that. Revival and evangelizing comes from a converted heart, and that is done only through a proper relationship with God.

"If it were possible, the enemy would clog the wheels of progress, and prevent the truths of the gospel from being circulated everywhere. With this object he leads men to feel that it is their privilege to control the consciences of their fellow-men according to their own perverted ideas. They dismiss the Holy Spirit from their counsels, and then, under the power and name of the General Conference, they invent regulations through which they compel men to be ruled by their own ideas and not by the Holy Spirit." {1888 1527.2}

"The attitude which some of our





brethren have assumed toward this enterprise shows that it is not wise for every working agency to be under the dictation of conference officers." {8MR 202.3}

So, having to be part of ASI or else one is not an official guest speaker or teacher, having to do things a certain way as dictated by others, will constrain the person in doing what needs done. And how has being cautious come before doing as we are told? "Unvarnished truth must be spoken, in leaflets and pamphlets, and these must be scattered like the leaves of autumn."-Testimonies, vol. 9, p. 231. "Publications must be multiplied, and scattered like the leaves of autumn. These silent messengers are enlightening and molding the minds of thousands in every country and in every clime."-Review and Herald. Nov. 21, 1878. Yet people quote the cost involved. They look to the return on the investment, souls coming in now as opposed to preparing souls for after Sunday law comes in.

"The Lord does not now work to bring many souls into the truth, because of the church members who have never been converted and those who were once converted but who have backslidden. What influence would these unconsecrated members have on new converts? Would they not make of no effect the God-given message which His people are to bear?" {6T 370.3} But you may say that we are baptizing over a thousand people a day right now, just as predicted. Yes, but evidently they are baptized in an unconverted state or else this quote would be in error. "More than one thousand will soon be converted in one day, most of whom will trace their

first convictions to the reading of our publications."— Review and Herald, Nov. 10, 1885. {Ev 693.3} So as for the placement of this quote, it is not before Sunday law or else again the previous quote would be a lie.

"The three angels' messages are to be combined, giving their threefold light to the world. In the Revelation, John says, 'I saw another angel come down from heaven, having great power; and the earth was lightened with his glory.' [Revelation 18:2-5 quoted.] This represents the giving of the last and threefold message of warning to the world" (MS 52, 1900).



And this is why these articles are being provided focusing upon the four angels instead of just the three angels because now is the time to be in practice so that when the latter rain is poured out,

there is no training time. We will hit the ground running immediately!

We must make individual choices today to do the work. And those that sense the enthusiasm and want to help, welcome them aboard. Those that criticize and count the cost and use other excuses, stop wasting your time trying to drag them on board. Let God work on their

conversion, but do not waste God's time when it is now that we must be moving forward.

But Should We Not Preach the Gospel?

"I saw a company who stood well guarded and firm, giving no countenance to those who would unsettle the established faith of the body. God looked upon them with approbation. I was shown three stepsthe first, second, and third angels' messages. Said my accompanying angel, 'Woe to him who shall move a block or stir a pin of these messages. The true understanding of these messages is of vital importance. The destiny of souls hangs upon the manner in which they are received.' I was again brought down through these messages, and saw how dearly the people of God had purchased their experience. It had been obtained through much suffering and severe conflict. God had led them along step by step, until He had placed them upon a solid, immovable platform. I saw individuals approach the platform and examine the foundation. Some with rejoicing immediately stepped upon it. Others commenced to find fault with the foundation. They wished improvements made, and then the platform would be more perfect, and the people much happier. Some stepped off the platform to examine it and declared it to be laid wrong. But I saw that nearly all stood firm upon the platform and exhorted those who had





stepped off to cease their complaints; for God was the Master Builder, and they were fighting against Him. They recounted the wonderful work of God, which had led them to the firm platform, and in union raised their eyes to heaven and with a loud voice glorified God. This affected some of those who had complained and left the platform, and they with humble look again stepped upon it." {EW 258.3}

What is happening in our church is not only a direct attack upon the Three Angels' Messages, but indirect ones as well. Complaints regarding the platform is equivalent today of getting involved in side issues. Does anyone really think women's ordination, LGBT movement, and many other issues are not satanically motivated? It is all a distraction. Some wise up and get back to focusing upon the messages, but some is not all. In fact some is not even the majority.

Distracting issues are the indirect ways that Satan is using to cause us to cease from the messages. A more direct way is by saying we need to preface the Three Angels' Messages with the gospel, and once people learn the gospel, then we can teach them the Three Angels' Messages, which usually never happens. What a falsehood! That is evidence that God is neither with them nor are they students of the Word! How do I know? Just read the entrance verse to the messages. "And I saw another angel fly in the midst of heaven, having the

everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people, Saying ..." (Revelation 14:6 and part of 7). The Three Angels' Messages is the specific last day gospel message! It is the last day saving message, which is by definition the meaning of "gospel" — saving.

Noah had the gospel when he basically said, "If

you believe and trust in God, there is a flood is coming. All those of faith instead of science, get on board!"



Caleb and Joshua had the gospel when they basically called, "Do you believe and trust God to give us the land despite the odds! If so, let us go up and conquer." Interestingly, they were the only two that entered the Promised Land. All of God's prophets had the gospel as Elijah on Mount Carmel, Jeremiah facing Babylonian captivity, Nehemiah returning to Jerusalem, and the list goes on. John the Baptist had the gospel. Basically, "If one believes in God, then follow the Lamb!"

And so today, we have the perfect saving message outlined in Revelation 14:7-12, but as was stated, we need a deeper understanding of these messages. We need to not be satisfied with the milk of the word.

Is Not the Timing of Things After Sunday Law?

"But the time to receive the mark of the beast, as designated in prophecy, has not yet come. The testing time has not yet come. There are true Christians in every church, not excepting the Roman Catholic communion. None are condemned until they have had the light and have seen the obligation of the fourth commandment. But when the decree shall go forth enforcing the counterfeit Sabbath, and when the loud cry of the third angel shall warn men against the worship of the beast and his image, the line will be clearly drawn between the false and the true. " {BTS, February 1, 1913 par. 5} So when Sunday comes in, we are giving the loud cry. That means preparation must be taking place prior to Sunday law. That is now!

"I saw angels hurrying to and fro in heaven, descending to the earth, and again ascending to heaven, preparing for the fulfillment of some important event. Then I saw another mighty angel commissioned to descend to the earth, to unite his voice with the third angel, and give power and force to his message. Great power and glory were imparted to the angel, and as he descended, the earth was lightened with his glory. The light which attended this angel penetrated everywhere, as he cried mightily, with a strong voice, 'Babylon the great is fallen, is fallen, and is become the habitation of devils, and the hold of every foul spirit, and a cage of every unclean and hateful bird.' The message of the fall

of Babylon, as given by the

repeated, with the additional mention of the corruptions which have been entering the churches since 1844.

The work of this angel comes in at

second angel, is

the right time to join in the last great work of

the third angel's message as it swells to a loud cry. And the people of God are thus prepared to stand in the hour of temptation, which they are soon to

meet. I saw a great light resting upon them, and they united to fearlessly proclaim the third angel's message." {EW 277.1} Notice again that as Sunday law comes in, the people who made preparation that appear to be like independent atoms then unite when the fourth angel gives them power, which is the latter rain Holy Spirit power grander than the time of Pentecost. So this is why now is time to be going forth with the message practicing the deliverance especially in Bible study format.

"It has been shown me that our camp-meetings are to increase in interest and success. As we approach nearer the end, I have seen that in these meetings there will be less preaching, and more Bible study. There will be little groups all over

the ground with their Bibles in their hands, and different ones leading out in a free, conversational study of the Scriptures."—Testimonies, vol. 6, p. 87.

"The angels of God are ready and waiting to go with humble men who with their Bibles in their hands will go to those who have not had this light, and read to them a 'Thus saith the Lord." {UL 91.2}

But Do We Know the Messages?

First, let us hear what the angels say. "Saying with a loud voice, Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains



of waters. And there followed another angel, saying, Babylon is fallen, is fallen, that great city, because she made all nations drink of the wine of the wrath of her fornication. 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: And the smoke of their torment ascendeth up for ever and ever: and they have no rest day nor night, who worship the beast and his image, and whosoever receiveth the mark of his name. Here is the

patience of the saints: here [are] they that keep the commandments of God, and the faith of Jesus" (Revelation 14:7-12).

Now, do you know what it means to "Fear God", and why such is being preached at this time? The word "respect" comes up a lot as well as "reverence". I propose that such is too simple of an understanding, even a "milk" answer.

How about to "give glory to God"? Again, to simply say that we ought to pray more and praise Him more is a milk answer.

And part of the message is to declare that the "judgment hour is come" and not "will come". If our lives depended

upon knowing about the judgment, especially charting the 2,300 year prophecy, would our life be spared? Is this even referring to different judgment phases? Is Jesus really in a sanctuary in Heaven or has He just been sitting on the right hand of God?

The bottom line is that most Adventists have been brainwashed into preaching, if they share at all, a generic gospel instead of the outline provided by God to bless the

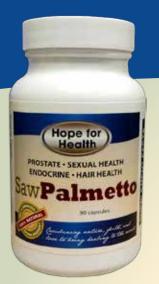
world with truth and save them, but most Adventists are afraid for one reason or another to give a Bible study, let alone the Three Angels' Messages. They have been taught the milk understanding, even when addressed in our quarterlies.

So, let us continue our journey and dig deep into each part of the messages including the message of the fourth angel in Revelation 18.



Jerry O'Donnell is the Bible Worker for Hope International and is the author of the book, What Does It Mean for the World to Have

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Saw Palmetto has been used for centuries to ease urinary problems in men, which are believed to be rooted in bladder and prostate disorders, including frequent urination, painful urination, the sudden urge to urinate, and inability to urinate. It can also help decrease the need to urinate during the night, increase urine flow, and make it easier to empty the bladder completely! In addition it helps promote healthy hair growth in both sexes!

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Southwestern Medical Center

- <u>Saw Palmetto</u> appears to support prostate health and is well tolerated. "There are no known drug interactions with <u>Saw Palmetto</u>, and reported side effects are minor and rare." American Family Physician 2003;67:1281-3.
- <u>Saw Palmetto</u> is widely used in other countries; for example, it is used in 50 percent of patients in Italy for prostate support and in 90 percent of such patients in Germany. European Urolology 1992;21:309-14.
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Saw Palmetto For Hair Loss

As you probably know, **Saw Palmetto** is great for improving general prostate health, but what you probably don't know is that its also great for helping with hair loss! Both men and women can suffer from hair loss. **Saw Palmetto** is beneficial for any adult who has thinning or receding hair.

Hair loss often develops as a result of a hormone imbalance (in both men and women), when the level of dihydrotestosterone (DHT) in the scalp is too high. DHT binds itself to the hair follicles, decreasing the amount of nutrients they can extract from blood. The follicles gradually shrink and the hair growing from them becomes thinner. If nothing is done, the hair disappears completely.

For hair loss not to occur, the level of DHT in the body must be decreased. There

are synthetic products designed to inhibit DHT, which block conversion of free testosterone into dihydrotestosterone. But being synthetic, these products often have serious side effects, such as gynecomastia (abnormal breast enlargement in males) and even erectile dysfunction.

<u>Saw Palmetto</u>, on the other hand, naturally inhibits DHT without causing side effects such as those associated with other products.

For healthy hair growth, try our wildcrafted Saw Palmetto today!

TESTIMONIALS

I was having a problem with thinning hair and went through a myriad of testing and found that everything was "normal." Finally someone told me about <u>Saw Palmetto</u>. I was skeptical at first because I had always thought of <u>Saw Palmetto</u> as a "mans" herb. But I tried it and I was really surprised by the results. My hair is starting to grow back normally and I am so happy. I am not sure what was making it fall out but I am sure happy that it is coming back in, thanks to <u>Saw Palmetto!</u> ~ *Amy K*.

The past few years I started to develop some difficulties when urinating. I was getting up multiple times a night to go to the bathroom, and when I would go it seemed like I was never able to really empty my bladder completely. At first I wasn't worried about it, but as time went on and the problem seemed to get worse, I began getting really frustrated and worried. Then my wife suggested Hope For Health's **Saw Palmetto** (along with **Small Flowered Willow Extract**) and honestly I couldn't believe how fast it worked! Within days I was no longer getting up at night to urinate. After about a week I noticed that when I would go - I finally was feeling "empty". These products have been a life saver and I don't know what I would do without them. My only regret is not finding them sooner! ~ Robert M.

Price:

90 capsules\$12.99

Suggested Adult Usage:

1-2 capsules, twice a day on an empty stomach (otherwise with food if not tolerated well). Studies show it takes 4-8 weeks for the benefits of this herb to fully take effect. To obtain desired results **Saw Palmetto** needs to be taken regularly.

To Order Call Today: 1-800-468-7884 or Visit us on the web at:
www.hopeforhealthusa.com

*Prices listed above do not include shipping and handling or sales tax

*These statements have not been evaluated by the FDA.

This product is not intended to prevent, diagnose, treat, or cure any disease.



We have many other health products besides these advertised. Please call for a free catalog of all our health care supplements. 1-800-468-7884

Combining nature, faith, and love to bring health to the world.

WORDS OF THE PROPERTY OF THE P

bittle Things

"In all things be circumspect." Ex.xxiii,9

AT the commencement of the late Crimean war, the two combined armies of France and England landed at nearly the same time, upon the Crimean shore. The French army at once landed, filed in regular order upon the shore, pitched their tents in beautiful style, and had taken food before the British troops had fairly landed; and throughout the whole war, the French troops were better off in every respect than the British, and did a great deal more service upon less money per man.

What made this vast difference? Was the Frenchman bravest? No. Was he more ambitious? No. What was the reason that the French troops were not surprised, nor starved, nor frozen?

The reason was this: the French were in practice, and attended to, and understood the minutiae of war; in other words, cared for little things. The pitching of a tent was as well understood as the laying off a camp. Everything was understood. Even the commanding officers, as well as the meanest soldier, had been trained to the minutiae of the camp and battlefield. As much order in driving a stake, or tying a tent-rope, as in forming the line of battle.

Not so with the British troops. Raw recruits from the factory, or Irish from the peat hog, or troops from India, enervated by a tropical climate, officers who had been



trained in the ballroom and theatre:
they were poorly
qualified to resist
the cold winds of
a Crimean Winter
and the hardy
troops of Russia, or
to sustain military
credit side by side
with well trained
French troops.



I am no apologist for war: war is legalized wholesale murder; but I wish to show the importance of placing proper weight upon the minutiae of the Christian life.

"See that thou make all things according to the pattern," was the direction given to Moses. "But we live under the gospel dispensation," is the excuse given for neglect and carelessness. An instance to the point. A woman who had been convicted of incest, being remonstrated with, replied that "we were not now under the law of Moses, but under Christ." And now when a reform in dress, or diet, is urged, or in anything where reform is necessary, we hear the same excuse, "O, we are under Christ." This is the excuse for indecency in dress, for extravagance, and hardly a form or shade of evil, but it is excused in this way.

A man who was spoken to on the sin of using tobacco, replied that we might eat any deadly thing and it should not hurt us. When men use such methods of evading the truth, I often think of the woman above mentioned. In every radical reform of diet, or dress, or custom, the church should lead the van, not bring up the rear. JOSEPH CLARKE. {December 31, 1857 UrSe, ARSH 62.14}

Health Gem

Hoxsiac

The product we are presenting this month, Hoxsiac, is so potent and effective that there are actually those who do not want us to sell it! Read on and discover why.

There is a diagnosis that everyone fears their doctor will give them. The out-of-control growth of unhealthy cells is the condition that is the second largest killer of people, so the fear is justified. What causes this uncontrolled growth of unhealthy cells?

The number of cells in an average human being is about a hundred trillion or more. Some cells are actively dividing to replace aging and dead cells, but about one million cells die every second in the adult human being. In order to replace a dead cell, an existing cell must divide. For each successful cell division, the entire genetic material of the mother cell (in the form of DNA) must be faithfully copied by enzymes and handed over to the new daughter cells. This would be comparable to copying huge volumes of books on a copy machine over a trillion times a day. You can imagine that errors might occur, as the copy machine is not equipped for this volume! But thankfully, our cells are better equipped than man-made copy machines. We are built with enzymes that copy, proof-read, edit and correct errors.

However, because our bodies are exposed to pollutants, radiation and unhealthy lifestyles, the DNA is not always copied perfectly and results in mutations, which result in any number of serious illnesses and conditions.

These problems can take years to develop

One mutated gene does not cause these serious problems. It is often YEARS after being exposed to toxins



or indulging in unhealthy habits that the body is sometimes unable to defend itself against every invader. This is a limited explanation of what happens, but suffice it to say, mutated genes have invaded the body and it is time for the immune system to go to work!

The immune system has the greatest potential for the specific destruction of tumors and unhealthy cells with NO toxicity to normal tissues and the best defense against reoccurrence. If you have ever had to fight off even a cold or the sniffles, you know that your immune system is not always up for the battle. It's not our immune system's fault. It's whatever we have put into our bodies, intentionally or unintentionally. Tainted water, tainted food, and tainted air, etc., all play a part in reducing our immune system's capabilities. We need to send in reinforcements! We have to "support" our battered immune system. This is where Hoxsiac comes in; it is the answer to your body's mayday call for help!

Hoxsiac has helped hundreds of our customers in the few years we have been selling it, and many thousands of people since this unique formula was developed. The story of how Hoxsiac was created is a very interesting one. We are using compilations and extracts from a video about Hoxsey and other sources to tell you how Hoxsiac was developed. This is the story of Harry Hoxsey:

It all began on an Illinois horse farm in 1840.

As the story goes, John Hoxsey, Harry's great grandfather, was a veterinarian whose prize stallion got a tumor. He put it out to pasture to die, but three weeks later the tumor had diminished. Within a year the horse was well. He observed the horse eating unusual plants that were not part of its normal diet. John Hoxsey began to experiment on animals with the herbs, and he added other popular home remedies. He claimed success and passed the formula down through the





family. Hoxsey said his father was the first to try the herbal preparations on people. He gave young Harry the formula with a deathbed wish to make the treatment available to people whether or not they could pay. He insisted it carry the Hoxsey name and warned the boy against the "high priests" of medicine.

Harry Hoxsey started his first clinic in 1924 in Illinois and he immediately incurred the wrath of organized medicine. A non-toxic herbal remedy, a nutritional program, and an attitudinal approach to healing, harmless though it seems, ignited one of the most bitter controversies in medical history! It started a war between organized medicine and one man – founder, Harry Hoxsey, the ex-coal miner with an 8th grade education. The doctors labeled Hoxsey the worst "quack" of this century. But Hoxsey supporters called him an effective practitioner persecuted by the medical establishment.

Despite harassments, by the 1950s the Hoxsey clinic in Dallas, Texas was the largest privately owned center in the World. Hoxsey clinics reached through 17 states! Endorsing the treatment were senators, judges, and even some doctors. Two Federal courts upheld its therapeutic value. Estimates of the number of people helped using

the Hoxsey therapy range from 25,000 to 75,000.

Hoxsey wanted the AMA and FDA to come and perform tests and see the results for themselves – they declined. Having struck oil in Texas, Hoxsey offered to pay for the tests

himself, but still they declined. According to Hoxsey, there was a more sinister reason why the medical profession would not

investigate. His early fame in Illinois had soon reached the nearby Chicago Headquarters of the AMA. Among them was Dr. Morrice Fishbein, editor of the influential AMA Journal. After a number of demonstrations of the formula's effectiveness and many patient testimonies, the AMA made an offer to purchase the formula. The alleged offer would have given all rights to a group of doctors, including Dr. Fishbein.

Mildred Nelson, Head of Bio Medico Mexico (Hoxsey clinic), recounts the story:

"They were in the process of drawing up the contract and everything – that they would take the formula. And Hoxsey said, "You have to put in here that no one can be turned away because of the lack of funds." And they said, "Oh, no." And he said, "Yes, this is a promise I made to my father on his deathbed. This MUST go in!" The doctors

said, "You have nothing to do with this; we'll charge what we want!" And Hoxsey said, "You can't! You have to keep it in reach of everyone – this *must* be done!" They said, "No, we will charge whom we want and treat whom we want. You have nothing to say about it." And he said, "Then you don't get the formula." And then that's when the battle started."

Hoxsey vs. the AMA

Hoxsey believed the AMA doctors tried to suppress this successful formula because they were rejected from having absolute control. Hoxsey's shocking charges became shrouded in a mystery that couldn't be solved when the AMA denied the entire incident. But one thing was certain; Hoxsey had made a very powerful enemy. By crossing swords with Dr. Fishbein he had alienated the most influential figure in all medicine. Dr. Fishbein held a unique position; as the Journal editor he controlled the main incomeproducing organ of the AMA, and thus, the organization.

After the Chicago incident of 1937, Dr. Fishbein black-balled Hoxsey by branding him a "Quack" in the Journal. But he went even further; the Journal accused him of using brutal formulas that ate fatally into patients' blood vessels. He commented that Hoxsey's most enthusiastic supporter



was the local undertaker. Hoxsey sued Dr. Fishbein and the AMA for slander. The country's most notorious "Quack" faced a "who's-who" of American medicine. Surprisingly, Harry Hoxsey became the first man to win a judgment against Dr. Fishbein and the AMA. Day after day he brought in patients who testified that he had helped them. The AMA tried to exclude the testimonials and the credibility of Hoxsey's patients; they were the ones on trial now. But so were the credentials of Dr. Fishbein, which made astonishing admissions.

Dr. Fishbein failed anatomy in medical school and he went to work at the Journal before completing his internship. In fact, he never treated a patient or practiced a day of medicine in his entire career. The 'ever-vigilant' leader of America's 'Quack Attack' was increasingly on the defensive. Critics charged the AMA with being a doctor's union, setting medical policies in its own interests. Two Federal courts agreed it was a monopoly. Dr. Fishbein had to resign from his post at the AMA, but there was one even more shocking revelation. Dr. Fishbein admitted in court that Hoxsey's formula actually did work!

Just how Dr. Fishbein obtained the MD to his name was not entirely revealed. The admission that the formula worked, however, didn't deter the AMA, who now turned their attention toward Hoxsey's tonic. They claimed, yet again, "it was worthless". Harry Hoxsey has been arrested more times than any other man in medical history. The Hoxsey Clinic fled to Mexico to escape persecution, where it flourishes today.

The story of Harry Hoxsey is very similar to that of Rene Caisse.

Rene was a Canadian nurse who developed a different herbal recipe





that she gave to the sick and the dying. Both formulas contained local herbs, and both had burdock root as an ingredient, a known fighter of abnormal cell development and tumorous growths, long-used by Native Americans. Recorded testimonials show that many patients recovered after taking either one of the formulas, and typically, conventional medical doctors gave these people no hope.

Hope for Health's Hoxsiac is a product based on the work of both and is a blend of the formulas of Harry M. Hoxsey in the U.S., and Rene Caisse in Canada. You might know also that the regular formula of Rene Caisse's was called Essiac, Rene's name spelled backwards. We have Rene's formula, by itself, in our product called Essicaps

CA. And just like
Harry Hoxsey and
Rene Caisse, Hope
for Health has had to endure
criticism from the medical
establishment for believing
in the effectiveness of these
herbs. We rely, not only on
the substantial research
that has been done on
the individual herbs, but
also, on the testimony of
our customers. People who
have been given no hope

by their doctors and sent home to die have decided to take Hoxsiac and are still around 5, 10 or 15 years later! It is hard to argue with these kinds of results. Our hope and prayer is that you won't wait until you've tried everything else, but that you would consider Hoxsiac as your first and best line of defense!

Hoxsiac is just what your body needs when it goes to battle!

It is a powerful immune booster, containing several ingredients. These are each beneficial on their own, but when combined, form a mighty blend that is unmatched in its effectiveness!

Burdock Root:

A highly nutritious plant, burdock





contains many nutrients vital to the immune system and essential for optimum health, including: iron, amino acids, plant sterols, fatty oils, calcium, magnesium, phosphorus, zinc, folic acid, riboflavin, pyridoxine, niacin, vitamin E, and vitamin C. This nutrient powerhouse helps the body stave off infections, strengthens the nervous system, boosts the immune system, and protects against unhealthy cell growth.

Burdock is also known as one of the best blood purifiers, as it contains certain diuretic principles, which help expel toxins from the blood through the urinary tract. A study published in "Inflammopharmacology" in October, 2011, found burdock detoxifies blood and promotes blood circulation.

Another recent study showed that this herb blocked dangerous chemicals from causing damage to cells, suggesting the possibility that burdock root may help decrease the risk of developing malignant cell growth from toxic chemicals. Based on many studies with animals exposed to toxic chemicals, burdock root has been shown to very effectively protect the body against cellular damage and abnormal growths.

Burdock is also a significant source of fiber that promotes growth of healthy bacteria in the colon. Keeping the colon free of toxins helps keep the entire digestive system working properly.

Sheep Sorrel:

Sheep Sorrel has been known for over a hundred years as a malignant-cell-fighting herb. It is also known to be a cleansing and detoxifying diuretic that helps stimulate **healthy** cell regeneration, and contains powerful antioxidants and free radical scavengers.

Highly praised also as a vermifuge, intestinal worms are said to have no resistance to the natural properties of this herb. Sheep sorrel is a rich source of oxalic acid, sodium, potassium, iron, manganese, phosphorous, beta-carotene, and vitamin C. The combination of these vitamins and minerals

promotes the glandular health of the entire body.

Sheep sorrel is also a rich source of folate also known as folic acid, or vitamin B9, and is essential to maintain health. A diet that does not include enough folate is linked to a higher risk of certain types of uncontrolled growth of unhealthy cells that invade and damage tissue.

Turkey Rhubarb Root:

The Native Americans and others have used this herb for centuries to stimulate circulation. It has also been shown to inhibit the growth of abnormal body cells.

In addition, it supports normal bowel function and encourages a healthy digestion and appetite. It is a laxative, but also can be beneficial for diarrhea, as it lowers the stool's water content. Turkey rhubarb root purges the body of bile, parasites, toxins and stagnant food by stimulating the gall duct to expel toxic waste matter, and helps support the bowel's natural cleansing and detoxification process.

The liver also benefits from these cleansing properties. Removing these toxins supports and improves liver function. In doing so, it helps strengthen the immune system.

It has also been reported to support healthy breast cell formation.

Queen's Delight Root:

Also known as stillingea root, it has been listed in the United States Pharmacopoeia as the main herbal remedy for a number of conditions, including the elimination of unhealthy cell growth. It is also seen as a therapeutic remedy to treat many other illnesses if combined with other herbs to enhance its properties.

Queen's delight herb has been used as a home remedy for respiratory illnesses, particularly coughs, and is an effective expectorant that can loosen thick mucus.

It is also known to remove toxins in the blood, and purifying it in the process. This herb has been studied and was reported to contain many chemical properties that may benefit illnesses of the lymphatic system. It removes waste products and toxins through stimulating lymphatic movement.

Prickly Ash Bark:

It is impressive in its abilities to improve the circulation, thus helping with many different conditions. Improved circulation helps the blood carry oxygen around the body and can help the system to rid itself of toxins much more efficiently.

This herb is also thought to be beneficial for reducing fevers. The body can then rid itself of more toxins for general well-being and develop an improved immune system.

Prickly ash bark has a positive effect on the body's nervous system and is thought to be able to improve fatigue that may be beneficial for the elderly and those recovering from illness.

Red Clover Blossom:

This beautiful herb is one of the most widely known ingredients in Hoxsiac. In fact, a journalist with Fox News wrote the following (we have changed the use of disease names): "Red clover has long been used as a "blood purifier", specifically for the potential relief of unhealthy cells. The flower is a mainstay ingredient in traditional herbal formulas, including Essiac Tea, Jason Winters Tea, and the Hoxsey Therapy. In the best selling herbal classic Back to Eden,



author Jethro Kloss declares red clover as a life-saving, anti-<u>un</u>healthy cell remedy. The compounds contained in red clover blossoms all demonstrate some anti-<u>un</u>healthy cell properties, according to various published studies."

Red clover is also a source of many valuable nutrients including calcium, chromium, magnesium, niacin, phosphorus, potassium, thiamine, and vitamin C.

Cat's Claw Bark:

The health benefits of cat's claw bark have only recently caught the attention of western herbalists and researchers. They have found that the herb may be used to help stop abnormal body cell growth. Cat's claw has been shown to inhibit healthy cells from becoming malignant, as well as encouraging healthy body cell division.

In fact, today, mainly by word of mouth, cat's claw has become one of the best selling herbs in the USA – not since quinine was discovered in the bark of a Peruvian tree during the 17th century has any other rainforest plant prompted such worldwide attention! Hope for Health also offers Cat's Claw as a separate product.

Cat's claw contains an active ingredient known as Isomer A that increases the immune response in the

body and acts as an antioxidant to rid the body of free radicals (the agents that destroy our healthy body cells). Compounds found in cat's claw may also work to kill viruses, bacteria, and other microorganisms that cause many of our health problems.

Licorice Root:

This herb contains polyphenols that have been shown to attack unhealthy cells, and at the same time protect healthy cells from damage. Laboratory studies have identified several substances in licorice that may help prevent DNA mutations, inhibit tumor formation, or even destroy malignant cells. These substances have been tested using abnormal cells growing in





laboratory dishes, and preliminary studies indicate that these chemicals can stop the growth of, and even kill, malignant breast and prostate cell tissue.

Slippery Elm Bark:

Slippery elm contains mucilage, a substance that becomes a slick gel when mixed with water. It coats and soothes the mouth, throat, stomach, and intestines. It also contains antioxidants that help relieve inflammatory bowel conditions.

Slippery elm also causes reflux stimulation of nerve endings in the gastrointestinal tract leading to increased mucus secretion. The increased mucus production may protect the gastrointestinal tract against ulcers and excess acidity. Those of you who have suffered endlessly with any number of digestive complaints may find that Hoxsiac will relieve your

problem once and for all!

Almost every back-country homestead, up until a generation or two ago, knew that slippery elm had vet other values - medicinal values. The late Euell Gibbons recommended pouring a pint of boiling water over an ounce of the coarsely ground inner bark, allowing the mixture to cool, and then adding the juice of one-half lemon and enough honey to sweeten the brew to taste. Pioneers relied on this "lemonade" and it was especially recommended for feverish patients. "Allow them to drink all they will take," said Gibbons in his book, Stalking the Healthful Herbs, "for this drink will quench their thirst and help relieve their illness by giving them strengthening, easily-digested food at the same time."

Bladderwrack Herb:

Is a form of kelp that has been used for centuries to re-mineralize the body. Bladderwrack is rich in iodine, calcium, magnesium, potassium, sodium, sulfur, silicon and iron and high in some B-complex vitamins.

It contains moderate amounts of phosphorus, selenium,

manganese and zinc and small amounts of vitamins A, C, E and G. It has all the nutrients that your body

needs as it is fighting to regain your health!

Bladderwrack also naturally contains fucoidan, (Foo Coy Dan), a type of fiber. Fucoidan is found in brown seaweed and is known to offer a variety of anti-tumor benefits, according to Sloan-Kettering Medical Center. Fucoidan regulates the production of AP-I, which is necessary for cell growth and multiplication. Slowing down this action reduces tumor growth and

function reduces tumor growth and development.

You can see from this phenomenal bounty of ingredients why Hope for Health is so excited to provide Hoxsiac for you and your family. Whether you are fighting the ravages of unhealthy cell growth, or need to detox to support your digestive system and liver, we believe Hoxsiac **IS** the answer for you!

Dr. Kaye Olson and all of the Hope for Health staff are ready and willing to answer any product or health questions you may have.

We are also happy to consult with you regarding your diet and lifestyle changes. Please call 828-649-0278.

If you wish to order, or would like a free copy of our informative catalog that includes Hoxsiac, as well as all of our Hope for Health products, please call 1-800-468-7884.

Thank you, and may God bless your efforts to improve your health!



THE TRUTH About Angels

Angels From the Time of the Judges to the Early Kingdom

By Ellen G. White



Christ as the "Angel of the Lord"

When God sent His angels anciently to minister or communicate to individuals, when they learned that it was an angel they had seen and talked with, they were struck with awe, and were afraid that they should die. They had such exalted views of the terrible majesty and power of God, they thought to be brought into such close connection with one direct from His holy presence, would destroy them. . . . Judges 6:22, 23; 13:21, 22; Joshua 5:13-15.

After the death of their leader [Joshua] and of the elders who were associated with him, the people began gradually to relapse into idolatry. . . .

The Lord did not permit the sins of His people to pass without rebuke. There were still faithful worshipers in Israel; and many others, from habit and early association, attended the worship of God at the tabernacle. A large company were assembled upon the occasion of a religious feast, when an angel of God, having first appeared at Gilgal, revealed himself to the congregation at Shiloh. . . .

This angel, the same that appeared to Joshua at the taking of Jericho, was no less a personage than the Son of God. . . . He showed them that He had not broken His promises to them, but they themselves had violated their solemn covenant.

"And it came to pass, when the angel of the Lord spake these words unto all the children of Israel, that the people lifted up their voice and wept." "And they sacrificed there unto the Lord." But their repentance produced no lasting results.

Gideon

Gideon was the son of Joash, of the tribe of Manasseh. The division to which this family belonged held no leading position, but the household of Joash was distinguished for courage and integrity. . . . To Gideon came the divine call to deliver his people. He was engaged at the time in threshing wheat. . . . As Gideon labored in secrecy and silence, he sadly pondered upon the condition of Israel, and considered how the oppressor's yoke might be broken from off his people.

Suddenly the "Angel of the Lord" appeared and addressed him with the words, "Jehovah is with thee, thou mighty man of valor."

The angel had veiled the divine glory of His presence, but it was no other than Christ, the Son of God. When a prophet or an angel delivered a divine message, his words were, "The Lord saith, I will do this," but it is stated of the Person who talked with Gideon, "The Lord said unto him, I will be with thee."

Desiring to show special honor to his illustrious visitor, and having obtained the assurance that the Angel would





tarry, Gideon hastened to his tent, and out of his scanty store prepared a kid and unleavened cakes, which he brought forth to set before Him. . . .

As the gift was presented, the Angel said, "Take the flesh and unleavened cakes, and lay them on this rock, and pour out the broth." Gideon did so, and then the Lord gave him the sign which he desired. With the staff in His hand, the Angel touched the flesh and the unleavened cakes, and a fire rose up out of the rock and consumed the whole as a sacrifice, and not as a hospitable meal; for he was God, and not man. After this token of His divine character, the Angel disappeared.

When convinced that he had looked upon the Son of God, Gideon was filled with fear, and exclaimed, "Alas, O Lord God! for because I have seen an angel of the Lord face to face."

Then the Lord graciously appeared to Gideon a second time and said, "Peace be unto thee, fear not, thou shalt not die." These gracious words were spoken by the same compassionate Saviour who said to the tempted disciples upon the stormy sea, "It is I; be not afraid"—He who appeared to those sorrowing ones in the upper chamber, and spoke the selfsame words addressed to Gideon, "Peace be unto you."

Samson

Amid the widespread apostasy, the faithful worshipers of God continued to plead with Him for the deliverance of Israel. . . . On the border of the hill country overlooking the Philistine plain, was the little town of Zorah. Here dwelt the family of Manoah, of the tribe of Dan, one of the few households that amid the general defection had remained true to Jehovah. To the childless wife of Manoah, "the Angel of Jehovah" appeared with the message that she should have a son, through whom God would begin

to deliver Israel. In view of this, the Angel gave her instruction concerning her own habits, and also for the treatment of her child. . . .

The woman sought her husband, and, after describing the Angel, she repeated His message. Then, fearful that they should make some mistake in the important work committed to them, the husband prayed, "Let the man of God which thou didst send come again unto us, and teach us what we shall do unto the child that shall be born."

When the Angel again appeared, Manoah's anxious inquiry was, "How shall we order the child, and how shall we do unto him?" The previous instruction was repeated—"Of all that I said unto the woman let her beware. She may not eat of anything that cometh of the vine, neither let her drink wine or strong drink, nor eat any unclean thing. All that I commanded her let her observe."

Manoah and his wife knew not that the One thus addressing them was Jesus Christ. They looked upon Him as the Lord's messenger, but whether a prophet or an angel, they were at a loss to determine. Wishing to manifest hospitality toward their guest, they entreated him to remain while they should prepare for him a kid. But in their ignorance of his character, they knew not whether to offer it for a burnt offering or to place it before him as food.

The angel answered, "Although thou detain me, I will not eat of thy bread; and if thou wilt offer a burnt offering, thou must offer it unto the Lord." Feeling assured, now, that his visitor was a prophet, Manoah said, "What is thy name, that when thy sayings come to pass we may do thee honor?"

The answer was, "Why askest thou after my name, seeing it is secret?" Perceiving the divine character of his guest, Manoah "took a kid, with a meat offering, and offered it upon a rock unto the Lord; and the angel did wondrously; and Manoah and his wife looked on." Fire came from the rock, and consumed the sacrifice, and as the flame went up toward heaven, "the angel of the Lord ascended in the





flame of the altar. And Manoah and his wife looked on it, and fell on their faces to the ground." There could be no further question as to the character of their visitor. They knew that they had looked upon the Holy One, who, veiling His glory in the cloudy pillar, had been the guide and helper of Israel in the desert.

Amazement, awe, and terror filled Manoah's heart, and he could only exclaim, "We shall surely die, because we have seen God!" But his companion in that solemn hour possessed more faith than he. She reminded him that the Lord had been pleased to accept their sacrifice, and had promised them a son who should begin to deliver Israel. This was an evidence of favor instead of wrath.

The divine promise to Manoah was in due time fulfilled in the birth of a son, upon whom the name of Samson was bestowed. By the command of the angel no razor was to come upon the child's head, he being consecrated to God as a Nazarite, from his birth.

Samuel and Eli

Samuel was a child surrounded by the most corrupting influences. He saw and heard things that grieved his soul. The sons of Eli, who ministered in holy office, were controlled by Satan. These men polluted the whole atmosphere which surrounded them. Men and women were daily fascinated with sin and wrong, yet Samuel walked untainted. His robes of character were spotless. He did not fellowship, or have the least delight in, the sins which filled all Israel with fearful reports. Samuel loved God; he kept his soul in such close connection with heaven that an angel was sent to talk with him in reference to the sins of Eli's sons, which were corrupting Israel.

The transgressions of Eli's sons were so daring, . . . that no sacrifice could atone for such willful transgression. . . . These sinners conducted the ark to the camp of Israel. . . .

God permitted His ark to be taken by their enemies to show Israel how vain it was to trust in the ark, the symbol of His presence, while they were profaning the commandments contained in the ark....

The Philistines were triumphant, because they had, as they thought, the famous god of the Israelites, which had performed such wonders for them, and had made them a terror to their enemies. They took the ark of God to Ashdod, and set it in a splendid temple, made in honor of their most popular god, Dagon, and placed it by the side of their god. In the morning the priests of these gods entered the temple, and they were terrified to find Dagon fallen upon his face to the ground before the ark of the Lord. . . . The angels of God, who ever accompanied the ark, prostrated the senseless idol god, and afterward mutilated it, to show that God, the living God, was above all gods, and before Him every heathen god was as nothing.

The men of Beth-shemesh quickly spread the tidings that the ark was in their possession, and the people from the surrounding country flocked to welcome its return. The ark had been placed upon the stone that first served for an altar, and before it additional sacrifices were offered unto the Lord. . . . Instead of preparing a suitable place for its reception, they permitted it to remain in the harvest field. As they continued to gaze upon the sacred chest and to talk of the wonderful manner in which it had been restored, they began to conjecture wherein lay its peculiar power. At last, overcome by curiosity, they removed the coverings and ventured to open it. . . .

Even the heathen Philistines had not dared to remove its coverings. Angels of heaven, unseen, ever attended it in all its journeyings. The irreverent daring of the people of Bethshemesh was speedily punished. Many were smitten with sudden death.



News Watch



Pope Francis visits neonatal unit as part of year of mercy

CATHOLIC NEWS AGENCY SEPTEMBER 16, 2016 CATHOLIC NEWS AGENCY

On Friday, Pope Francis visited a neonatal hospital unit and a hospice for the terminally ill, stressing the dignity of human life from conception to natural death. The Sept. 16 visit is the latest in the Pope's "Mercy Friday" initiatives, to spend time with various groups each month during the Jubilee of Mercy.



End Time Perspective #1: "When appearing as members of their order, they wore a garb of sanctity, visiting prisons and hospitals, ministering to the sick and the poor, professing to have renounced the world, and bearing the sacred name of Jesus, who went about doing good. ... The Jesuits rapidly spread themselves over Europe, and wherever they went, there followed a revival of popery." GC 235.

Pope, UAE build bridges to take on ideology of hate and terror His Highness Sheikh Abdullah bin Zayed Al Nahyan, Special for CNN



Sheikh Mohamed bin Zayed Al-Nahyan (left) meets with Pope Francis at the Vatican.

UPDATED 9:06 AM ET, THU SEPTEMBER 15, 2016

When His Holiness Pope Francis received His Highness Sheikh Mohamed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi and Deputy Supreme Commander of the armed forces of the United Arab Emirates, it was the highest-level official delegation from the Gulf state ever to visit the Vatican, and comes at a time when constructive dialogue between people of all faiths is of paramount importance.

It is critical to take every opportunity to show a united front against all forms of intolerance. Pope Francis has reached out to faith leaders of all religions to reject extremism wherever it occurs. The UAE is proud to stand with him.

End Time Perspective: "When we reach the standard that the Lord would have us reach, worldlings will regard Seventh-day Adventists as odd, singular, strait-laced extremists. "We are made a spectacle unto the world, and to angels, and to men." FE 289.



Pope, refugees and religious leaders pray for peace

SEPTEMBER 20, 2016 2:54 PM

Pope Francis salutes Ecumenical Patriarch Bartholomew I as he arrives to the Holy Convent of Assisi, Italy, Tuesday, Sept. 20, 2016. Pope Francis has chatted with leaders and representatives of many religions at a gathering to pray for peace in Assisi, the home town of St. Francis.



End Time Perspective: 1 Thes.5:3 "For when they shall say, Peace and safety; then sudden destruction cometh upon them, as travail upon a woman with child; and they shall not escape."

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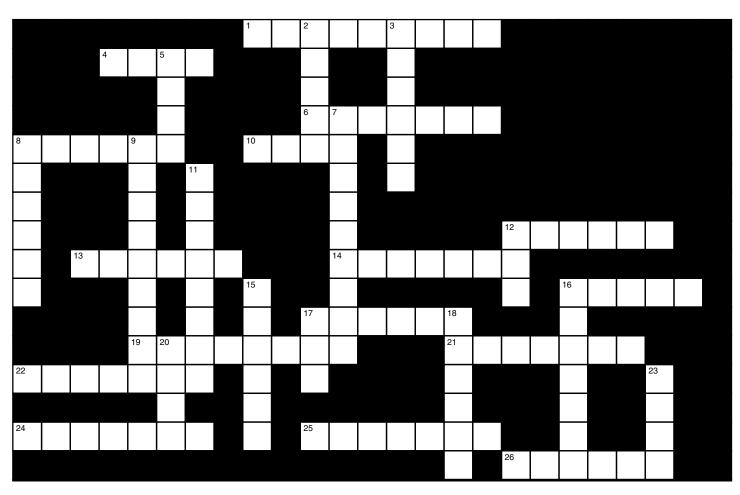
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Christian Crossword



ACROSS

- 1. A brave Mithrite warrior in the army of King David.
- 4. The mother of John Mark.
- 6. A Jewish sect who grew up in the two centuries before the Christian era
- 8. A concubine of King Saul.
- 10. The Hebrew name of Peter's father.
- 12. The king that placed Daniel in a high position.
- 13. The title of the Roman emperor until the 3rd century A.D.
- 14. She sent her greetings in Paul's final letter to Timothy.
- 16. A domestic administrator whose wife accompanied Jesus on a tour of Galilee.
- 17. A name for a messenger of the gods.
- 19. The Roman emperor mentioned twice in Acts.
- 21. He sold property but kept some of the money.
- 22. The person whose ear Peter cut off.
- 24. An angel that appeared to Daniel.
- 25. The grandson of Eli and son of Phinehas.
- 26. Potiphar put this young man in charge of all his affairs.

DOWN

- 2. Solomon's temple took ____ years to build.
- 3. She bore Paul's letter to the church in Rome.
- 5. A grandson of Jacob and Rachel that went to Egypt.
- 7. They were a privileged group other than the Pharisees.
- 8. One of the murderers of Saul's son, Ishbosheth.
- 9. Saul ordered this priest and others to be killed.
- 11. A Jewish high priest by whose cunning Jesus was arrested.

- 12. Samson belonged to the tribe of _____
- 15. One of first disciples of Jesus and brother of Simon Peter.
- 16. A ruler of the Jewish synagogue in Corinth.
- 17. Aaron and this man held up Moses' hands during battle.
- 18. Father of Boaz who married Ruth.
- 20. Author of the 3rd Gospel and the Acts of the Apostles.
- 23. The Moabite ancestress of King David

