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

The Four Angels' Messages

Fear God!

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My wife has a cat rescue that she operates from our log cabin home in the mountains of Western North Carolina. Over the years we have accumulated several cats that were never adopted out. These cats were eventually allowed outside of our home—inside and outside cats. One of these cats by the name of Marlo was a regular daily visitor to our house for quite some time, but there recently came a period of a few days when Marlo didn't show up; we began to think that she had been taken by a predator. But after a few days as my wife was out calling Marlo and other cats, she heard a meow response. While walking down the hill she was on, she spotted Marlo calling to her from the top of an almost branchless tree which was 50 to 60 feet high. The cat had gotten up the tree, possibly running from a predator, but

*Keep meowing until you
know you are rescued.*

like most cats, she didn't know how to get back down, so she continued to call for help.

We have a friend who does tree work for us who advertises for cat rescue from trees, but up to this time had never had to do a rescue. We contacted him and told him of our situation. He agreed to come over and attempt the rescue. He put together his climbing gear and came over that same afternoon. He had spikes that fit on his boots and a rope that he put around the trunk of the

tree and held from both ends with his hands. As he would go with his spikes, he would move the rope higher up the tree and advance upward. He had an additional rope that was connected to a cat carrier down below that he would eventually pull up to where he was in the tree as he got closer to the cat. As he came close to the cat, she would move further away as she did not know him. He pulled the carrier up to where he was, and finally got close enough to get Marlo by the nape of the neck and put her in the carrier, which he lowered back down to me. She was not a happy cat – she did not know what was happening to her. I carried the carrier to the house with Marlo in it. As soon as I got back uphill to the house, I was able to give her some cat food, and she soon settled down. She seemed to be quite happy to be back in the house. As I write this editorial Marlo is lying on the bed near where I am sitting.

As I think about all that has happened with Marlo, I think about how the Lord has to deal with us. We are located on this earth with many temptations surrounding us. It is the Lord's desire that each of us would be safe to be saved to be part of the earth made new. He wants each of us to be there, but He cannot risk having any of us to bring sin back upon this planet. Are we safe to remove from the carrier?

Ellen White, in the SDA Bible Commentary, volume 6, page 1094, makes the following comments: "There is no such thing as our entering the heavenly portals through

indulgence and folly, amusement, selfishness, but only by constant watchfulness and unceasing prayer. Spiritual vigilance on our part individually is the price of safety. Swerve not to Satan's side a single inch, lest he gain advantage over you."

She tells us to pray as never before – "Look on to Jesus in simplicity and faith. Gaze upon Jesus until the spirit faints under the excess of light. We do not half pray. We do not half believe. "Ask and it shall be given you." Luke 11:9. Pray, believe, strengthen one another. Pray as you never before prayed that the Lord will lay His hand upon you, that you may be able to comprehend the length and breadth and depth and height, and to know the love of Christ, which passeth knowledge, that you may be filled with all the fullness of God." 7T214

"There is now need of much prayer. Christ commands, 'Pray without ceasing,' that is keep the mind uplifted to God, the source of all power and efficiency." TM512

Keep meowing until you know you are rescued.



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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

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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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The Four Angels' Messages

Fear God!

By Jerry O'Donnell

Now is the time

With the reformation about to be undeclared on October 31, 2017, as the papacy and many Protestant representatives will be signing an agreement, it will more than likely complete the grasping of the hands across the gulf from Protestant America to the Papacy. With about a year or so left, do we really think it is going to get any easier in preaching the messages of Revelation 14 and 18? So now is the time to be spreading the books and pamphlets like leaves of autumn. Now is the time to leave with God those that are not yet, nor ever will be, consecrated to God. Now is the time for us to be consecrated and go forth doing what God has called us to do and cease arguing with the true accusers of the brethren within the church who just find one thing after another to distract us from going forth.

And do not be fooled, even by voices within the Adventist church – we do indeed have the loving gospel from God if one is preaching the Three Angels' Messages for John wrote, "I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people" (Revelation 14:6). So while many voices are calling attention to us not being very loving when we are standing for the truth, shout the warning message, bark at the approaching enemies in the form of heresies.



Although the latter rain does not officially flood until after Sunday law, even now are sprinkles of such happening. It is happening to those who have indeed decided, by the grace and power of God, to forsake all that is worldly, to cast aside every evil thing, but more importantly, will eat, drink, and sleep evangelism.

Forsaking certain dietary products

People who want to be part of the last generation movement will eat only that which fits them for the work – forsaking meat, so-called food that causes weakness (being mostly those things abundant in artificial sugars), and probably will work towards removing the eggs and cheese from their diet as well. People who want to be part of the last generation movement will drink only that which fits them for the work; forsaking, again, the artificial, sugary drinks, the caffeine, even milk products, let alone the alcohol.



People who want to be part of the last generation movement will be thinking of different ways to reach the public beyond just trying to live up to the call of a Christian, which they should have been doing all along anyway. They will be thinking of ways to get material to more than just family and neighbors. They will be thinking of ways to reach people more than inviting them to the next evangelistic meetings. They will do more than just donating monetarily to the cause. They will be donating their own time, and arranging their schedules at all possible times so as to actually reach interested people. They will want to take hold of the reigns



for reaching out to people personally as if they were the only voice in town with the saving message. This constant thinking of evangelism may even lead to having dreams about conducting Bible studies. I am not talking about a vision or dream from God, although I would also not discount such, but when one is so committed to something, one is bound, at times, to be going through the motions even while asleep.

Our outline

As already stated, the Three, yea, the Four Angels' Messages are what make up the last-day saving gospel

message. Like John the Baptist, Noah, Moses, and many others, it is a call to believe on Jesus, and contains a series of specific actions. Today, we are not called to believe on the Lamb of God who is headed to the cross; we are not called to get into a boat; and we are certainly not physically in Egypt and being called into a long journey to the physical Promised Land. But we are called specifically to "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" (Revelation 14:7).

Now God would in no wise waste people's time. If people were already doing these things properly, or the majority were, there would not be a call to attention on these matters. The fact is, people are not fearing God, not giving Him the glory, not caring that the judgment is happening, and definitely not worshiping Him properly.

That is just the first angel's message that we ought to be aware of. And before we get into the second, third, and even the fourth in chapter 18, let us make sure we also comprehend these words properly because there are a whole lot of Adventists who think they know the meaning of these words but are missing the point. And it is important that we know these things because the last generation of people going forth with the messages must be preaching "this gospel of the kingdom" (Matthew 24:14) and not just "a gospel".

Fear God

Remember, God never sends a message of warning when the world is mostly, or even close to mostly, following the warning already. It is when the great majority of people live in disobedience that the message is sent. Now how do I know that the vast majority of the world lives in disobedience to fearing God? "The fear of the LORD [is] to hate evil: pride, and arrogancy, and the evil way, and the froward mouth, do I hate" (Proverbs 8:13). So, again, do the vast majority lack fearing God? According to this verse, absolutely. For not only do people not hate evil, including Christians, they are entertained by it. People excuse the violence, foul language, and nudity in entertainment today. "Except one or two scenes, it's a pretty good movie." Nonsense! And more than likely they have become numb to the concept of what violence, nudity, and foul language really is in God's eyes. Simply expressing a temper over a worldly matter is violence (Matthew 5:22); seeing women parading around in bikinis or tight fitting clothing is nudity (Matthew 5:28); euphemisms in place of really foul words are still foul words (2 Peter 3:11). Like I said, even Christians are well entertained by such today, therefore, hardly





anyone fears God if they watch prime time TV at all.

Now how many Adventists, when they hear the words “Fear God” quickly shout out, “That means respect”? How many Adventists will go so far as to quote a trigger response, “love casteth out fear” (1 John 4:18)? We need to be careful with how we match up Bible texts. We need to also be careful how we apply the timing of the messages.

Did you know that first and foremost, this part, as well as all of the messages, are for Adventists first, and then the world second? Remember, “judgment must begin at the house of God” (1 Peter 4:17).

Are you guilty of not fearing God?

So how can a church-attending, mid-week-service-attending, tithe-paying, commandment-keeping, even vegetarian-Adventist still be guilty of not fearing God? The 144,000 will not be people who simply bake food and deliver such to their neighbors. The 144,000 will not be people who

just show themselves to be friendly. The 144,000 will all be going forth conducting Bible studies. So, if today you were asked by your pastor or elder, “Could you please study the Bible with an interested soul who has come to our attention?”, what would your response be? Would it be, “Oh, I never have given a Bible study. I am fearful I won’t have the answers.” “I am fearful I will say something wrong.” “I am fearful that they will argue with me.” “I am fearful...” God says, “Fear God!” Our response ought to be, “Lord, I am your willing vessel. Teach me to teach others”, and go forth and make honest mistakes, in which you will then learn from and not repeat. Go forth without knowing all of the answers and tell the people, “You know what? That is a very good question. Let me research that and get back to you next time.” Go forth and speak gently despite their attitude. Remember, when people start ranting and getting upset, that is when God is really convicting the person of the truth. It is not our job to interfere. In other words, instead of thinking we did something wrong when the person gets upset, we need to be thinking, “Aha, God struck a cord like He did with Nicodemus!”

That means, for Adventists, the message “fear God” means to overcome our fear of going forth and actually teaching others the Bible. That means if we stick with our excuse of being too fearful to conduct a Bible study, then we are just as guilty of not fearing God as the worldly person is.

Now when it comes to other Christians who do not know the truth, they may already have the love of God and yet not fear God. They may already respect God, but not fear God. This why “Fear God” does not only mean respect. Most Christians who believe in God, especially the ones who say, “God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not

perish, but have everlasting life” (John 3:16), believe in the ability of God to come in human form, overcome Satan, and ascend, giving us the power of the Holy Spirit. Many use that power in a manner that is disrespectful and not true, but to them, they think it is. In fact, “Many will say to me in that day, Lord, Lord, have we not prophesied in thy name? and in thy name have cast out devils? and in thy name done many wonderful works?” (Matthew 7:22). But what is the issue. “And then will I profess unto them, I never knew you: depart from me, ye that work iniquity” (Matthew 7:23).



Demands of the Law

From those verses, Adventists may zoom in on the “work of iniquity”, which is not the main issue. The main issue is that these sincere Christians do not fear God, but to these Christians, what is the definition of “not fearing God”? Did you not catch the answer in Matthew 7:23? “Fear God” in this particular group is the lack of knowing of who God truly is, for the Bible said, “I never knew you”. The work of iniquity is simply the result of not knowing God, specifically, Jesus. More specifically, because the vast majority of Christians, like about 2 billion Christians, believe in a justification-only God and not in the justification-and-sanctification God. They believe complete holy living will not happen until after the second coming. Therefore, in living in only a broad forgiveness lifestyle, they go and “break



one of these least commandments, and shall teach men so" (Matthew 5:19). They say that the law is done away with, nailed to the cross, no longer the schoolmaster, and fulfilled by Jesus. They say that they live by grace and by faith, which replaces the law of Ten Commandments, which is a distortion of the Bible.

These Christians do not understand the tremendous demand that the law has. First, it cost the death of God's Son. If that law could be just simply replaced, Jesus would not have had to die.

Second, the Ten Commandments were not for the Jews and now

justification is not for the Christian who claims one moment to be saved and then continues to enjoy the allurements of the world. "Love not the world, neither the things [that are] in the world. If any man love the world, the love of the Father is not in him" (1 John 2:15).

Proper knowledge

Therefore, to the second group, the Christians who think they respect and love God, "fear God" means to receive proper knowledge of who God really is. He is a God that expects obedience to His commandments. "Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?" (Romans 6:16) And do recognize again, the verse begins with "know ye not". Lack of knowledge is what is destroying popular Christianity. "Hear the word of the LORD, ye children of Israel: for the LORD hath a controversy with the inhabitants of the land, because [there is] no truth, nor

mercy, nor knowledge of God in the land. By swearing, and lying, and killing, and stealing, and committing adultery, they break out, and blood toucheth blood" (Hosea 4:1-2) (Emphasis added). And these actions are among Christians!

And now let us turn to those that are not believers, or who are practicing sinners, even who do not care about religion or being obedient to God. One such person comes to mind very quickly. It is one of the thieves on the cross. I am not referring to the thief that asked to be in the kingdom. I am referring to the one who dared to mock Jesus by saying, "Save thyself and us!" The whole conversation is stated as, "And one of the malefactors which were hanged railed on him, saying, If thou be Christ, save thyself and us. But the other answering rebuked him, saying, Dost not thou fear God, seeing



thou art in the same condemnation? And we indeed justly; for we receive the due reward of our deeds: but this man hath done nothing amiss" (Luke 23:39-41).

Genuine fear

So, is this the fear of rejection or making a mistake? No. Is this the fear of God that is a lack of knowledge? No. This is the genuine fear of being fearful, afraid, scared. More specifically, the one thief said, "Dost not thou fear God, seeing thou are in the same condemnation? And we indeed justly; for we receive the due reward of our deeds." In other words, it is the fear of facing the ultimate consequence – eternal death.

Now before someone tries to tell me differently, this is what I like about Ellen White's writings. If we study the Bible properly, her writings should confirm what has been revealed. If we study the Bible incorrectly, her writings ought to rebuke our timid approach, our misapplication, our



Christians are under grace. Both Old and New Testament people were, and are, under grace as well as required to keep the commandments. Although "the deeds of the law there shall no flesh be justified" (Romans 3:20), but keep in mind that "not the hearers of the law [are] just before God, but the doers of the law shall be justified" (Romans 2:13). In other words, no one is justified by being a careless sinner, but all those that desire a godly and holy life cannot point to any part of keeping the commandments as worthy for Heaven because Jesus only pays the price. He then washes away our past – "my little children, these things write I unto you, that ye sin not" (1 John 2:1). But again, if we were to fail and give in to a moment of weakness – "if any man sin, we have an advocate with the Father, Jesus Christ the righteous" (1 John 2:1). So,



misunderstanding. On this account, Ellen White writes:

“To Jesus in His agony on the cross there came one gleam of comfort. It was the prayer of the penitent thief. Both the men who were crucified with Jesus had at first railed upon Him; and one under his suffering only became more desperate and defiant. But not so with his companion. This man was not a hardened criminal; he had been led astray by evil associations, but he was less guilty than many of those who stood beside the cross reviling the Saviour. He had seen and heard Jesus, and had been convicted by His teaching, but he had been turned away from Him by the priests and rulers. Seeking to stifle conviction, he had plunged deeper and deeper into sin, until he was arrested, tried as a criminal, and condemned to die on the cross. . . . Among the passers-by

And we must ask today, despite the Bible condemning the practice of homosexuality, drunkenness, drug use, adultery, prostitution, do these people not fear, are they not concerned about the final judgment before God? Do they not realize that they ought to “fear him which is able to destroy both soul and body in hell” (Matthew 10:28)? And that implies strongly that of a scared reaction towards facing God for our actions. Besides, even Ellen White penned, “But I fear God more than man.” {EW 76.1} That is not necessarily saying, “I respect God more than I respect man” but rather “I am more concerned of what God can do to me as opposed to what man can do to me.”

And here is a picture of what it is like when people are not scared of the consequences: “Courts of justice are corrupt. Rulers are actuated by



groups? We have the Adventists that fear giving Bible studies instead of fearing God and believing God will empower us to successfully deliver the messages. We have the Christians that are without proper knowledge. We also have the worldly people who are not fearful of the future, primarily being hell. That is three groups. The fourth group implied is those that do fear God. These understand to “Fear God, and keep his commandments: for this [is] the whole [duty] of man” (Ecclesiastes 12:13).

However, these people in the fourth group are not necessarily safe. Too many sympathies tug at them. Those of the church who are not active in Bible studies cause those who are active to be weary of their complaining, poking “fun”, and overall, being lazy. “The harvest truly [is] plenteous, but the labourers [are] few” (Matthew 9:37). By associating closely with people we have been friends with for years and are only now drifting apart as we see the time approach, it becomes very hard to distance oneself, especially from fellow Adventists. In reality, we are not the ones that are pulling away, but it is their lack of going forth and their turning to worldly pleasures that



he hears many defending Jesus. He hears them repeat His words, and tell of His works. The conviction comes back to him that this is the Christ. Turning to his fellow criminal he says, ‘Dost not thou fear God, seeing thou art in the same condemnation?’ The dying thieves have no longer anything to fear from man. But upon one of them presses the conviction that there is a God to fear, a future to cause him to tremble. And now, all sin-polluted as it is, his life history is about to close. ‘And we indeed justly,’ he moans; ‘for we receive the due reward of our deeds: but this Man hath done nothing amiss.’”{CSA 38.4}

desire for gain, and love of sensual pleasure. Intemperance has beclouded the faculties of many, so that Satan has almost complete control of them. Jurists are perverted, bribed, deluded. Drunkenness and revelry, passion, envy, dishonesty of every sort, are represented among those who administer the laws. ‘Justice standeth afar off; for truth is fallen in the street, and equity cannot enter.’” [Isaiah 59:14.] {GC88 586.1}

Ramifications Now

So we have four groups that we have addressed. Four? What? Wait a moment! Did you only count three



makes it hard for them to be associated with us.

Then there are the Christians all around us who have not the knowledge they ought to have but do not want to hear it, and so they are a drain upon the commitment to preaching the message for multiple reasons. One is the example of how they are “saved” and yet enjoying the world, even doing things that we may have done in the past recalling how much fun it was. The other is the number of doors to knock on before getting a sincere interest in the message because, well, most of them are “saved”, are they not? No, they are not, but they think they are.

No common denominator

And, of course, those that are just outright worldly have no real intelligent conversations to offer. The interests are different; the activities are different; the conversations are different. Overall, it is very difficult to relate with such people. Despite showing oneself as friendly, as the Bible suggests, it is very difficult for a true Adventist to really rub elbows with such people. “Hey, come over for a beer.” “Well, I can come over but I’ll just have water.” Well, inside that person begins to see a difference. At first they tolerate it, but as they continue on, the uncommon ground becomes more evident. “Hey, why don’t we have regular play dates with our kids?” Of course, the true Adventist is thinking, we cannot do that because my child does not watch the same TV programs; I do not

want my child picking up worldly habits and especially giving my child a false sense of being deprived of things; etc. And by the way, do not try to argue that it would be a form of witnessing to them. It is very, very clear in

the Bible and Spirit of Prophecy that we are to be protective of what our children are exposed to, even to the point of keeping them secluded.

So the neighbor continues on and says, “Hey, I’m having a cookout. Come over for some burgers and hot dogs!” “Sure, but I will bring our own. You see, we’re vegetarian and we eat imitation burgers and hot dogs.” And so on and so on and so on. This does not prevent some type of witnessing, but we are not to have close relationships with our neighbors. In fact, the Bible is loaded with commands to not associate with pagans (unbelievers) in a close manner as well as plenty of examples showing the consequences.



fountain of living waters, they hew out for themselves broken cisterns that can hold no water. Let it not be thus with those who have tasted the power of the world to come.” {CH 300.1}



Three categories

Ellen White writes regarding all three categories, “The work of God is to be carried on without outward display. In establishing institutions, we are never to compete with the institutions of the world in size or splendor. We are to enter into no confederacy with those who do not love or fear God. Those who have not the light of present truth, who are unable to endure the seeing of Him who is invisible, are surrounded by spiritual darkness that is as the darkness of midnight. Within, all is dreariness. They know not the meaning of joy in the Lord. They take no interest in eternal realities. Their attention is engrossed by the trifling things of earth. They make haste unto vanity, striving by unfair means to obtain advantages. Having forsaken God, the

So, do you fear earthly things over godly duty? Are you lacking in the true knowledge of God? And if you can point to continued sin in your life and refusal of giving it up, do you not fear the consequences of your actions?

Or have you put godly duty above every earthly fear? Are you gaining the true knowledge of God? Are you serving God because you love Him and want to keep His commandments?



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

ONE MIND? HaveOneMind.Com



If We Could See Beyond Today

By George Beverly Shea

If we could see beyond today as God can see,
If all the clouds should roll away, the shadows flee,
O'er present griefs we would not fret,
Each sorrow we would soon forget,
For many joys are waiting yet
For you and me.

If we could know beyond today as God doth know
Why dearest treasures pass away and tears must flow
And why the darkness leads to light
Why dreary paths will soon grow bright
Some day life's wrongs will be made right
Faith tells us so.

If we could see, if we could know, we often say
But God in love a veil doth throw across our way.
We cannot see what lies before
And so we cling to him the more
He leads us 'til this life is o'er
Trust and obey, yes trust and obey.





Hope for Health

Small Flowered Willow causes absolutely NO side effects and is one of the most effective herbal remedies for maintaining prostate and urinary tract health.

SMALL FLOWERED WILLOW

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Epilobium parviflorum, better known as **Small Flowered Willow**, belongs to the Onagraceae (Willowherb or Evening Primrose) family and is found in Central and Eastern Europe and some areas of North America. As its name suggests, **Small Flowered Willow** is a *small* but very powerful baby pink-colored flower which has been used for centuries, particularly in Central Europe, as a folk remedy to promote a healthy prostate and improve the health of the kidneys, bladder, and entire urinary tract.

Until recently there had been no official studies to back the tall claims of these folk uses, but as science is shedding more light on the subject, this pretty little plant is becoming known throughout the natural health world as God's "manna" for the prostate! It has been shown to be a safe and effective way to maintain a healthy and normal prostate (often being effective when nothing else seems to work), and can even help with associated problems such as: incontinence, sexual function, and urinary urgency.

Small Flowered Willow Scientific Studies:

- A German 3 year study found that taking 160 mg. of **Small Flowered Willow** extract twice daily reduced nighttime urination in 73% of patients and improved urinary flow rate.
- In 1991, an article in the journal, Plant Medicine, confirmed **Small Flowered Willow's** anti-inflammatory effects, and noted that it was "ten times more effective" than another common commercially-available pain reliever.
- In a double blind trial, 160 mg. of **Small Flowered Willow** extract taken twice daily was shown to help maintain a healthy prostate size just as effectively as its chemical counterpart, but with absolutely **NO** side effects!
- A 2009 article from the journal, Phytotherapy Research, showed that **Small Flowered Willow** extract showed a protective effect against oxidative damage and possessed powerful anti-inflammatory properties.

Small Flowered Willow: It's not just for men!

While **Small Flowered Willow** is of great benefit to the prostate in men, it is also an invaluable tool for women who suffer from kidney, bladder, or urinary problems! Many women are affected by recurrent or persistent bladder and urinary issues, yet are unable to find relief. That is, until now!

Small Flowered Willow has recently shown to be a potent anti-microbial and anti-inflammatory agent that tones and protects the entire urogenital system (which includes all of the reproductive organs such as the prostate, along with the kidneys, ureters, bladder, and urethra). The active ingredients present in the **Small Flowered Willow** plant are not only good for the urogenital system, but also have a significant role to play in blood purification, lymphatic drainage, and boosting the body's immune response!

A 2009 study from Montana State University, isolated a compound in Small Flowered Willow called Oenothlein B, a tannin that activates immune response and can help explain why this herb is so helpful against unwanted bacteria in the urinary tract. Thanks to **Small Flowered Willow**, many women are able to find relief from urinary problems that can cause discomfort, irritation, and pain.

Small Flowered Willow:

- Is renowned for its ability to support a healthy prostate *without* decreasing the libido or causing harmful side effects like many other prostate products may do.
- Is beneficial to the entire urinary system, including the kidneys and the bladder.
- Has the added benefit of being a natural analgesic or pain reliever which can help with a variety of urinary tract pains.
- Contains natural anti-microbial and anti-bacterial properties that help strengthen the immune system and protect the urinary tract and prostate from unhealthy would-be invaders!
- Has been used for centuries in the form of a tea and tincture to help relieve discomforts such as pain when urinating, difficulty urinating, and inability to fully empty the bladder.

Prices:

90 capsules	\$9.99
180 capsules	\$15.99
2 oz. extract	\$20.99
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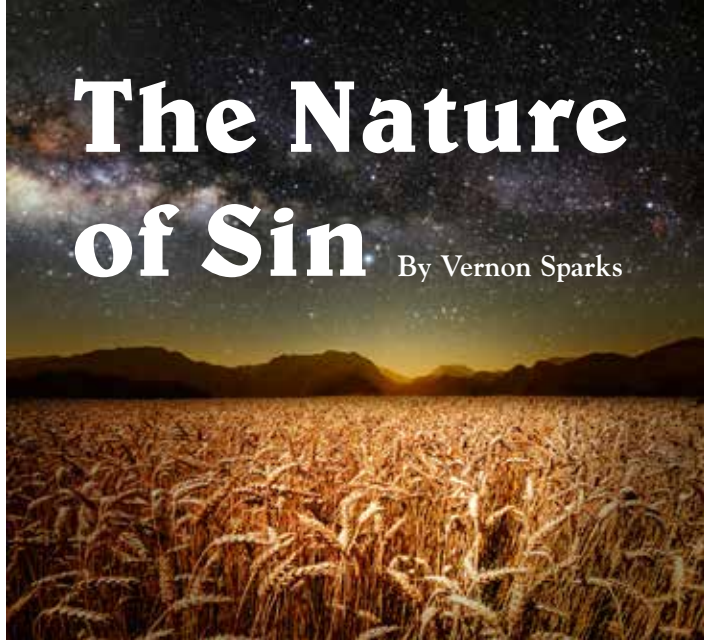
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The Nature of Sin

By Vernon Sparks



It is of the utmost importance that we understand the true nature of sin in order that we may escape its power and its doom.

“A terrible doom awaits the sinner, and therefore it is necessary that we know what sin is, in order that we may escape from its power. ...It is of the greatest moment that we understand the nature of our fall and the consequences of transgression.” ST, June 20, 1895.

In order to more fully understand the true issue and the nature of sin we must have God’s definition. “The only definition of sin that we have in the Bible is that it is the transgression of the law.” Ibid., March 3, 1890. See John 3:4.

Everything that is contrary to God’s will is wrong, but not every wrong is transgression, and thus, not sin. All of the endless deviations from God’s original plan in the creation of the physical earth and in the plant and animal kingdoms are wrong, and thus evil, and in need of a Restorer. “For the creature was made creature to vanity, not willingly, but by reason of him who hath subjected the same in hope, because the creature itself also shall be delivered from the bondage of corruption into the glorious liberty of the children of God. For we know that the whole creation groaneth and travaileth in pain together until now.” Rom. 8:20-22. “Repent ye therefore and be converted that your sins may be blotted out when the times of refreshing shall come from the presence of the Lord; and he shall send Jesus Christ, which was before preached unto you: whom the heaven must receive until the times of restitution of all things, which God hath spoken by the mouth of all his holy prophets since the world began.” Acts 3:19-21.

Consequences or sin?

All deviations from God’s will as seen in the natural world will be corrected and restored by the plan of redemption. Thus the deviations from God’s will as seen in mankind’s physical nature of his mind and body, are wrong and evil and in need of a Restorer. They will be corrected

by the plan of salvation. “And not only they, but ourselves also which have the firstfruits of the Spirit, even we ourselves groan within ourselves, waiting for the adoption, to wit, the redemption of our body.” Rom. 8:23.

These deviations from God’s will in our physical being and in the physical world around us are the results, or the consequences of sin, rather than sin itself. Transgression, or sin, is the product of an intelligent mind. Only creatures with reason and choice can disobey, rebel, transgress – sin. “Purity and impurity pertain to the soul. It is the evil deed, the evil word, the evil thought, the transgression of the law of God, ...that defiles a man.” DA 397.

The great controversy is a struggle between God and Satan for the allegiance of reasoning minds. By our wills we choose to serve God or Satan. “Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?” Rom 6:16. “There are but two parties in this world. All rank either under the banner of the obedient or the banner of the disobedient.” ST, Feb. 22, 1899.

Sin is the malfunction of the higher powers of man

The corrupt, lower passions of themselves cannot act contrary to God’s will. “The lower passions have their seat in the body and work through it. The words ‘flesh’ or fleshly’ or ‘carnal lusts’ embrace the lower, corrupt nature; the flesh of itself cannot act contrary to the will of God.” AH 127. Sin is the malfunction of the higher powers of man. We sin when, with our will, we cherish the desire to sin, or when we choose to allow our perverted desires, appetites, tendencies, passions, and propensities of our corrupt lower nature – the flesh – to be acted out in our life.

The will is the governing power in the nature of man. If the will is set right, all the rest of the being will come under its sway. The will is not the taste or the inclination, but it is the choice, the deciding power, the kingly power which works in the children of men unto obedience to God or to disobedience.” Te 113.

“Every mind is controlled either by the power of Satan or the power of God.” 12 MR 31. “There are two classes of transgression, or sin – willful and unwillful. Willful sin



is knowingly going contrary to God's will. Willful, known transgression is rebellion against God which results in guilt for which He holds us personally accountable. Unwillful sin – a sin of ignorance – is going contrary to God's will prior to the age of accountability, or ignorantly, after the age of accountability, not knowing that it was sin, or through lack of judgment, or lack of thoughtfulness. Men often commit wrong through ignorance or want of judgment. In many instances there is no premeditated wrong; it is caused through a lack of thoughtfulness. The one who treats this as sin is himself a sinner. There is with many a keen imagination that makes them offender for a word or action. But often the one judged is innocent in the sight of God" 11 MR 371.

Moses was surprised into sin

Too often we commit wrongs impulsively, without planning to, and it may be due to carelessness, lack of discernment, or to thoughtlessness as stated above. When we find ourselves in such a situation, it is wise to take, by God's grace, the path of repentance and reformation. We cannot presume to know whether or not our "sin of impulse" resulted in guilt or not. "The sin of Moses was not premeditated. He was surprised into it." 10 MR 159. Even though Moses repented of his sin of impulse, it still kept him out of the earthly Canaan. See 1 SOP 312. We are counseled to help each other to recognize and to gain the victory over this type of sin. See RH, June 28, 1887.

Christ makes atonement for the confessed sins, and also for the sins of ignorance of His people. "The minds of all who embrace this message are directed to the Most Holy Place, where Jesus stands before the ark, making His final intercession for all those for whom mercy still lingers and for those who have ignorantly broken the law of God. This atonement is made for the righteous dead as well as for the righteous living. It includes all who died trusting in Christ, but who, not having received the light upon God's commandments, had sinned ignorantly in transgressing its precepts." EW 254. See Heb. 2:3; 5:2; John 9:41; Acts 17:30. True unwillful sin is not rebellion against God and His law. A true sin of ignorance does not result in personal guilt or personal accountability, other than the natural



consequences of cause and effect. Christ's blood atones without our participation, for all sins of true ignorance, but God judges us guilty for willful ignorance, just as He does for willful sin. " 'If I had not come and spoken unto them, they had not sin: but now they have no cloke for their sin.' John 15:22. Those who have an opportunity to hear the truth, and yet take no pains to hear and understand it, thinking that if they do not hear they will not be accountable, will be judged guilty before God the same as if they had heard and been rejected. There will be no excuse for those who choose to go in error when they might understand what is truth. In His sufferings and death Jesus has made atonement for all sins of ignorance, but there is no provision made for willful blindness. ... We shall not be held accountable for the light that has not reached our perception, but for that which we have resisted and refused." 5SDABC 1145. "Said the angel: 'If light come, and that light is set aside or rejected, then comes condemnation and the frown of God; but before the light comes, there is no sin, for there is no light for them to reject.'" 1T 116.

Temptation is not a sin unless we yield to it

Resisting temptation actually strengthens us: "Temptation is not a sin; the sin lies in yielding. To the soul that trusts in Jesus, temptation means victory and greater strength." ST, Dec. 10, 1902; see also James 1:12. **Sin which incurs personal condemnation or guilt comes in three ways:**

1. We can choose to do a known wrong deed. "A man tempted to sin when some attractive object or indulgence is presented to him, and he is drawn to overstep principle, and to violate his conscience in doing that which he knows to be wrong." ST, Dec. 18, 1893.
2. We sin when we choose not to do a known right deed: "What does the Lord say to those who have had light, and yet have failed to live in accordance with it? 'Therefore to him that knoweth to do good, and doeth it not, to him it is sin.' James 4:17." YI, Feb. 15, 1894.
3. We sin by cherishing known wrong thoughts or by refusing to accept new light: "When an impure thought is welcomed, an unholy desire cherished, a rebellious purpose formed, the purity of the soul is stained and its innocence



is ruined, temptations prevail, and hell triumphs.” ST, Dec. 18, 1893. “But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.” Matt. 5:28. “The law is far-reaching in its claims, and we must bring our hearts into harmony with it. ...It condemns every sin, and requires every virtue. Not only does it require a correct outward deportment, but its principles reach to the thoughts and affections of the heart. ‘Behold,’ said the psalmist, ‘thou desirest truth in the inward parts; and in the hidden part thou shalt make me to know wisdom.’ In the light of the law, covetousness is seen to be idolatry, lust adultery, and anger murder. No wonder that the carnal mind is enmity against God, and not subject to His law.” ST, March 3, 1890.

Thus sin is the result or product of intelligent, rational beings who surrender their will to the service of Satan. True unwillful sins, or sins of true ignorance, produce guilt which is automatically atoned for by Christ’s blood, and the perpetrator is not held accountable. However, willful or known sin is rebellion against the Sovereign of the universe, and guilt is registered against the perpetrator. True sins of ignorance, therefore, result in no personal guilt, while willful sin does result in personal guilt and accountability.

The wages of sin

We can more fully understand the nature of the various forms of sin if we understand what the wages, or end result, of sin is. “For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.” Rom. 6:23. Inspiration applies this verse to the second death. The first death is not the wages of sin, for all, the just as well as the unjust, experience it. Thus the first death is a consequence of the first Adam’s sin, and the second Adam’s mercy. The plan of salvation is not designed to save man from the first death, but from the second death. “The wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.” Rom. 6:23. While life is the inheritance of the righteous, death is the portion of the wicked. Moses declared to Israel: “I have set before thee this day life and death and evil.” Deut. 30:15. The death referred to in these scriptures is not that pronounced upon Adam, for all mankind suffer the penalty of his transgression. It is ‘the second death’ that is



placed in contrast with everlasting life.” GC 544.

Some persons wrongly apply “the wages of sin” to the first death, or become confused by focusing on Christ’s teaching that the first death is a sleep, and the Bible teaching that the dead know not anything. They conclude that if the first death is the wages of sin, they might as well “eat, drink and be merry” through this life and then go to an eternal sleep. They do not see “the wages of sin” as being of great significance, and thus a deterrent to enjoying the pleasures of sin for a season. But Inspiration speaks of a lake of fire in which those that commit willful sin, who thus incur personal guilt, will be punished with fire as part of the wages of sin. “And whosoever was not found written in the book of life was cast into the lake of fire.” Rev. 20:15. “But the fearful, and unbelieving, and the abominable, and murderers and whoremongers, and sorcerers, and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death.” Rev. 21:8.

The wages of willful sin – rebellion – consists not in merely eternal death but in experiencing the wrath of God in the lake of fire, ending in eternal death. The second death will be a most awful experience. “Christ felt much as sinners will feel when the vials of God’s wrath shall be poured out upon them. Black despair, like the pall of death, will gather about their guilty souls, and then they will realize to the fullest extent the sinfulness of sin. ...If they refuse the heavenly benefit and choose the pleasures and deceitfulness of sin, they have their choice and at the end receive their wages, which is the wrath of God and eternal death.” 2T 210. “God suffered His wrath against transgression to fall on His beloved son. Jesus was to be crucified for the sins of men. What suffering, then, would the sinner bear who continued in sin? All the impenitent and unbelieving would know a sorrow and misery that language would fail to express.” DA 743.

The wicked will suffer punishment in proportion to the guilt of their wrong deeds

“Those who have not, through repentance and faith, secured pardon, must receive the penalty of transgression – ‘the wages of sin.’ They suffer punishment varying in



duration and intensity, 'according to their works', but finally ending in the second death. ...Covered with infamy, they sink into hopeless, eternal oblivion." GC 544,545.

It is difficult for us to understand the balance of justice and mercy and love in the character of God, but His justice requires that the punishment of the wicked be proportional to their guilt. The redeemed, as well as the unfallen universe, will accede to justice being served by such punishment.

"Satan rushes into the midst of his followers and tries to stir up the multitude to action. But fire from God out of heaven is rained upon them, and the great men, and mighty men, the noble, the poor and miserable, are all consumed together. I saw that some were quickly destroyed, while others suffered longer. They were punished according to the deeds done in the body. Some were many days consuming, and just as long as there was a portion of them unconsumed, all the sense of suffering remained. Said the angel, "The worm of life shall not die; their fire shall not be quenched as long as there is the least particle for it to prey upon.

Satan and his angels suffered long. Satan bore not only the weight and punishment of his own sins, but also of the sins of the redeemed host, which had been placed upon him; and he must also suffer for the ruin of souls which he had caused. Then I saw that Satan and all the wicked host were consumed, and the justice of God was satisfied; and all the angelic host, and all the redeemed saints, with a loud voice said, "Amen!" EW 294, 295.

In reference to the wages of sin, God, through Ezekiel tells us that "the soul that sinneth, it shall die." Eze. 18:20. He clarifies that we do not inherit personal guilt. Each person is judged according to his own deeds: "The soul that sinneth, it shall die. The son shall not bear the iniquity of the father, neither shall the father bear the iniquity of the son: the righteousness of the righteous shall be upon him, and the wickedness of the wicked shall be upon him." "Therefore I will judge you, O house of Israel, every one according to his ways, saith the Lord God." Eze. 18:30.

God describes the mercy and justice relationship in His character with the following words: "Keeping mercy for thousands, forgiving iniquity and transgression and



sin, and that will by no means clear [the guilty]; visiting the iniquity of the fathers upon the children, and upon the children's children, unto the third and to the fourth [generation]." Ex. 34:7.

Only as we participate in sin are we sinners

Some use this and similar references to sustain the concept that children do inherit personal guilt from the sinful parent. However God has clarified this idea through his last-day messenger: "God did not mean in this threatening that the children should be compelled to suffer for their parents' sins, but that the example of the parents would be imitated by the children. If the children of wicked parents should serve God and do righteousness, he would reward their right-doing. But the effects of a sinful life are often inherited by the children. They follow in the footsteps of their parents. Sinful example has its influence from father to son, to the third and fourth generations. If parents indulge in depraved appetites, they will, in almost every case, see the same acted over in their children. The children will develop characters similar to those of their parents; and unless they are renewed by grace, and overcome, they are truly unfortunate. If parents are continually rebellious, and inclined to disobey God, their children will generally imitate their example. Godly parents, who instruct their children by precept and example in the ways of righteousness, will generally see their children following in their footsteps. The example of God-fearing parents will be imitated by their children, and their children's children will imitate the right example their parents have set before them; and thus the influence is seen from generation to generation." 1SP 257.

God clarifies even further how our personal guilt relates to that of our ancestors with the following thought: "It is inevitable that children should suffer from the consequences of parental wrongdoing, but they are not punished for the parent's guilt, except as they participate in their sins." PP 306.

It is true that many of us will suffer the first death and many trials, tribulations and deprivations because of the sins of Adam, parents and even strangers about us, but only as we personally participate in sin are we sinners and held





personally guilty before God, and punished for our guilt.

God alone can determine the age of accountability in a child

Many professed Christians believe in the doctrine of original sin – that we are born personally guilty for Adam’s sin. They conclude that each babe must be baptized soon after birth in order to prevent punishment in the lake of fire if it should die. To the contrary, Seventh-day Adventists believe the scriptural teaching that guilt is the result of intelligent choice and baptism is for those who are old enough to choose to repent and to follow Christ. Only those who knowingly choose to rebel and to remain in rebellion against God incur personal guilt and will be punished in the lake of fire.

Only God can determine the age of accountability in a child. But since Christ gives to every son and daughter of Adam, at birth, a measure of spiritual power, of desire for good, and some ray of divine discernment; the conflict between good and evil, therefore, begins at the earliest moment of reason and only intensifies at the time of conversion. We are told: “Eternal vigilance must be manifested in regard to our children. With his manifold devices Satan begins to work with their tempers and their wills as soon as they are born.” AH 202. Thus the ability to choose right – submission to divine authority, or wrong – rebellion against authority – and thus to incur personal guilt or innocence begins at an early age.

Because of these many factors and our inability to know whether guilt is accounted by God for previously unrecognized sins, it behooves us to repent for all previously unknown sin as it comes to our attention. “Some will plead that they lived up to the best light that they had, and did not know that they were sinners before God. Therefore they claim they were guiltless, and have nothing to repent of. But the word of God was plain and all who had a prayerful, anxious desire to understand it might have known what was truth; and for this sin of ignorance God will demand an offering as surely as in the days of Moses; even the offering of a broken and contrite heart. With the Bible in our hands we all ought to know and practice the truth.” ST, July 22, 1880.

The only clear example given by Inspiration of humanity that ever exercises any power of free choice, and thus never generates any personal accountability for sin or guilt, is that of slaves who have been kept on, or lower than, the spiritual, moral, and mental levels of the dumb beasts. They will not be resurrected from the first death for any punishment for their transgressions. They will be as though they never were: God cannot take to heaven the slave who has been kept in ignorance and degradation, knowing nothing of God or the Bible, fearing nothing but his master’s lash, and holding a lower position than the brutes. But He does the best thing for him that a compassionate God can do. He permits him to be as if he had not been.” EW 276. (For a discussion of how God deals with infants and children before the age of accountability and also with imbeciles, see “Justification Without Conditions?”, *Our Firm Foundation*, March 1994.)

Summary

Against our will, all sons and daughters of the first Adam inherit from him consequences of his sin which include a fallen nature, bent toward disobedience to God. Our lower natures – the flesh – consist of a mixture of evil, as well as of good, such as appetites, desires, passions, tendencies and propensities. Our higher powers of reason, conscience, and will, or choice, are lacking in knowledge, discernment, and moral power, and in their unsanctified state they tend to be out of control of, rather than in control of, the lower powers. We also inherit from Adam a separation from God, which increases our spiritual blindness and impotency against temptation. The inevitable results of this inheritance from the first Adam is that every unregenerate son and daughter of Adam, from their earliest moments have unwillingly committed sins of ignorance, and have willfully committed willful sin and performed wrong deeds, failed to do right deeds and/or cherished wrong desires. True sins of ignorance cause guilt, which is atoned for by Christ’s death, without the participation or condemnation of the perpetrator. Willful transgression, however, is counted as rebellion, and, unless repented of, will be punished in the lake of fire in proportion to the light rejected and will end in eternal death.



WORDS OF THE PIONEERS

Imagination is Idolatry

Present Truth

Imagination is not a gift of God. It is the perversion of God's gift. It is the result of refusing to let God Himself direct the faculties which He has given us, and trying to direct them ourselves. One has no right to imagine anything. Imagination is but an ignis fatuus that leads men into a fog. The first chapter of Romans tells what it does for men. They had the knowledge of God, – that is, of the truth, for God had showed it unto them. But they did not like to retain God in their knowledge; they did not like to admit that they were not wise in themselves. So they proceeded to find out the truth by their own "reason". But God is the only source of reason, and "reasoning" without Him is only vain imagination. They saw wisdom and power displayed in the things that are made, and which are growing. But they would not acknowledge that it was God's power and wisdom that were manifested there, for in that case they would have been obliged to acknowledge that it was only by His power and wisdom that they themselves lived and acted and thought. This they would not do, for they professed themselves to be wise; they put themselves in the place of God. Then there was nothing left for them but to say that the things that were made were God, thus changing



the truth of God into a lie. Instead of seeing God in everything, they imagined that everything was God, because they rejected the truth to begin with. The truth is that God's power and divinity are to be seen working in everything that is made; the lie is to say that the power and wisdom originate in the things that are made whether it be men or the grass of the field. When men substituted their own imaginations for pure reason, it naturally followed that they gave those imaginations visible form, and so image worship was the result. Imagination is simply the forming of an image in one's own mind. The image that is formed is only the imagination of the heart made visible. To make images is idolatry, whether they be formed by the hands, or only retained in the heart.

The work of the Gospel is to cast down imaginations. "Every high thing that exalteth itself against the knowledge of God," must be overthrown, and every thought must be brought into captivity to the obedience of Christ. Imagination has no place in God's work. He deals in facts, not in fancies. The gospel is a fact. There is no speculation about it. We have only to believe what is real, that which has been done and finished. – E.J. Waggoner

November 29, 1898 EJW, ARSH 762.2

Tests of Christian Character

By E. G. White



“He that saith he abideth in Him, ought himself so to walk, even as He walked.” “And if any man have not the spirit of Christ, he is none of his.” Conformity to Jesus will not be unobserved by the world. It is a subject of notice and comment. Yet the Christian may not be conscious of the great change; for the more closely he resembles Christ in character, the more humble will be his opinion of himself. Those who have the deepest experience in the things of God, are the farthest removed from pride or self-exaltation. They have the humblest thoughts of self, and the most exalted conceptions of the glory and excellence of Christ. They feel that the lowest place in his service is too honorable for them.

Moses did not know that his face shone with a brightness painful and terrifying to those who had not, like himself, communed with God. Paul had a very humble opinion of his own advancement in the Christian life. He says, “Not as though I had already attained, either were already perfect.” He speaks of himself as the “chief of sinners.” Yet Paul had been highly honored of the Lord. He had been taken, in holy vision, to the third heaven, and had there received revelations of divine glory which he could not be permitted to make known.

John the Baptist was pronounced by our Saviour the greatest of prophets. Yet what a contrast between the language of this man of God and that of many who profess to be ministers of the cross. When asked if he was the Christ, John declares himself unworthy even to unloose his Master’s sandals. When his disciples came with the complaint that the attention of the people was turned to the new Teacher, John reminded them that he himself had

claimed to be only the forerunner of the Promised One. To Christ, as the bridegroom, belongs the first place in the affections of his people. “The friend of the bridegroom, that standeth and heareth him, rejoiceth because of the bridegroom’s voice. This my joy, therefore, is fulfilled. He must increase, but I must decrease. He that cometh from above is above all.” “He that hath received His testimony, hath set to his seal that God is true.”

It is such workers that are needed in the cause of God today

The self-sufficient, the envious and jealous, the critical and fault-finding, can well be spared from his sacred work. God is not straitened for men or means. He calls for workers who are true and faithful, pure and holy; for those who have felt their need of the atoning blood of Christ and the sanctifying grace of his Spirit.



When we see those who profess the faith firm in principle, fearless in duty, zealous in the cause of God, yet humble and lowly, gentle and tender, patient toward all, ready to forgive, manifesting love for souls for whom Christ died, we do not need to inquire, Are they Christians? They give unmistakable evidence that they have been with Jesus and learned of him. When men reveal the opposite traits, when they are proud, vain, frivolous, worldly-minded, avaricious, unkind, censorious, we need not be told with whom they are associating, who is their most intimate friend. They may not believe in witchcraft, but notwithstanding this, they are holding communion with an evil spirit.

To this class I would say, “Glory not, and lie not against the truth. This wisdom descendeth not from above, but is earthly, sensual, devilish. For where envying and strife is, there is confusion and every evil work. But the wisdom from above is first pure, then peaceable, gentle, and easy to be entreated; full of mercy and good fruits, without partiality and without hypocrisy. And the fruit of righteousness is sown in peace of them that make peace.”

When the Pharisees and Sadducees flocked to the baptism of John, that fearless preacher of righteousness addressed them, “O generation of vipers, who hath warned you to flee from the wrath to come? Bring forth therefore fruits meet for repentance.” These men were actuated by unworthy motives in coming to John. They were men of poisonous principles and corrupt practices. Yet they had no sense of their true condition. Filled with pride and ambition, they would not hesitate at any means to exalt themselves and strengthen their influence with the people. They came to receive baptism at the hand of John that they might better carry out these designs.

The Pharisees and Sadducees gave no evidence of a change of heart

John read their motives, and met them with the searching inquiry, “Who hath warned you to flee from the wrath to come?” Had they heard the voice of God speaking to their hearts, they would have given evidence of the fact,



by bringing forth fruits meet for repentance. No such fruit was seen. They had heard the warning as merely the voice of man. They were charmed with the power and boldness with which John spoke; but the Spirit of God did not send conviction to their hearts, and as the sure result bring forth fruit unto eternal life. They gave no evidence of a change of heart. Without the transforming power of the Holy Spirit, John would have them understand that no outward ceremony could benefit them.

None are farther from the kingdom of Heaven than self-righteous formalists, filled with pride at their own attainments, while they are wholly destitute of the spirit of Christ; while envy, jealousy, or love of praise and popularity controls them. They belong to the same class that John addressed as a generation of vipers, children of the wicked one. They serve the cause of Satan more effectively than the vilest profligate; for the latter does not disguise his true character; he appears what he is.

God requires fruits meet for repentance. Without such fruit, our profession of faith is of no value. The Lord is able to raise up true believers among those who have never heard his name. “Think not to say within yourselves, We have Abraham to our father; for I say unto you that God is able of these stones to raise up children unto Abraham.”

God is not dependent upon men who are unconverted in heart and life

He will never favor any man who practices iniquity. “And now the ax is laid unto the root of the trees; therefore every tree which bringeth not forth good fruit is hewn down and cast into the fire.”

Those who laud and flatter the minister, while they neglect the works of righteousness, give unmistakable evidence that they are converted to the minister and not to God. We inquire, “Who hath warned you to flee from the wrath to come?” Was it the voice of the Holy Spirit or merely the voice of man which you heard in the message sent from God? The fruit borne will testify to the character of the tree.

No outward forms can make us clean; no ordinance, administered by the saintliest of men, can take the place of





the baptism of the Holy Ghost. The Spirit of God must do its work upon the heart. All who have not experienced its regenerating power are chaff among the wheat. Our Lord has his fan in his hand, and he will thoroughly purge his floor. In the coming day, he will discern “between him that serveth God, and him that serveth him not.”

The spirit of Christ will be revealed in all who are born of God

Strife and contention cannot arise among those who are controlled by his Spirit. “Be ye clean that bear the vessels of the Lord.” The church will rarely take a higher stand than is taken by her ministers. There is need of a converted ministry and a converted people. Shepherds who watch for souls as they that must give account will lead the flock on in paths of peace and holiness. Their success in this work will be in proportion to their own growth in grace and knowledge of the truth. When the teachers are sanctified, soul, body, and spirit, they can impress upon the people the importance of such sanctification.

The Lord has not closed Heaven against his people, but their own course of continual backsliding has separated them from him. Pride, and love of the world, live in the heart. Few are alarmed or astonished at their want of spiritual power. The general opinion is that the church is flourishing, and that peace and prosperity are in all her borders.

The warnings of God’s word, and the influence of his Spirit, have alike been neglected. The result is apparent in the deplorable condition of the church. Impurity is today wide-spread, even among those who profess to be followers of Christ. Passion is unrestrained; the animal propensities are gaining strength by indulgence, while the moral powers are constantly becoming weaker. Many are eagerly participating in worldly, demoralizing amusements which God’s word forbids. Thus they sever their connection with God, and rank themselves with the pleasure-lovers of the world. The sins that destroyed the antediluvians and the cities of the plain exist today--not merely in heathen lands, or with the avowed unbeliever, but among professors of

Christianity. Base passions defile the mind and corrupt the soul. Some who are in the vilest iniquity have borrowed the livery of Heaven, that they may serve Satan more effectively. If God should present these sins before us as they appear in his sight, we would be filled with shame and terror.

And what has caused this alarming condition?

Many have accepted the theory of religious truth, who have not been converted to its principles. There are few indeed who feel true sorrow for sin; who have deep, pungent convictions of the depravity of the unregenerate nature. The heart of stone is not exchanged for a heart of flesh. Few are willing to fall upon the Rock, and be broken.

No matter who you are, or what your life has been, you can be saved only in God’s appointed way. You must repent; you must fall helpless on the Rock, Christ Jesus. You must feel your need of a physician, and of the one only remedy for sin, the blood of Christ. This remedy can be secured only by repentance toward God, and faith toward our Lord Jesus Christ. Here the work is yet to be begun by many who profess to be Christians. Like the Pharisees of old, they feel no need of a Saviour. They are self-sufficient, self-exalted. Said Christ, “I came not to call the righteous, but sinners to repentance.” The blood of Christ will avail for none but those who feel their need of its cleansing power.



What surpassing love and condescension, that when we had no claim upon divine mercy, Christ was willing to undertake our redemption! But our great Physician requires of every soul unquestioning submission. We are never to prescribe for our own case. Christ must have the entire control of will and action, or he will not undertake in our behalf.

Many are not sensible of their condition and their danger

There is much in the nature and manner of Christ’s work aversive to every worldly principle, and opposed to the pride of the human heart. Jesus requires us to trust

ourselves wholly to his hands, and confide in his love and wisdom.

We may flatter ourselves, as did Nicodemus, that our moral character has been correct, and we need not humble ourselves before God, like the common sinner. But we must be content to enter into life in the very same way as the chief of sinners. We must renounce our own righteousness, and plead for the righteousness of Christ to be imputed to us. We must depend wholly upon Christ for our strength. Self must die. We must acknowledge that all we have is from the exceeding riches of divine grace. Let this be the language of our hearts, "Not unto us, O Lord, not unto us, but unto thy name give glory, for thy mercy, and for thy truth's sake."

Genuine faith is followed by love, and love by obedience. All the powers and passions of the converted man are brought under the control of Christ. His Spirit is a renewing power, transforming to the divine image all who will receive it.

God spared not his own Son, but delivered him to death for our offenses, and raised him again for our justification. Through Christ we may present our petitions at the throne of grace. Through him, unworthy as we are, we may obtain all spiritual blessings. Do we come to him, that we may have life?

Experience is knowledge derived from experiment. What we need is experimental religion. How shall we know for ourselves God's goodness and his love? The psalmist tells us--not, hear and know, read and know, or believe and know; but--"Taste and see that the Lord is good." Instead of relying upon the word of another, taste for yourself.

Many believe in the wrath of God, but put forth no earnest efforts to escape it. They believe in Heaven, but make no sacrifice to obtain it. They believe in the value of the soul, and that ere long its redemption ceaseth forever; yet they neglect precious opportunities to make their peace with God. They read the Bible, but its threatenings do not alarm or its promises win them. They approve things that are excellent, yet they follow the way in which God has forbidden them to go. They know a refuge, but do not

avail themselves of it. They know a remedy for sin, but do not use it. They know the right, but have no relish for it. All their knowledge will but increase their condemnation. They have never tasted and learned by experience that the Lord is good.

To become a disciple of Christ is to deny self and follow Jesus through evil as well as good report. Few are doing this now. Many prophesy falsely, and the people love to have it so; but what will be done in the end thereof? What will be the decision when their work, with all its results, shall be brought in review before God?



The watchmen are responsible for the condition of the people

If they open the door to pride, envy, doubt, and other sins, there will be strife, hatred, and every evil work. Jesus, the meek and lowly One, asks an entrance as our guest, but many are afraid to bid him enter. He has spoken to us in both the Old and the New Testament; he is speaking to us still by his Spirit and his providence. His instructions are designed to make men true to God, and true to themselves.

Jesus took upon himself man's nature, that he might leave a pattern for humanity, complete, perfect. He proposes to make us like himself, true in every purpose, feeling, and thought--true in heart, soul, and life. This is Christianity. Our fallen nature must be purified, ennobled, consecrated by obedience to the truth. Christian faith will never harmonize with worldly principles; Christian integrity is opposed to all deception and pretense. The man who cherished the most of Christ's love in the soul, who reflects the Saviour's image most perfectly, is, in the sight of God, the truest, most noble, most honorable man upon the earth.



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.



Health Gem

Tummy Troubles



For our presentation this month we thought it would be beneficial to talk about digestion, since we, as Americans seem to have an abundance of digestive issues. Recent statistics show that over 95 million Americans suffer from some type of digestive problem or disorder! It was also found that over 10 million Americans are hospitalized every year due to gastrointestinal problems, and this figure is growing annually. Imagine what an unnecessary strain this is on our already over-burdened health care system!

Not only are people suffering, but also over 200,000 deaths were

reported to be from digestive disorders each year! In 400 B.C. Hippocrates, who is considered the father of medicine, believed that “all diseases begin in the stomach”. One of the reasons for this is that in order to properly digest food the body needs enzymes; if you do not eat food that contains enzymes (raw food) the body will steal the necessary enzymes from other parts of your body. As time goes on and the body continues to take enzymes away from other body functions to digest your food, degenerative illnesses will begin to develop in your compromised body.

Dr. Edward Howell, who has written two books on enzymes, theorizes that humans are given a limited supply of enzyme energy at birth, and that it is up to us to replenish our supply of enzymes to ensure that their vital jobs get done.

Dr. Howell also recognized the following:

1. ***Food is composed not only of protein, carbohydrates, fats, fibers, vitamins, and minerals, but also enzymes.***
2. ***All living things contain enzymes; in fact, life cannot exist without them. Enzymatic activity is responsible for every biochemical reaction that occurs in living matter.***
3. ***Enzymes are not just inorganic catalysts; they are biochemically active and therefore can be exhausted and become deficient in the human body. They are essential nutrients.***

It is important to remember that food enzymes are destroyed at temperatures above 118 F. This



means that cooked and processed foods contain few, if any, enzymes and that the typical American diet is enzyme-deficient. When we eat this type of diet, we could be eating for a shorter and less-than-healthy life. The moral of the story is that you **MUST** eat **RAW** fruits, vegetables and nuts to aid digestion, and ultimately maintain your health!!

God has supplied an abundance of all these foods for your consumption. They are available in great supply and due to our modern conveniences, a large variety are available year-round at your local grocery store. Raw foods are easy to prepare, look beautiful and inviting on your plate and are absolutely chock-full of vitamins and minerals! If you need help with recipes, just Google: “raw food recipes” and you will receive hundreds of choices! Hope for Health has also been including in your DVD packet a number of raw food recipes for your enjoyment. If you have questions about how to go raw, please call Hope for Health – we would love to help you get started!

Trillions of bacteria and other microbes live in the digestive tract.

The entire population of these organisms is called the “intestinal flora”, and maintaining a healthy balance of intestinal flora promotes overall digestive tract and immune health. Hope for Health’s **Flora Balance** is a powerful enzyme and anti-fungal formula to support the detoxification of yeast overgrowth and promote a balanced intestinal environment. This special plant-based blend utilizes enzymes to help balance flora levels. It includes cellulase and hemicellulase to help digest cellulose; while amylase, invertase, glucoamylase and malt diastase help break down sugars and carbohydrates. Keep your body balanced and strong with Flora Balance!

If you suffer from:

- Abdominal distention, bloating, or excessive gas
- Stomach aches or cramps
- Chronic heartburn
- Constipation or diarrhea
- Yeast infections or pain during urination
- Mood swings, agitation, or anxiety
- Memory loss or decreased concentration
- Weakness, dizziness, fatigue
- Unexplained weight gain or loss
- Frequent or recurrent viral infections
- Frequent headaches

...then you may be suffering from improper flora balance in your gut!



Our Flora Balance is specially formulated to help populate your intestines with beneficial bacteria, helping you look and feel better than ever before!

Flora Balance is a pure and natural plant-based probiotic blend that helps:

- Improve digestion by breaking down food in the intestines
- Assist in the elimination of toxins and absorption of nutrients
- Build and maintain a healthy colon for better digestive health.
- Stimulate the immune system to produce more antibodies that fight unhealthy cells.
- Guard against unfriendly bacteria that cause illness and produce toxins that further infiltrate the body’s ecosystem.

The 10 immune-boosting and flora-balancing herbs and enzymes in this formula include:

Cellulase - An enzyme that helps break down, destroy, and flush fungi from the body before it spreads and causes health problems.

Hemicellulase - An enzyme that breaks down and destroys fungi without stimulating it to release toxins into the body during the process.

Amylase - A digestive enzyme that aids digestion and helps the body break down starches, making them unavailable as “fuel” for fungal infections to thrive on.

Malt Diastase - An enzyme that is useful for digestive support and general nutritional support.

Glucoamylase - Prevents fungal (yeast) infections.



Invertase - Prevents and fights fungal (yeast) infections.

Pau D’Arco - A natural anti-fungal, anti-bacterial, and anti-viral.

Biotin - Biotin limits the spread of candida albicans from the relatively harmless yeast form to the fungal form commonly referred to as systemic candida. Candida will usually become systemic within 6 months of beginning unchecked growth. In the fungal or systemic form it spreads via root-like mycelia to other organs of the body, often beginning with the liver, then other organs including lungs, heart and brain. Research done by scientists demonstrated that optimal levels of biotin inhibited the fungal or systemic form of candida albicans.

Goldenseal Extract - Prevents and fights fungal and parasitic infections.

Grapefruit Seed Extract - Fights viral, bacterial, and fungal infections.

What is Yeast Overgrowth?

Candida albicans is a microscopic yeast organism found in the human digestive tract. If yeast is allowed to grow out of control it may lead to fatigue, brain fog, sugar cravings, gas and bloating, recurrent vaginal infections or bladder infections, and more. Flora Balance is a powerful enzyme formula to support the detoxification of yeast overgrowth and promote a balanced intestinal

environment. It was formulated to use during cleansing and afterwards for daily maintenance.

Helpful dietary changes while addressing yeast overgrowth:

- Avoid or reduce intake of sugar
- Avoid or reduce intake of refined carbohydrates
- Avoid foods that contain mold or yeast
- Avoid artificial flavors, sweeteners and colorings

Swedish Bitters is another Hope for Health product that is excellent for digestive health! The primary function of Swedish Bitters is to help with digestive complaints like bloating, flatulence, sluggish digestion and constipation. Bitters are an important class of botanicals that help support efficient digestive and eliminative functions. They stimulate the flow of bile from the liver, which in turn stimulates intestinal peristalsis and promotes nutrient absorption. By enhancing digestion, Swedish Bitters are a great help in cases of bloating, flatulence and gas. By stimulating the production of digestive enzymes such as hydrochloric acid, Swedish Bitters help to maintain a healthy, acidic environment in your stomach.

There is a lot of confusion among Candida sufferers over acidic or alkaline environments. Just remember

that Candida thrives on alkalinity – increasing your stomach acid is one of the easiest ways to slow Candida growth and re-balance your gut flora. Swedish Bitters stimulate peristalsis; the contractions that help push food along through your digestive system. So bitters can actually help with mild constipation too.

Swedish Bitters contains 11 powerful cleansing herbs:

Aloe - Aloe is a laxative and vermifuge (expels worms and parasites) that soothes the lining of the entire digestive tract. It also calms and cools burns, sunburns, wounds, and insect bites.

Myrrh - Enhances the immune system and helps fight off bugs. A powerful astringent, Myrrh is very helpful for problems of the mouth, throat, ears, sinuses, and respiratory system. Myrrh helps support and accelerate repair of the digestive system, it is a vermifuge, decreases gas, boosts energy, and aids in menstrual problems. When applied topically to wounds, it accelerates wound repair and decreases pain.

Saffron - A naturally soothing sedative, saffron also relieves gas, stimulates the appetite, and helps regulate menstrual flow.

Senna Leaf - Promotes healthy bowel movements, provides a natural, yet gentle, laxative effect.

Camphor - Calms the nerves, reduces nerve pain, stimulates the respiratory system, strengthens the heart, and soothes painful joints.

Rhubarb Root - Its astringent and antiseptic effect cleanses the digestive tract, removes debris,



and relieves constipation.

Zedoary - Great digestive aid! It is used for gas, indigestion, and strengthening of all digestive organs.

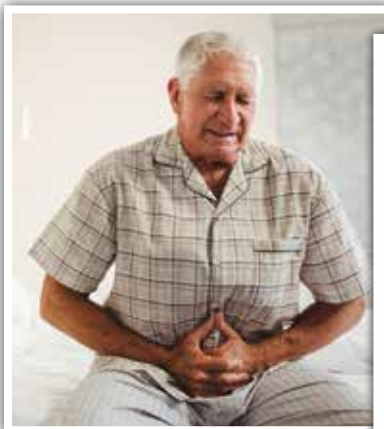
Manna - A gentle laxative, it also invigorates and energizes the body.

Theriac Venezian - Powerful anti-inflammatory and antioxidant, it helps with breathing problems, excess mucous, indigestion, diarrhea, edema, urinary gravel; and can be used topically for wounds.

Carline Thistle Root - An energizer, diuretic, and natural germ fighter; it is helpful for lung problems, prostate issues, and joint pain.

Angelica Root - An energizing herb, used as an expectorant to relieve the lungs and throat. As a diaphoretic, it helps the body sweat out fevers. Angelica root also eases intestinal issues, gas, indigestion, and joint pain.

Many cultures believed bitter foods to be an essential part of a regular healthy diet. Large numbers of the diverse roots, barks, flowers and herbs of the wild plant kingdom are bursting with complex bitter flavor. When consumed, such plants naturally stimulate the production of saliva, gastric juices and bile to balance the appetite and prime digestion. Yet while bitter botanicals were consumed readily by many cultures in the past, they have been unfortunately lost to





the endless aisles of sweetened and salted snacks filling grocery stores today. Hope for Health's Swedish Bitters is an excellent way to revive your digestion with the amazing benefits of bitters! You will buy it for your digestive issues and then find that many other health issues disappear, since as your digestion improves so does your overall health!

Here are a couple of reviews from satisfied customers:

SWEDISH BITTERS EXTRACT IS COMFORTING! 5 Star Review
I have found this extract to soothe my stomach and aid in digestion. It also seems to help me sleep better. I used my first 8 oz bottle and ordered the 16 oz as I believe it is very beneficial. I use it basically for stomach distresses. – J.S.

Fantastic formula! 5 Star Review
I first read about Swedish Bitters many years ago in Portugal. I bought it then and have used it ever since. I'm so glad you offer it! It has been fantastic for a painful toothache, skin irritations, stomach problems and just about every other problem I encounter. – A.N.

Another digestive aid, and life-saving element is charcoal

It was 1831, in front of his distinguished colleagues at the

French Academy of Medicine, Professor Touery drank a lethal dose of strychnine and lived to tell the tale. You see, he had combined the deadly poison with activated charcoal. That's how extremely powerful activated charcoal is as an emergency decontaminant. Activated charcoal is considered to be the single most effective agent available. It works by keeping the poison from being absorbed from the stomach into the body. It can be used after a person swallows or absorbs almost any toxic drug or chemical.

How Does It Work?

Activated charcoal exerts its effects by adsorption of a wide variety of drugs and chemicals. Adsorption is a process in which atoms and molecules move from a bulk phase (such as a solid, liquid, or gas) ONTO a solid or liquid surface. In other words, the toxic substance attaches to the surface of the charcoal. Because charcoal is not "digested", it stays inside the GI tract and eliminates the toxin when the person has a bowel movement.

In a study reported in the Journal of Toxicology - Clinical Toxicology, researchers surveyed 76 poison control centers in North America to compare their recommendations for treating large, acute overdoses of aspirin. 73 of the 76 centers (97%) recommended at least one dose of charcoal. Powdered charcoal reaches its maximum rate of adsorption in the stomach within one minute. The sooner it is given, the better the chances of successful treatment.

There are over **FOUR**

THOUSAND chemicals, drugs, toxins, and wastes adsorbed by charcoal, including: Arsenic, Atropine, Cocaine, Gasoline, Lead Acetate, Mercury, Narcotics, Opium, Pesticides, Radioactive Substances, and more! Two tablespoons of activated charcoal has the surface area of 4 football fields; thus a tiny amount of charcoal can adhere to a large number of molecules, ions, and atoms, and absorb poison quickly.

Hope for Health's Activated Charcoal has many other benefits:

Activated charcoal helps **whiten teeth** while promoting good oral health by changing the pH balance in the mouth, helping prevent cavities, bad breath and gum issues. It works to whiten teeth by adsorbing plaque and microscopic tidbits that stain teeth. This activated charcoal use is cost-effective and an all-natural solution for a bright smile.

One activated charcoal benefit you may not be utilizing is its ability to alleviate uncomfortable gas and bloating

It works by binding the gas-causing by-products in foods that cause discomfort. A study in the American Journal of Gastroenterology found that activated charcoal prevents intestinal gas following a typical gas-producing meal. Activated





charcoal uses extend beyond internal applications.

For **external uses**, it's effective at treating body odor and skin eruptions as well as relieving discomfort from insect bites, rashes from poison ivy or poison oak, and snakebites.

Another great product for cleaning your digestive system is European Green Clay

Hope for Health offers a FREE DVD about clay that is extremely informative – call and request yours today! The detoxification properties of Green Clay are widely recognized by alternative health practitioners and environmental managers.

According to a study published in the journal, *Clay Minerals*, the absorption of different clays was studied, and Green Clay was found to be the most ideal and cost-effective way to clean heavy metals from industrial waste-water! It works the same way when taken internally to clean your digestive system and eliminate toxins! According to detox specialist, Sandy Halliday, Green Clay is beneficial for removing toxins that can build up and cause many physical symptoms such as food allergies, headaches, digestive problems, and general fatigue or lethargy. Green Clay has a natural negative electrical

charge that pulls positively charged toxins from the bloodstream and tissue cells into the intestine and sends them out of the body as waste.

One final tip!

As we close this presentation we would like to pass

along a tip that can make a HUGE difference in your digestion. It is easy and free but often ignored: Don't drink cold water or other beverages with your meals. Drinking cold water speeds up your metabolism; it does so by using energy to heat up the cold water to body temperature. This diverts energy that should be used for digestion. When you are eating, you want all your energy directed at breaking down food so your body can easily assimilate the nutrients and eliminate waste. Drinking liquids during your meal dilutes your naturally- occurring digestive enzymes and stomach acids, which makes it harder to break down food. Stomach acids are dissipated with the act of drinking liquids with solids because water is excreted faster than solids.

If you are chewing adequately (creating saliva), you should be able to eat comfortably without lots of liquids. Allow your saliva to naturally help you swallow your food. Drink water or other liquids 20 minutes before you eat and wait at least an hour after. Focus on hydrating yourself between meals instead of during. You'll still be adequately hydrated throughout the day with this method and you will be allowing your food to be digested without complicating matters for your stomach and intestines.

So much money is spent on over-the-counter digestive aids, trips to the doctor, and unnecessarily missed days at work and school! The above tip in addition to eating more raw foods are easy, inexpensive ways to improve digestion. We hope for your health that you will consider making these changes!

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 regarding digestion or any other health issues. We are also happy to consult with you regarding your diet and lifestyle changes that we hope you will consider! Please call 828-649-0278.

If you wish to order or would like a free copy of our informative catalog that includes all the products mentioned in this presentation, as well as all of our Hope for Health products, please call 1-800-468-7884. We appreciate your interest and thank you for taking the time to read and consider the information contained in this presentation.

We pray that God will bless your efforts at better health!





Hope for Health

If you've ever suffered through kidney stones or gallstones, you know how excruciatingly painful they can be! If you haven't, you are fortunate, but that doesn't mean you aren't at risk. We now have an all-natural, herbal product that not only helps prevent stones, but also helps break up existing stones for easy, safe, and most importantly: PAIN-FREE elimination.

StoneCrusher

HEALTH BENEFITS OF OUR STONE CRUSHER:

- Balances and improves digestion
- Stimulates healthy menstrual flow
- Helps detoxify the liver and kidneys
- Provides relief from pain and inflammation
- Assists in eliminating foreign particles, mucous, and other obstructions throughout the body

STONE CRUSHER AND PAIN RELIEF

- Brazilian researchers have discovered powerful, long-lasting pain-blocking activity in the roots, stems and leaves of several different species of *Phyllanthus*, including *Phyllanthus niruri* (Chanca Piedra). In fact, one extract proved to be about four times more potent than a popular NSAID and three times the strength of morphine against inflammatory pain (for post-operative pain). The pain blockers in *Phyllanthus* have been identified by the Brazilians as gallic acid, ethyl ester, and the steroidal compounds as beta-sitosterol and stigmasterol.

GALLSTONES AND KIDNEY STONES

- Gallstones and kidney stones are a major health problem in the United States. In fact, it is estimated that around 20,000,000 people in the U.S. suffer from these conditions each year, with around 600,000 of them receiving treatment. With the introduction of Chanca Piedra, health care practitioners have acquired a powerful plant ally in helping their patients maintain optimal kidney, gallbladder, liver, and bladder health.
- Kidney stones form when certain substances, calcium oxalate, calcium phosphate, magnesium ammonium phosphate, uric acid or cystine - become so concentrated in the urine that they form into hard, solid lumps. This is usually due to chronic dehydration, infection, various kidney disorders, deficiencies in magnesium, or excess purines or oxalates in the diet. The main symptom of kidney stones is pain in the left or right lower back or pelvic area that becomes excruciating as the stone attempts to leave the kidney through narrow tubes called ureters.

DOCTORS USE CHANCA PIEDRA WORLDWIDE:

- Dr. Wolfram Wiemann of Nuremberg, Germany has used Chanca Piedra in his medical practice in Germany. He reported that 94% of all the cases he encountered among his patients with gallstones or kidney stones were "completely eliminated" within one to two weeks.
- Another Amazon physician interviewed about the use of Chanca Piedra for his patients said that the plant worked 100% of the time without any side effects. (While not characterized as a side effect, it is noted that for several hours during the actual process of elimination of the stones, some patients experienced stomach cramps.)

CHANCA PIEDRA STUDIES

Since the 1960's a growing body of scientific studies have been published on Chanca Piedra, with over 300 studies carried out to date! Indian and Brazilian research groups were the first to conduct these studies since the plant was indigenous to their areas, with a long history of use by their inhabitants. The Brazilian researchers have summarized their research stating, "Pre-clinical and clinical studies carried out with the extracts from these plants support most of their reported uses for a wide variety of pathological conditions."

- Research done on Chanca Piedra in Brazil at the Federal University of Santa Catarina revealed an alkaloid (phyllanthoside) in the leaves and stem with strong antispasmodic activity. It served as a smooth muscle relaxer, and they concluded that its spasmolytic action probably accounted for its mastery at expelling stones.
- In a 1999 study, researchers confirmed that Chanca Piedra has a potent and effective inhibitory effect on the formation of calcium-oxalate crystals and decreases the size of existing stones. Not only that, but also this effect was found even at very high levels of calcium oxalate, which indicates that it might be a useful preventative aid for people with a history of kidney stones.
- In a 2002 study, researchers seeded the bladders of rats with calcium oxalate crystals and treated them for 42 days with a water extract of Chanca Piedra. Their

results indicated that Chanca Piedra strongly inhibited the growth and number of stones formed over the control group.

- In 2003, scientists studying the inhibition of calcium oxalate crystal formation in urine samples found that Chanca Piedra could help prevent the formation of kidney stones stating, "It may interfere with stone formation and may represent an alternative form of treatment and/or prevention of urolithiasis (urinary tract stones)."

Price:

90 capsules \$12.99

Suggested Adult Usage:

- 2-3 capsules, twice a day on an empty stomach. May increase to 3-4 times a day for increased pain relief. (This dose is based on a 150 lb. individual. Dose should be adjusted according to weight.)

Pregnancy and Breast-feeding

- Not enough is known about the use of Chanca Piedra during pregnancy and breast-feeding. Stay on the safe side and avoid use.

Drug Interactions:

- Lithium: Chanca Piedra has diuretic properties. Taking this herb might decrease how well the body gets rid of lithium. This could increase how much lithium is in the body and result in serious side effects. Talk with your health care provider before using this product if you are taking lithium. Your lithium dose might need to be changed.
- Blood-Sugar Regulating Drugs: Chanca Piedra might decrease blood sugar. Taking this herb along with blood sugar-lowering medications might cause your blood sugar to go too low. Monitor your blood sugar closely.

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.

Army of Youth Growing in Malaysia

By Evelyn Chua

October 23, 2016 – Over 29 million people live in Malaysia, and currently only a little over 5,000 are Seventh-day Adventist. Recognizing the vast need for more laborers for the harvest, and earnestly longing to see our fellow sleeping Seventh-day Adventist youth awakened to the joy of service, about four years ago a group of us young people, along with the support of local pastors and the Peninsular Malaysia Mission, started a youth conference to help bring revival to this territory. This was the beginning of the Army of Youth Conference for Malaysia.

The growth over the last four years has been slow, however this year hundreds were in attendance at our summer conference. In fact, we received so many blessings this year that it's difficult to describe. From Holy Spirit filled meetings, to musical concerts and messages, the blessings just went on and on.

A highlight of the conference was Sabbath when many enthusiastic young people went out in buses to share Christ. As a result of this outreach, over 320 people signed up for Bible studies from the community. This was a record for us! Seeing the joy on the faces of those who served was so rewarding. But this joy could not have come without first experiencing personal revival and changed hearts.

Every night, I saw person after person, standing for appeals made to consecrate their lives to God. Every night, I saw many youth making decisions to attend additional

training on how to study the Bible more deeply. And every night, I saw many tears shed as young people entered the prayer room for personal prayer with the speakers and local church pastors. All around me, I watched as lives were being changed.

Of course, my favorite time of all was the earnest Spirit filled prayer sessions each day. In fact, I believe that United prayer, which we experienced for the first time this year, was the backbone to all the blessings and miracles we received.

The prayer times were truly a taste of heaven. I have never heard such heartfelt words spoken as each person poured out their heart to Jesus, pleading for His soon return. No instruments were playing. There was no grand ensemble, but the united voices, lifted up to God in praise brought tears to many eyes. As we prayed, I began to realize that if this was even a small glimpse of how heaven would feel, it would indeed be a glorious place to be.

Truly God has heard the cries of His children! We had prayed for more youth to be revived, and we had prayed for more of the Holy Spirit. God has heard and answered every prayer. With my own eyes, I'm seeing miracles happening in the hearts of my fellow young people. Thru the power of prayer, an Army of Youth is growing in Malaysia. And it's a testimony for the glory of God. Jesus is coming soon!



End Time Perspective: “With intensified zeal and energy human beings are to carry forward the work of the Lord. In the home, in the school, and in the church men, women, and youth are to be prepared to give the message to the world. . . . Now, just now, we need Calebs and Joshuas. We need strong, devoted, self-sacrificing young men and young women, who will press to the front.” SD 208.



THE TRUTH *About Angels*

Angels From the Time of the Judges to the Early Kingdom, II

By Ellen G. White

Saul and Jonathan

God had raised up Samuel to judge Israel. He was honored by all the people. God was to be acknowledged as their great Head, yet He designated their rulers, and imbued them with His Spirit, and communicated His will to them through His angels.

Because of Saul's sin in his presumptuous offering, the Lord would not give him the honor of vanquishing the Philistines. Jonathan, the king's son, a man who feared the Lord, was chosen as the instrument to deliver Israel. . . .

Angels of heaven shielded Jonathan and his attendant, angels fought by their side, and the Philistines fell before them.

Angels of God fought by the side of Jonathan, and the Philistines fell all around him. Great fear seized the host of the Philistines in the field and in the garrison. . . . The earth trembled beneath them, as though a great multitude with horsemen and chariots were upon the ground prepared for battle. Jonathan and his armor-bearer, and even the Philistine host knew that the Lord was working for the deliverance of the Hebrews.

David's early years

Samuel came no more to Saul with directions from God. The Lord could not employ him to carry out His purposes. But He sent Samuel to the house of Jesse, to anoint David, whom He had selected to be ruler in place of



Saul, whom He had rejected.

As the sons of Jesse passed before Samuel, he would have selected Eliab, who was of high stature, and dignified appearance, but the angel of God stood by him to guide him in the important decision, and instructed him that he should not judge from appearance. Eliab did not fear the Lord. His heart was not right with God. He would make a proud, exacting ruler. None were found among the sons of Jesse but David, the youngest, whose humble occupation was that of tending sheep.

David was not of lofty stature; but his countenance was beautiful, expressive of humility, honesty, and true courage. The angel of God signified to Samuel that David was the one for him to anoint, for he was God's chosen. From that time the Lord gave David a prudent and understanding heart.

David's eldest brother, Eliab, . . . was jealous of David, because he was honored before him. He despised David, and looked upon him as inferior to himself. He accused him before others of stealing away unknown to his father to see the battle. . . . David repels the unjust charge, and says, "What have I now done? Is there not a cause?" David is not careful to explain to his brother that he had come to the help of Israel; that God had sent him to slay Goliath. God had chosen him to be a ruler of Israel; and as the armies of the living God were in such peril, he had been directed by an angel to save Israel.





Saul encounters an angel

[Saul] allowed his impulses to control his judgment, until he was plunged into a fury of passion. He had paroxysms of rage and madness, when he was ready to take the life of any that dared oppose his will. . . . It was David's blameless character and noble fidelity that had aroused the wrath of the king; and he deemed the very life and presence of David cast a reproach upon him. . . .

He came to Ramah, and halted at a great well in Sechu. The people were coming together to draw water, and he inquired where Samuel and David were staying. When he was told that they were at Naioth, he made haste to reach that place. But the angel of God met him on the way and controlled him. The Spirit of God held him in its power, and he went on his way uttering prayers to God, interspersed with predictions and sacred melodies. He prophesied of the coming of Messiah as the world's Redeemer. When he came to Naioth in Ramah, he laid aside his outer garments that betokened his station, and all day, and all night, he lay before Samuel and his pupils, under the influence of the divine Spirit.

Saul's séance at Endor and his death

Again war was declared between Israel and the Philistines. . . . Saul had learned that David and his force were with the Philistines, and he expected that the son of Jesse would take this opportunity to revenge the wrongs he had suffered. The king was in sore distress. . . . On the morrow, Saul must engage the Philistines in battle. The shadows of impending doom gathered dark about him; he longed for help and guidance. But it was in vain that he sought counsel from God. "The Lord answered him not, neither by dreams, nor by Urim, nor by prophets." . . .

Then said Saul unto his servants, "Seek me a woman that hath a familiar spirit, that I may go to her, and inquire of her." . . . It was told the king that a woman who had a familiar spirit was living in concealment at Endor. This

woman had entered into covenant with Satan to yield herself to his control, to fulfill his purposes; and in return, the prince of evil wrought wonders for her, and revealed secret things to her.

Disguising himself, Saul went forth by night with but two attendants, to seek the retreat of the sorceress. . . . Under the cover of darkness, Saul and his attendants made their way across the plain, and safely passing the Philistine host, they crossed the mountain ridge, to the lonely home of the sorceress of Endor. . . .

After practicing her incantations, she said, "I saw gods ascending out of the earth. . . . An old man cometh up, and he is covered with a mantle. And Saul perceived that it was Samuel." . . .

It was not God's holy prophet that came forth at the spell of a sorcerer's incantation. Samuel was not present in that haunt of evil spirits. That supernatural appearance was produced solely by the power of Satan.

Saul had resented the counsel and reproofs from Samuel when he was living

The woman's first words under the spell of her incantation had been addressed to the king, "Why hast thou deceived me? for thou art Saul." Thus the first act of the evil spirit which personated the prophet, was to communicate secretly with this wicked woman, to warn her of the deception that had been practiced upon her. The message to Saul from the pretended prophet was, "Why hast thou disquieted me, to bring me up? And Saul answered, I am sore distressed; for the Philistines make war against me, and God is departed from me, and answereth me no more, neither by prophets, nor by dreams; therefore I have called thee, that thou mayest make known unto me what I shall do".

When Samuel was living, Saul had despised his counsel, and had resented his reproofs. But now, in the hour of his distress and calamity, he felt that the prophet's guidance



was his only hope, and in order to communicate with Heaven's ambassador, he vainly had recourse to the messenger of hell! Saul had placed himself fully in the power of Satan; and now he whose only delight is in causing misery and destruction, made the most of his advantage, to work the ruin of the unhappy king. In answer to Saul's agonized entreaty came the terrible message, professedly from the lips of Samuel:

"Wherefore then dost thou ask of me, seeing the Lord is departed from thee, and is become thine enemy? . . . Because thou obeyedst not the voice of the Lord, . . . therefore . . . the Lord will also deliver Israel with thee into the hand of the Philistines."

When Saul inquired for Samuel, the Lord did not cause Samuel to appear to Saul. He saw nothing. Satan was not allowed to disturb the rest of Samuel in the grave, and bring him up in reality to the witch of Endor. God does not give Satan power to resurrect the dead. But Satan's angels assume the form of dead friends, and speak and act like them, that through professed dead friends he can better carry on his work of deception. Satan knew Samuel well, and he knew how to represent him before the witch of Endor, and to utter correctly the fate of Saul and his sons.

God did not use an agent of Satan to deliver the message

The Scripture account of Saul's visit to the woman of



Endor has been a source of perplexity to many students of the Bible. There are some who take the position that Samuel was actually present at the interview with Saul, but the Bible itself furnishes sufficient ground for a contrary conclusion. If, as claimed by some, Samuel was in heaven, he must have been summoned thence, either by the power of God or by that of Satan. None can believe for a moment that Satan had power to call the holy prophet of God from heaven to honor the incantations of an abandoned woman. Nor can we conclude that God summoned him to the witch's cave; for the Lord had already refused to communicate with Saul by dreams, by Urim, or by prophets. These were God's own appointed mediums of communication, and he did not pass them by to deliver the message through the agent of Satan.

The message itself is sufficient evidence of its origin. Its object was not to lead Saul to repentance, but to urge him on to ruin; and this is not the work of God, but of Satan. Furthermore, the act of Saul in consulting a sorceress is cited in Scripture as one reason why he was rejected by God and abandoned to destruction. "Saul died for his transgression which he committed against the Lord, even against the word of the Lord, which he kept not, and also for asking counsel of one that had a familiar spirit, to inquire of it; and inquired not of the Lord; therefore he slew him, and turned the kingdom unto David the son of Jesse." 1 Chronicles 10:13, 14.



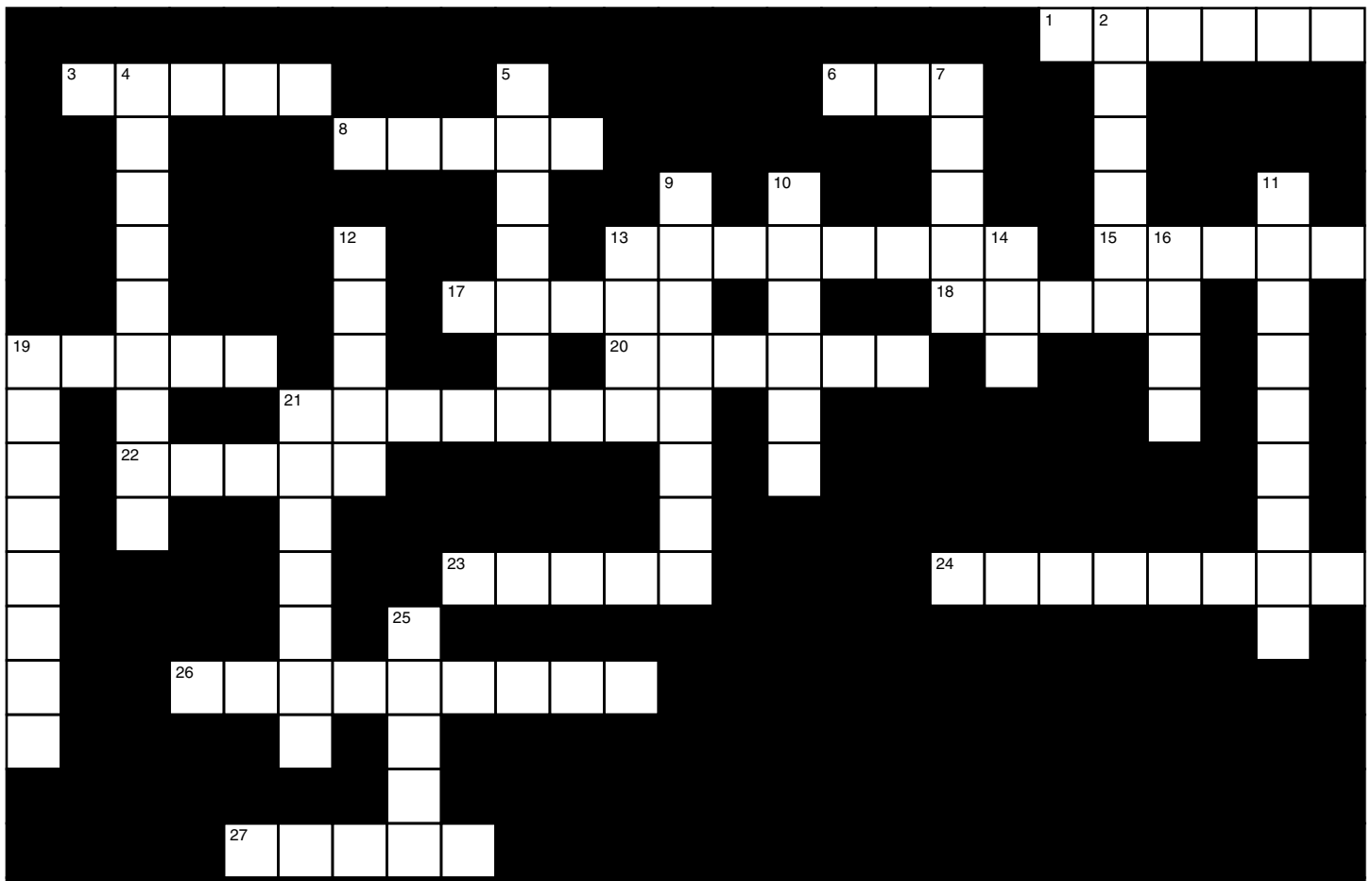
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Christian Crossword



ACROSS

1. The successor to Felix as procurator of Judea
3. He was appointed to rule Judea by the Romans
6. A member of the tribe of Reuben and the grandson of Joel
8. Abraham's grandfather descended from Shem
13. Became king of Judah at the age of twelve
15. A prophet whose wayward wife was Gomer
17. The arch-villain in the Book of Esther
18. The harlot of Jericho who saved Joshua's spies
19. Lamech's son and Cain's descendant
20. Beloved wife of Jacob and beautiful younger daughter of Laban
21. He took Judas' place, selected by lot
22. Abraham's father
23. The daughter of Jacob and Leah seduced by Shechem
24. The "Caesar" referred to by Jesus
26. He conducted the hearing when Peter and John were arrested
27. He irreverently grabbed the arc to steady it

DOWN

2. The disciple of and successor to Elijah
4. The mother of John the Baptist
5. The giant of the Philistine armies from Gath
7. The son of Japheth and the grandson of Noah
9. Joseph's oldest son
10. The oldest son of the prophet Samuel
11. A silversmith in Ephesus not happy with Paul's preaching
12. David treacherously allowed this man to be killed
13. The name Naomi took for herself after losing her sons
14. A son of Noah
16. The grandfather of David
19. The mother of Moses and Aaron
21. A tax collector that followed Jesus originally named Levi
25. A son of Ishmael

Answers from Christian Crossword published in the October 2016 issue of Our Firm Foundation

