

our firm FOUNDATION

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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



Usually I take our trash to the county dump once a week. My wife has a ministry (Marypaws.com) to seek to place cats and kittens in loving homes, so we have a truckload of litter and other trash every week. We live on a mountain and can get down from the mountain from one of two directions – one side takes us to Spring Creek, and the other side to Leicester, both in North Carolina. We have a dump in either direction about 5 miles from our home.

Recently, I was at the Spring Creek dump and noticed that somebody had left two different spiritual books behind for anyone who might want to pick them up. I decided to take them both and have been reading them whenever I have a chance.

One of the books is written by Anne Graham-Lotz, who has a world-wide ministry, and is the daughter of Billy Graham. Her book is about the necessity of following Jesus and letting the Holy Spirit work in our lives. I first sent her a letter addressing the topic of the Ten Commandments and the fact that Jesus says: “If you love me, keep my commandments”, including the fourth, which is the Sabbath Commandment. I mentioned that this commandment was changed by the papacy and not by God.

I quote from the Convert’s Catechism of Catholic Doctrine, by Rev. Peter Geiermann, C.S.S.R.:

“The Third Commandment. Q. What is the Third Commandment? A. The Third Commandment is: Remember that thou keep holy the Sabbath day. Q. Which is the Sabbath Day? A. Saturday is the Sabbath day. Q. Why do we observe Sunday instead of Saturday? A. We observe Sunday instead of Saturday because the Catholic Church transferred the solemnity from Saturday to

Sunday. Q. Why did the Catholic Church substitute Sunday for Saturday? A. The Church substituted Sunday for Saturday because Christ rose from the dead on a Sunday and the Holy Ghost descended upon the Apostles on a Sunday. Q. By what authority did the Church substitute Sunday for Saturday? A. The Church substituted Sunday for Saturday by the plenitude of that divine power which Jesus Christ bestowed upon her. Q. What does the Third Commandment command? A. The Third Commandment commands us to sanctify Sunday as the Lord’s Day. . .”

The Catechism removes the Bible’s second commandment in regard to graven images, and makes the tenth commandment into two in order to maintain ten.

Jesus kept the Sabbath
even in death

Because in her book Mrs. Lotz speaks quite often of Jesus, I am sending her the *Desire of Ages*, and the combination book of *Steps to Christ* and *The Sanctified Life*. I would request the readers of this editorial to earnestly pray for her in regard to the seventh-day Sabbath and the ministry of Ellen G. White. Mrs. Lotz’s ministry has many followers and she has quite an influence on many Christians.

As we near the last days and the time of trouble like never was, we need to be in more prayer, not only for our own families, but for others out there to bring them to full understanding of Jesus and His Ten Commandments.

We need to realize that Jesus could have been raised any time after His death, but He actually emphasized the seventh-day Sabbath by resting over that day. He kept the Sabbath even in death.

May Jesus continue to be your guide.

Since the production of our monthly DVD has been suspended, we at Hope are happy to offer *Our Firm Foundation* magazine in print each month in its place in an effort to continue providing you with present-truth material which is pertinent to our time. We pray you will find our new format easy to read and easy to share so we can be ready, and help others to be ready, for the soon return of our Saviour. May you be blessed, and bless others, with the truth-filled messages offered in these pages!

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

our firm **FOUNDATION**

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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Give Glory To Him!

BY JERRY O'DONNELL

Why stand ye here all the day idle?

In Matthew 20:6, Jesus tells a parable asking this very question. Are you waiting for your whole congregation to become pure to go forth with the message? Are you waiting for the organized worldwide body to finally receive the latter rain before doing anything? Honestly, why are you idle – if you are idle? The congregation and world church will never be used, according to the writings of Ellen White; an individual commitment that goes forth during the time of apostasy will happen.

“At the eleventh hour, when the work grows harder and the people are more hardened, there will be a variety of talent brought in. These workers will prove faithful and receive their penny. Sacrificing men will step into the places made vacant by those who would not be fitted for a place in the heavenly temple. These resources will continue to come in. The Lord will provide openings and facilities. He will call upon the youth to fill up the places made vacant by deaths and apostasies. He will give young men and women, as well as those who are older, the cooperation of the heavenly intelligences. They will have converted characters, converted

minds, converted hands, converted feet, and converted tongues. Their lips will be touched with a living coal from the divine altar. If they will learn the lesson of walking humbly before God, if they will not seek to invent new plans, but will do that which the Lord has appointed them to do, they will be enabled to carry God's plan onward and upward without narrowing it. . . .”
10MR 170.3

The apostasy part is now; eventually we will see martyrdom happening, too.

“At the eleventh hour the Lord will gather a company out of the world to serve Him. There will be a converted ministry. Those who have had privileges and opportunities to become intelligent in regard to the truth, and yet who continue to counterwork the work God would have accomplished, will be purged out, for God accepts the service of no man whose interest is divided. He accepts the whole heart, or none.”
20MR 320.1

A purging is happening now. No, it is not a physical purging, but rather a polarization in the church where those who are

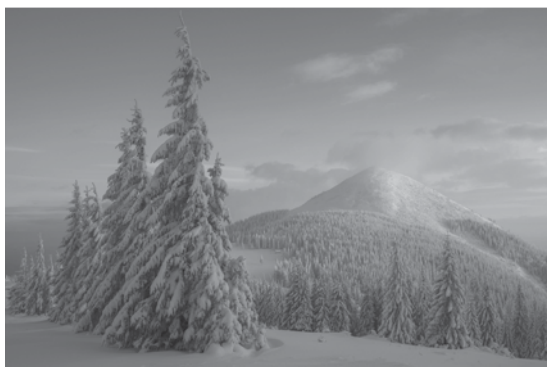
striving to be part of “the living saints, 144,000, in number” (EW 14.1) will not easily coexist with fellow Adventists. And if you are looking for a physical purging, you will be waiting a long time. For them to be “most bitter enemies”, they must still be in association somehow. Look to Cain and Abel for instance, where Abel didn’t worship alone. Cain observed Abel’s acceptable worship. That infuriated Cain to the point that he killed his own brother. If Cain would have done his worship a mile or more away from Abel, things may have turned out differently. Likewise, for fellow Adventists to be our “most bitter enemies” they must be in observation of the saints; not desiring to conform, they will be wanting the saints eradicated.

Read this next quote carefully and see that it is a spiritual purging, which means it is happening now: “As the storm approaches, a large class who have professed faith in the third angel’s message, but have not been sanctified through obedience to the truth, abandon their position, and join the ranks of the opposition. By uniting with the world and partaking of its spirit, they have come to view matters in nearly the same light; and when the test is brought, they are prepared to choose the easy, popular side. Men of talent and pleasing address, who once rejoiced in the truth, employ their powers to deceive and mislead souls. They become the most bitter enemies of their former brethren. When Sabbath-keepers are brought before the courts to answer for their faith, these apostates



are the most efficient agents of Satan to misrepresent and accuse them, and by false reports and insinuations to stir up the rulers against them.” GC88 608.1

Brothers and sisters, the storm is most definitely approaching. Sunday law is already being called for, especially under the guise of climate change. The Protestants of America are indeed more than clasping the hands of spiritualism and popery. Yes, fellow members say they believe in the Three Angels’ Messages, but they are not being sanctified by it. They still watch raunchy shows, still eat like the world defending meat eating, and are as caught up in celebrities, sports, fashion, even politics like the world. Now to abandon their position, to join the ranks of the opposition is not to leave the doors of the church and become one of them. They leave by uniting in thought, in action with the ways of the world in “partaking of its spirit”. It’s a spiritual departing! They do not see things as we see them because spiritual things “are spiritually discerned” (1 Corinthians 2:14). They seem to be quick to compromise, excuse error as being misunderstandings, and of course exaggerating God’s love beyond what the Bible teaches. “God’s love is represented in our day as being of such a character as would forbid His destroying the sinner” (12MR 207.2)





The sad future is that they will be instrumental in affecting courtroom decisions. These are the ones that have turned to the world and see equal rights for women and want women to be ordained pastors. These are opening the door to accept the LGBT movement of the world. These even go so far as criticizing the Bible, for the world does not take it literally. These even attend worldly marches that have nothing to do with the messages in Revelation.

So personally we are told: “Years ago I saw that our people were far behind in obtaining that knowledge which would qualify them for positions of trust in the cause. Every member of the church should put forth efforts to qualify himself to do work for the Master. To each has been appointed a work, according to his ability. Even now, at the eleventh hour, we should arouse to educate men of ability for the work, that they may, while occupying positions of trust themselves, be educating by precept and example all who are associated with them.” (5T 554.1)

Our Outline

So with it continuously being established by stock-piling quote after quote that we need to let God deal with the organized structure who want to waste time on trivial matters, that are only out to distract from the real messages, we remind everyone that God has a specific outline for the gospel that we are to follow. The specific

outline is Revelation 14:6-14 along with verses from Revelation 18. These are direct messages represented from four angels: “In this fearful time, just before Christ is to come the second time, God’s faithful preachers will have to bear a still more pointed testimony than was borne by John the Baptist. A responsible, important work is before them; and those who speak smooth things, God will not acknowledge as his shepherds. A fearful woe is upon them.” GW92 90.1

Give Glory To Him!

As a reminder, the world at large, even among Christians, must not be giving God the glory, for if most were, then God would not send this last day message. Despite people thinking they know what it means to “give glory to Him”, it is time to see it from God’s perspective, so let us seek from His Word what it truly means.

Unfortunately, due to article space, we must limit this exhaustive study, so I suggest that diligent students perform word searches of the various forms of giving glory to God. I am including seven very direct points for all of us to realize that giving God glory is more than thanking Him, acknowledging Him, praying to Him, attributing answered prayer to Him, etc. What we do, say, and think also give glory either to God or Satan.





#1 Food and Drink and More

1 Corinthians 10:31 says, “Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.”

God has a very specific diet. First, those clean and unclean animals were not ceremonial hoops to jump through. Jesus did not die for us to now eat pork chops. Peter’s vision was so that he “should not call any man common or unclean” (Acts 10:28). Therefore, since Noah even knew the distinction between clean and unclean (Genesis 7:2-3), meaning that this was not a Jew or Moses thing, we are to live by the explicit rules of avoiding unclean meats. In fact, as previously exposed, Paul tells us to learn the lesson regarding the lusts of the Israelites (1 Corinthians 10:6), which was a rejection of the manna and the want of flesh meats (Numbers 11:4). In other words, the preferable diet, even the last day diet, will be vegetarian.

As for drink, “Wine [is] a mocker, strong drink [is] raging; and whosoever is deceived thereby is not wise” (Proverbs 20:1). Do realize that the word “wine” is used to describe both alcoholic and non-alcoholic grape juice (Isaiah 65:8). So all those that are ready to report what the medical field says is the benefit of alcohol – do not waste your breath. Of such people who believe those reports, the Bible says they are “not wise!”

And the part of “whatsoever ye do” is very broad. That means every action, even if not sinful, tells of glory to God or not. So when we talk of sports, celebrities, movies, TV shows, is God getting the glory or is the worldly way getting the glory? When revealing a little too much skin, wearing slogans that have nothing to do with God, going to various amusements – again, is God glorified?

#2 Body and Spirit

1 Corinthians 6:20 says, “For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s.”

What about marking the body? What about piercings? What about overtaxing unnecessarily? What about taking unnecessary risks? Should we be doing that? If someone lent you a car, would you really decal it? Would you put holes in it? Would you ignore changing the oil regularly or ignore maintenance? Would you drive it recklessly?

God says not to “make any cuttings in their flesh” (Leviticus 21:5), but of course the unlearned will take the preceding words about beards and balding to justify their tattooing as well as piercings. When I say unlearned, it is usually willful blindness, for the restriction is not against shaving, or the godly Joseph would not have been so godly since he shaved (Genesis 41:14). Every Christian over the age of fifty knows full well where the movement of



tattoos and piercings started. It certainly was not of God.

As for unnecessary taxing of the body or unnecessary risks, should Christians be partaking in all-night gaming? Partying? Binge watching movies and TV programs? Participating in bungee jumping? Physical contact sports like football, boxing, and the like? The answer is no to all of those questions.

#3 Sin

Malachi 2:2 says, “If ye will not hear, and if ye will not lay [it] to heart, to give glory unto my name, saith the LORD of hosts, I will even send a curse upon you, and I will curse your blessings: yea, I have cursed them already, because ye do not lay [it] to heart.” And what is the opposite of this situation? Malachi 2:6 says, “The law of truth was in his mouth, and iniquity was not found in his lips: he walked with me in peace and equity, and did turn many away from iniquity.” Now Romans 3:23 makes it plain, “For all have sinned, and come short of the glory of God.”

Sinning gives glory to Satan. Ceasing from sinning gives glory to God. When we claim that only Jesus is perfect, implying we shall continue sinning, we are uttering a lie and giving glory to Satan. Yes, only Jesus lived a perfect, sinless life, however, from the moment we come to Jesus and we die daily (1 Corinthians 15:31) to selfish ways, taking up our cross and following



Jesus every moment of the day (Matthew 16:24), we, too, have the potential from that moment forward to “walk, even as he walked” (1 John 2:6).

So, who is more powerful? God or Satan? If you say Satan, then gone is the hope of eternal life, for only God promises that. If you say God, then that means there is no reason Satan should get the upper hand, for “There hath no temptation taken you but such as is common to man: but God [is] faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear [it]” (1 Corinthians 10:13). The only reason we sin is because we choose not to take advantage of the escape.

#4 Sickness

John 11:4 says, “When Jesus heard [that], he said, This sickness is not unto death, but for the glory of God, that the Son of God might be glorified thereby.”

Not every sickness is a prompting for us to pray for healing. Sometimes sickness is used to bring us closer to God. So when it is prayer time at church, or even personally, we ought to never, never pray for healing when sickness is involved. We ought to be praying that through the sickness that the person will draw closer to God because the sickness and how it is



handled give glory either to God or Satan again. A person complaining about their sickness gives glory to Satan. A person taking their infirmity as a time of witnessing, like Job, brings glory to God. And if one does pray for healing, in the end of every such prayer ought to be the words, “Thy will be done.”

#5 Beholding

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

What is true one way is true the other. By beholding the glorification of sin through TV and movies and song we are changed into the same image from sin to sinning, even as by the spirit of demons. What we choose to expose ourselves to either brings glory to God or Satan. Excusing the use of God’s name in vain, nudity, violence, foul words, attacks on family, etc., because you say the show has a “good moral”, it still brings glory to Satan for it does not follow God’s way. “Whatsoever things are true, whatsoever things [are] honest, whatsoever things [are] just, whatsoever things [are] pure, whatsoever things [are] lovely, whatsoever things [are] of good report; if [there be] any virtue, and if [there be] any praise, think on these things” (Philippians 4:8). That does not leave much content, but then again, we are very close to the end of this



earth’s history so it would make sense that everything would be tainted with sin. So let us choose wisely what we behold.

#6 Godliness

2 Peter 1:3 states, “According as his divine power hath given unto us all things that [pertain] unto life and godliness, through the knowledge of him that hath called us to glory and virtue”, which is the opposite of pretended Christians who simply are “having a form of godliness, but denying the power thereof” (2 Timothy 3:5).

As for the power, those that receive Christ, “to them gave he power to become the sons of God” (John 1:12), “who are kept by the power of God through faith unto salvation ready to be revealed in the last time” (1 Peter 1:5).

In the last days, are you ready to show the world that victory over every single sin is possible? Or do you deny that such a power exists? Do you believe that Jesus “is able to keep you from falling” (Jude 1:24)? Do you believe in practical godliness or not?

#7 Unity

Romans 15:6 states, “That ye may with one mind [and] one mouth glorify God, even the Father of our Lord Jesus Christ.”

This truly could be an article in itself, but I will refrain from making it such. It is not to

God's glory that we have all this in-fighting. It is not to God's glory that we have independent ministries not all agreeing with one mind, with one mouth or voice.

Those who are able to attend General Conference local churches, how unified is your church? Do you all speak the same? If it is like most, there is a liberal element, an overzealous rules-oriented with lack of proper love element, and there is the balanced Adventist. Some churches do not have the overzealous ones but typically they make up the lack by having an abundance of the liberal element.

So who receives the glory when quarterlies are quoting from Babylon? "Babylon?", you may ask. Yes, Babylon. You see, our people have lost the unique identity. The remnant within the Seventh-day Adventist church is Israel. The rest of the Seventh-day Adventist church are mixed multitude who want the worldly life (Egypt) while professing to be of God (Israel).

Outside of that are all the other denominations which are but daughters of the Mother of Harlots, which is also that great city, Babylon. In other words, all other denominations are Babylon, confusion.

And so why are we bringing into our quarterlies (which in turn is brought into the sanctuary) content from Babylonian authors when they are pagans, or Sunday worshipers? Why is Catholicism specifically referenced in favorable light? Like I said, we have lost our unique identification. Ecumenical propaganda is the agenda.

The sad reality is that only a few disagree with the quarterly on this point. Most see this as friendship evangelism, which is code word for compromise. Time and time again, example after example, any time literal Israel interacted friendly with other nations, apostasy followed.

Unity is based not on compromise, but on truth. You see, we either love the truth or "with all deceivableness of unrighteousness in them that perish; because they received not the love of the truth, that they might be saved" (2 Thessalonians 2:10).

How can we even call people out of Babylon if we are going to Babylon for advice? This indeed does not create unity nor one voice. "Now I beseech you, brethren, by the name of our Lord Jesus Christ, that ye all speak the same thing, and [that] there be no divisions among you; but [that] ye be perfectly joined together in the same mind and in the same judgment" (1 Corinthians 1:10).

Conclusion

Giving God glory indeed is more than lip service, in fact, it goes beyond the seven points that we have listed. But the bottom line is, everything we think, do, or say either glorifies God or Satan, which includes worldly ways. And remember, "Ye cannot serve God and mammon" (Matthew 6:24). "He that is not with me is against me; and he that gathereth not with me scattereth abroad" (Matthew 12:30). So, are you serving God alone? Are you with Him? Are you involved in gathering?

THE SHAKING TIME

Am I ready for the shaking time?
Or is it just a fairy tale?
Do I know my heart, can I trust my Lord
To be certain I don't fail?

The shaking is an awesome time.
Small choices decide my fate.
If I'm walking close with Jesus,
I'll stay in the way that's strait.

Prayer and study, and a constant plan
To be like Jesus every day
Will keep me in His loving care
When the shaking comes my way.

When all heaven and earth is shaking,
Professing saints won't make the grade.
Believing sinners who wear Christ's robe
Will truly have it made.

And when the shaking time is o'er,
I want to sing and shout,
That by God's grace and wondrous love,
I've been shaken IN, not OUT.

—Walter Tate



Ministering Angels

BY PATRICIA J.T. SMITH

In these increasingly evil and frightening final days of this earth's history, in which "evil men and seducers... wax worse and worse, deceiving, and being deceived" (2 Tim. 3:13), it would be well for the people of the Living God to rehearse again the wonderful ministry of the heavenly angels, whom God has "sent forth to minister for them who shall be heirs of salvation..." (Heb. 1:14). In this way, as the provision and protection that is daily being provided through the agency of these mighty heavenly beings is recalled, faith in God's delivering power will be strengthened and fears put to rest, "for God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." (2 Tim. 1:7).

One of the first mentions of angels in reference to time is written in the last book of the Bible. Revelation 12: 7, 9 state: "And there was war in heaven: Michael and his angels fought against the dragon: and the dragon fought and his angels. . . . And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth and his angels were cast out with him."

To get an even clearer Biblical picture of the nature of angels, let us look again at Hebrews 1, focusing on verses 13 and 14: "But to which of the angels said he at any time, Sit on my right hand, until I make thine enemies thy footstool? Are they not all ministering spirits, sent forth to minister for them who shall be heirs of salvation?" From this text, we understand that

angels are spirits – spiritual beings – although at times they have appeared to humans in the form of men.

Who are the Cherubims?

Many sincere Christians believe that these angelic spirits are the spirits of loved ones who have passed on. But as we further examine scripture, we will discover that angels existed before any human being died. Let us look now at the first book of the Bible – Genesis – for this enlightenment on the nature of the angels. After the fall of our first parents, it is stated in Genesis 3:24: "So he drove out the man; and he placed at the east of the garden of Eden Cherubims, and a flaming sword which turned every way, to keep the way of the tree of life." Who are the Cherubims? Are they angels?

Note with me that in scripture Satan is referred to as both a cherub and an angel.





Under the symbol of the king of Tyrus in Ezekiel 28, Satan's pre-fall history as the anointed cherub is revealed. "Son of man, take up a lamentation upon the king of Tyrus, and say unto him, Thus saith the Lord GOD; Thou sealest up the sum, full of wisdom, and perfect in beauty. . . .Thou art the anointed cherub that covereth; and I have set thee so: thou wast upon the holy mountain of God; thou hast walked up and down in the midst of the stones of fire. Thou wast perfect in thy ways from the day that thou wast created, till iniquity was found in thee." (Eze. 28:12, 14, 15). In the New Testament, Paul the apostle, under the inspiration of the Holy Spirit, reveals a clever disguise of the Devil. "And no marvel; for Satan himself is transformed into an angel of light." (2 Cor. 11:14). Cherubims then, are a class or division of the angels of heaven. They are not the spirits of the dead, being in existence before death existed here. With this conclusion of Cherubims being angels, the Spirit of Prophecy is in full agreement. "The Garden of Eden remained upon the earth long after man had become an outcast from its pleasant paths. The fallen race were long permitted to gaze upon the home of innocence, their entrance barred only by the watching angels. At the cherubim-guarded gate of Paradise the divine glory was revealed." PP 62.

Protecting, defending and covering

God's ministering spirits, the angels, were created on a higher level than humanity has

ever stood upon, even in its holy innocence and perfection in Eden. "What is man, that thou art mindful of him? and the son of man, that thou visitest him? For thou hast made him a little lower than the angels, and hast crowned him with glory and honour." (Ps. 8:4, 5). Quoting this psalm of David, Paul declared in Hebrews these words, "But one in a certain place testified, saying, What is man, that thou art mindful of him? or the son of man, that thou visitest him? Thou madest him a little lower than the angels; thou crownest him with glory and honour, and didst set him over the works of thy hands." (Heb. 1:6, 7).

Another consideration that will enable us to more fully appreciate just how selfless, merciful, longsuffering and loving is the ministry of the angels, as they willingly demonstrate the character of God to humanity, protecting and providing for His earth-bound children, is to contemplate the high, exalted station they occupy.

Let's begin by examining the honored position Lucifer fell from, becoming Satan, the evil accuser. God had made him to be the anointed cherub that covereth. *The Hebrew word translated "anointed" in Ezekiel 28:14 is "mimshach" which means "in the sense of expansion; outspread (i.e. with outstretched wings); – anointed." *The Hebrew word for "covereth" is "sakak", and means "to entwine as a screen; by impl. to fence in, cover over, (fig.)



protect: – cover, defence, defend, hedge in, join together, set, shut up.”

Where in the Bible are we given a clear picture of angels (cherubims) with outstretched wings protecting and defending, covering something, as a pattern of heavenly realities? Only in the sanctuary, earthly and heavenly, do we get a clear understanding of the highly exalted privilege Lucifer was given. God told Moses to construct the wilderness tabernacle (sanctuary) “according to all that I shew thee, after the pattern of the tabernacle, and the pattern of all the instruments thereof, even so shall ye make it.” (Ex 25:9). Paul, in referring to this incident wrote, in Hebrews 8:4, 5, these words, “. . . seeing that there are priests that offer gifts according to the law: Who serve unto the example and shadow of heavenly things, as Moses was admonished of God when he was about to make the tabernacle: for, See, saith he, that thou make all things according to the pattern shewed to thee in the mount.” The wilderness sanctuary was made after and according to the heavenly sanctuary, as a “sand-box illustration,” so to speak, that we may see and comprehend more fully the glorious realities of God’s salvation plan. The way that the Godhead designed to save fallen humanity is outlined in the sanctuary, and angels play a vital role in this plan. “Thy way, O God, is in the sanctuary: who is so great a God as our God?” (Ps. 77:13).

What was Lucifer protecting and defending?

“And thou shalt make two cherubims of gold, of beaten work shalt thou make them, in the two ends of the mercy seat. And make one cherub on the one end, and the other cherub on the other



end, even of the mercy seat shall ye make the cherubims on the two ends thereof. And the cherubims shall stretch forth their wings on high, covering the mercy seat with their wings, and their faces shall look one to another; toward the mercy seat shall be the faces of the cherubims.” (Ex. 25:18-20). In the earthly sanctuary, the angels (cherubims) were made of gold, but in the original heavenly sanctuary, the cherubims were living angels, created sons of God, and Lucifer was one of them, and covered the mercy seat and the ark of the covenant with his outstretched wings. Remember that two of the meanings of the Hebrew word translated “covereth” are “to protect and defend.” What was Lucifer protecting and defending, along with the other cherub? A further look into the earthly sanctuary’s Most Holy Place explains what was under the mercy seat, and defended by the cherubims. The mercy seat was the cover for the ark of the testimony, (Ex. 25:21), and into the ark went the two tables of the testimony written with the finger of God. This testimony that went into the sacred ark was no less than the law of God, the Ten Commandments. A brief comparison of scriptures will prove this to be so. “And he gave unto Moses, when he had made an end of communing with him upon mount Sinai, two tables of testimony, tables of stone, written with the finger of God. (Ex. 31:18). “And he was there with the LORD forty days and forty nights; he did neither eat bread, nor drink water. And



he wrote upon the tables the words of the covenant, the ten commandments.” (Ex. 34:28).

The mystery of iniquity

Regarding the mercy seat, God told Moses, “And there I will meet with thee, and I will commune with thee from above the mercy seat, from between the two cherubims which are upon the ark of the testimony, of all things which I will give thee in commandment unto the children of Israel.” (Ex. 25:22). The picture that we should be seeing now is one of the golden cherubims on the cover of the ark, the mercy seat, and in the ark, the two tables containing the law of God, the Ten Commandments. From between the cherubims, God spoke to Moses. Scripture bears out the fact that God dwells between the cherubims.

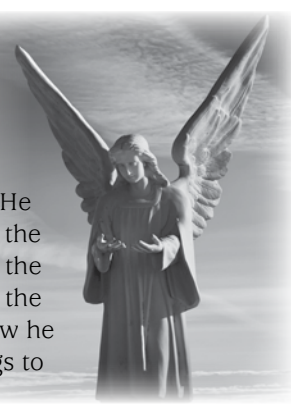
“The LORD reigneth; let the people tremble: he sitteth between the cherubims; let the earth be moved. (Ps. 99:1). “Give ear, O Shepherd of Israel, thou that leadest Joseph like a flock; thou that dwellest between the cherubims, shine forth.” (Ps. 80:1). “O LORD of hosts, God of Israel, that dwellest between the cherubims, thou art the God, even thou alone, of all the kingdoms of the earth: thou hast made heaven and earth.” (Isa. 37:16). Lucifer, the covering cherub, spread his wings over the sacred ark containing the eternal law of God’s Ten Commandments, right next to God Himself! It is the mystery of iniquity as to how he could rebel against his Creators, after

being so highly honored! In his fallen condition, he is against everything holy and righteous, that he once loved. He has influenced the majority in the Christian world to believe that the law of God is done away with; the very immutable and eternal law he once spread his beautiful wings to protect and defend!

Old Testament texts such as these, he leads many to entirely discount: “Thy righteousness is an everlasting righteousness, and thy law is the truth.” (Ps. 119:142). “Depart from me, ye evildoers: for I will keep the commandments of my God.” (Ibid., verse 115). “Great peace have they which love thy law: and nothing shall offend them.” (Ibid., verse 165). “My tongue shall speak of thy word: for all thy commandments are righteousness.” (Ibid., verse 172). Despite the lies he tells, Satan knows all too well that to change or do away with the law of God, one would have to remove God off his throne, the mercy seat, and that is totally impossible!! Therefore, “The works of his hands are verity and judgment; all his commandments are sure. They stand fast for ever and ever, and are done in truth and uprightness.” (Ps. 111:7, 8).

Every angel has an assigned work

The two cherubims in the Most Holy Place, also called the Holiest of all, (Ex. 26:33; Heb.9:3, 4), were not the only angels allowed in the presence of God, in the sanctuary. “The chariots of God are twenty thousand, even thousands of angels: the Lord is among them, as in Sinai, in the holy place.” (Ps. 68:17). To symbolize these angels, the curtains of the tabernacle had figures of cherubims on them. “Moreover thou shalt make the tabernacle with ten curtains of fine twined linen, and blue, and purple, and scarlet: with cherubims of cunning work shalt thou make them.” (Ex. 26:1). The angels then have a heavenly ministry, work to do for the glory and honor of God, “who maketh his angels spirits;





his ministers a flaming fire.” (Ps. 104:4). The loyal and faithful angels who held to their first estate, refusing to sin when tempted by Lucifer, joyously serve the Godhead and each other, in the holy, loving atmosphere of heaven, where true wisdom reigns, “pure, then peaceable, gentle, and easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy.” (James 3:17).

“The angels who do always behold the face of the Father in heaven would prefer to remain close by the side of God. But the Lord gives to every angel his work for this fallen world. Divine help is provided for men. They have the opportunity of cooperating with heavenly intelligences, of being laborers together with God. The possibilities of gaining a fitness for the presence of God, of being enabled to see His face, are placed before them. Heavenly angels are working to bring the human family into a close brotherhood, a oneness described by Christ as like to that existing between the Father and the Son. How can men so highly honored by God fail to appreciate their opportunities and privileges? How can they refuse to accept the divine help proffered? How much it is possible for human beings to gain if they will keep eternity in view.” UL 68.

Who do the angels serve?

The ministry of the heavenly angels truly demonstrates the great love of God for fallen humanity. That sinless, holy and faithful

messengers of God should be sent to serve, deliver, protect and encourage sinful, weak and erring human beings on this world that has strayed from the Creator is amazing forbearance and longsuffering love in action! *The Greek word for “ministering” in Hebrews 1:14, referring to the angels, is “leitourgikos” which means “to be a public servant, i.e. (by anal.) to perform relig. or charitable functions (worship, obey, relieve):– minister; functional publicly (“liturgic”); i.e. beneficent; – ministering.”

Does the Bible teach that angels – the public servants of Jehovah – serve only those who have yielded their wills to God, or are desiring to learn more of Him? From my research in both the Bible and the Spirit of Prophecy, I must answer, “Yes, it would seem so.” “He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty... For he shall give his angels charge over thee, to keep thee in all thy ways.” (Ps. 91:1, 11). “The angel of the LORD encampeth round about them that fear him, and delivereth them.” (Ps. 34:7). And another look at our opening text – “Are they not all ministering spirits, sent forth to minister for them who shall be heirs of salvation?” The guardianship and protection of the holy angels are promised to those who are “in the shadow of the Almighty,” “that fear God,” and that “shall be heirs of salvation.”



Here is a brief overview of the Biblical revelation of the ministry of the angels:

Ministered to, Witnessed to, Serves:

- Rahab, a heathen harlot seeking God – Joshua 2:15; 6:23 (Angels brought down Jericho's wall (PP 493), but spared her house, "upon the town wall." (Joshua 2:15)
- Cornelius, a non-Jewish centurion of the Italian band. (Acts 10:2-7)
- Jesus in the Wilderness of Temptation. (Matthew 4:11)
- Jesus in the Garden of Gethsemane. (Luke 22:43)
- Each of God's children. (Matthew 18:10)

Delivered God's people:

- Lot and his family from Sodom. (Genesis 19:15-17)
- Daniel from the lions' den. (Daniel 6:22)
- The apostles from prison. (Acts 5:19, 20)
- Peter from prison. (Acts 12:5-11)
- Paul and the people with him on the boat. (Acts 27:23, 24)
- Baby Jesus. (Matthew 1:13)

Taught and enlightened God's people:

- Daniel (Daniel 8:16; 9:21)
- The shepherds awaiting Jesus' birth. (Luke 2:9-15)
- Zacharias (Luke 1:13-19)
- Mary (Luke 1:30-38)
- The women at the tomb of Christ. (Matthew 28:5-7; Mark 16:5-7)



Angels go as God directs them

Thanks be to God, that across the ages of human history, holy angels have ministered to sin-sick souls who are the dear purchase of the blood of the Son of God! They make no difference between Old and New Testament eras, but go as God directs them, bringing the blessings of heaven to earth. Only as we heed the inspired admonition given through the apostle Paul, in 2 Corinthians 4:18: "While we look not at the things which are seen, but at the things which are not seen...", will we truly remember the daily ministry of these glorious heavenly sons of God on our behalf. In these days of increased turmoil, disasters and death, I pray that our hearts, dear reader, will not fail for fear (Luke 21:26), but will rejoice, as we look up, "for (our) redemption draweth nigh." (Luke 21:28)

"The heavenly sentinels, faithful to their trust, continue their watch. Though a general decree has fixed the time when commandment keepers may be put to death, their enemies will in some cases anticipate the decree, and before the time specified, will endeavor to take their lives. But none can pass the mighty guardians stationed about every faithful soul. Some are assailed in their flight from the cities and villages; but the swords raised against them break and fall powerless as a straw. Others are defended by angels in the form of men of war." GC 631.

*HEBREW AND GREEK DEFINITIONS ARE FROM *THE NEW STRONG'S EXHAUSTIVE CONCORDANCE OF THE BIBLE*, BY JAMES STRONG, LL.D., S.T.D.

The Fifth Commandment

“HONOR thy father and thy mother; that thy days may be long upon the land which the Lord thy God giveth thee.” This is the first commandment of the second table of the law of God, the first commandment in relation to our duties toward our fellow-men, the first commandment following it with promise, it is in fact the only commandment following it with promise, it is in fact the only commandment of the ten, with promise. To the second table of the law this commandment stands in the same relation that the first commandment stands to the first table. As to honor God alone is the first duty of every conscious, intelligent soul, so to honor parents is the first duty of every man in relation to his fellow-men. To “love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength,” is the first of all the commandments; to “love thy neighbor as thyself” is the second of all the commandments, and is “like unto” the first. And to first of all duties under the second of all the commandments is given in this commandment, “honor thy father and thy mother.”

Nor does the obligation of this commandment cease when the young man or the young woman becomes “of age”. We know that in the practice of most people nowadays, its obligation ceases long before that time, and we know that this evil will grow worse and worse, because the Scripture has foreseen it so. “This know also, that in the last days perilous times shall come. For men shall be lovers of their own selves, . . . disobedient to parents.” And “evil men and seducers shall wax worse and worse, deceiving, and being deceived.” 2 Tim. 3:1, 2, 13. But although this commandment is so

regarded in the practice of men, it is not so regarded in the will of God, for it is written, “Cursed be he that setteth light by his father or his mother. And all the people shall say, Amen.” This being so, it is certainly true that this age, and this nation, is fast becoming one of the most cursed ages and nations that time itself has seen.

The obligation to honor parents lasts forever

To cite but one illustration out of multitudes that might be given and which will readily recur to any thinking person: It does not require that a person shall





be beyond middle age to easily remember the time when a parent's "last will and testament" was considered a sacred thing and children would hardly think of breaking it any more than they would think of rifling the grave. Whereas now about the least sacred thing that a parent can leave when he dies is his last will and testament. It is only expected and looked upon by the children as a thing to be criticized; it is only heard to be found fault with. It matters not though each of the children may have been left an amount sufficient to make him independently rich, or even a millionaire, it only seems to increase the spirit of vandalism unless they get it all.

The obligations of this commandment do not cease, neither when children become "of age," nor at the death of the parents, nor at any other time while men live. And these obligations and the way in which we have met them will meet us in the Judgment. Even though we have no parents living, the obligation to honor them still remains, because we should constantly honor their memory, and seek ever to do that which will be an honor to them were they living, and men may at any time do that which would disgrace their parentage, and thousands often do. The commandment to honor thy father and mother is of no narrower compass, nor of any shorter duration, than is any other part of the law of God, and blessed is he who does it.

Yet it is clear from the word of God that the responsibility for the transgression of this commandment rests not altogether upon the children, but it does rest in a much greater measure than is generally supposed up the parents themselves. Nor is it alone from the word of God that this may be discerned. Let a child or a youth publicly commit some act of impropriety, and instantly it reflects upon the parents, in the question, "Whose boy is that?" or, "Whose girl is that?" and, when the information is given, in the remark, "Well, he [or she] has been very poorly brought up." This is exactly the way in which the word of God views it. That word is, "Train up a child in the way he should go; and when he is old, he will not depart from it." Prov. 22:6. Now the commandments of God are "the way" in which every person "should go", and this shows that whether men will go in that way or not depends much upon the way in which they are trained, and the training devolves altogether upon the parents.



Parents have a greater responsibility than most realize

Therefore we say it is clear by the word of God that the responsibility for the wickedness of children rests not altogether nor even in the greatest measure, upon themselves, but that it does rest in a much greater measure than many realize upon the parents. This is shown by many instances in the Bible, of which we shall give two – one on each side of the question.

Eli was high-priest over the house of God. He had two sons. “Now the sons of Eli were sons of Belial; they knew not the Lord.” “Wherefore the sin of the young men was very great before the Lord; for men abhorred the offering of the Lord.” “Now Eli was very old, and heard all that his sons did unto all Israel; and how they lay with the women that assembled at the door of the tabernacle of the congregation. And he said unto them, Why do ye such things? for I hear



of your evil dealings by all this people. Nay, my sons; for it is no good report that I hear: ye make the Lord's people to transgress.” 1 Sam. 2:12, 17, 22-24. “And the Lord said to Samuel, Behold, I will do a thing in Israel, at which both the ears of every one that heareth it shall tingle. In that day I will perform against Eli all things which I have spoken concerning his house; when I begin, I will also make an end. For I have told him that I will judge his house for ever for the iniquity which he knoweth; because his sons made themselves vile, and he restrained them not. And therefore I have sworn unto the house of Eli, that the iniquity of Eli's house shall not be purged with sacrifice nor offering for ever.” Chap. 3:11-14.

“His sons made themselves vile, and he restrained them not.”

Why, did he not talk to the young men? Of course he did. Did he not tell them not to do so? Undoubtedly. Did he not tell them they were doing wrong? To be sure he did. But this was not enough. Although he did all this, yet “he restrained them not.” Something more than mere words was needed there, as is often the case in many other families. No doubt Eli used enough words, too many, in fact, under the circumstances, but he did not use enough authority. He seems to have been one of those parents who love (?) their children so much that they cannot bear to correct them in any



other way than by smooth, would-be-persuasive words, and so in reality let the children take the reins into their own hands and drive everything before them, doing as they please. But to all such parents God says, as he did to Eli: “Therefore kick ye at my sacrifice and at mine offerings, which I have commanded in my habitation; and honorest thy sons above me?” While children must honor parents, the parents must honor God; but when parents honor their children above God, there is then neither honor of God, nor parental authority in the family – the children have then usurped both. “Wherefore the Lord God of Israel saith, I said indeed that thy house, and the house of thy father, should walk before me forever; but now the Lord saith, Be it far from me; for them that honor me I will honor, and they that despise me shall be lightly esteemed.” 1 Sam. 2:29, 30.

Now here is the other case

“And the Lord said, Shall I hide from Abraham that thing which I do; seeing that Abraham shall surely become a great and mighty nation, and all the nations of the earth shall be blessed in him? For I know him, that he will command his children and his household after him, and they shall keep the way of the Lord, to do justice and judgment; that the Lord may bring upon Abraham that which he hath spoken of him.” Gen. 18:17-19.



“He will command his children, . . . and they shall keep the way of the Lord.” Eli “said unto them” and “his sons made themselves vile.” Abraham “will command his children . . . and they shall keep the way of the Lord . . . that the Lord may bring upon Abraham that which he hath spoken of him.” Eli “said unto them,” and “his sons made themselves vile,” and the Lord could not bring upon him that which he had spoken of him and his house; for, although the Lord had said indeed that his house should walk before him forever, “but now the Lord saith, Be it far from me.” If Abraham had not commanded his children and his household, they too would not have kept the way of the Lord, and then the Lord could never have brought upon Abraham that which he had spoken of him.

And in all this there is inculcated the additional and important lesson, that, although the commandment demands of the children that they honor their parents, it equally demands of the parents that they by an assertion of parental authority, in the fear of God, shall show themselves worthy of honor, and not, by lack of proper discipline, honor their children above God, and so cause themselves to be despised by their children.

A.T. Jones
ST13, 38, pp. 600, 601

Thoughts for the New Year

BY MRS. E. G. WHITE

The year 1884 has passed into eternity, and a new year has dawned upon us. What is the character of the history that has been recorded in heaven, as day by day has glided by with its burden of good or evil? Have not many of you, my brethren and sisters, a spotted record to meet? Have you not failed to improve many of the opportunities which the old year afforded you for forming correct habits and building right characters? Have you made of yourselves all that God designed you should? Do you know more of the truth than you did one year ago? Have you practiced self-control, seeking daily to be sanctified through the truth, that your life might reflect light upon the pathway of others?

God has left each one a work to do for himself. Have you been faithful in this work? Have you studied to conform your character in every particular to the law of God? Have you

sought to discover and remedy every defect in yourselves that would have a tendency to lead others from the path of strict rectitude? Has your life been so molded by the word and Spirit of God as to make you a blessing to all with whom you associate?

You are in danger from corruption within and temptation without. There are evil habits and traits of character which are constantly inclining you to selfishness and weakness of principle. During the past year, Satan has been diligent in his efforts to turn you away from beholding yourselves; and many of you have erred in leaving God's own established standard to follow an imperfect one of your own devising. But none need err from the way, for God has given his own beloved Son to be our guide to Paradise. We are to copy his pure, spotless, and holy life; and through his grace we may become



partakers of the divine nature, having escaped the corruption that is in the world through lust.

Year by year increasing light is shining upon our pathway. The light we had in 1884 is not the light for us this year; if that light has been faithfully improved, we may look for still greater light in the year that is before us. Dear brethren and sisters, the increased light that you receive places you under greater obligation to God. Your Christian growth should be in accordance with the privileges you enjoy. Each day as it passes should find you better prepared to meet new trials and bear new responsibilities. Do you appreciate this fact? Do you realize your duty to others? Consider the influence that every word and act of your life may have upon those around you. A lasting impression may be made, which will react upon yourself in blessing or in cursing. This thought gives an awful solemnity to life, and should drive us to God in humble prayer that he will guide us by his wisdom.

If all could realize this subject as it has been presented to me, many would live much more carefully than they now do. It is easy for professed Christians to extol Jesus, his perfections and his loveliness, while, under the appearance of great devotion, they are very exacting toward others, exercising over them an iron rule. It is easy for them to talk of the truth, and the importance of keeping the commandments of God, when they have never made a practical application of the principles of truth in their every-day life. They have not made a success of serving God, and so have lost the precious comfort and support which is derived from communion with him.

We belong to Jesus. He has bought us with his precious blood; and we owe him a debt of gratitude which we can never repay, but which we should daily acknowledge by willing, unselfish service. If we realize this as we should,

we shall be Christlike. Like him, we shall deny self that we may do others good. But during the past year, how much time has been devoted to self-serving that ought to have been given to the Lord. How much money has been needlessly expended on trifles to gratify taste and please the eye. How much has been spent for the gratification of appetite, when plain, simple food would have been better and more nourishing, giving greater physical and mental strength.

Some have failed to present to God the tithes and offerings which belong to him. Such should awaken to a sense of their duty. The words of the prophet Malachi apply to them: "Will a man rob God? Yet ye have robbed me. But ye say, Wherein have we robbed thee? In tithes and offerings. Ye are cursed with a curse; for ye have robbed me, even this whole nation. Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it. And I will rebuke the devourer for your sakes, and he shall not destroy the fruits of your ground; neither shall your vine cast her fruit before the time in the field, saith the Lord of hosts. And all nations shall call you blessed, for ye shall be a delightsome land, saith the Lord of hosts."

Wherever there has been any neglect on your part to give back to the Lord his own, repent with contrition of soul, and make restitution, lest his curse rest upon you. Many are in a cold, backslidden state on account of their robbery





of God; and now the Lord calls upon them to redeem the past. “Bring ye all the tithes into the storehouse,” he says, “and prove me now herewith.” When you have done what you can on your part, withholding nothing that

belongs to your Maker, you may ask him to provide means to send the message of truth to the world. The work of God would have been much farther advanced than it now is, had each member of the church suitably expressed his gratitude to God for the priceless gift of eternal life through Christ.

To each of us some work is assigned in the vineyard of the Lord. There is enough for all to do; none need stand idle. Have you been faithful in your appointed task, doing what you could to win others to the truth? How many have been led to the cross of Christ through your individual efforts? Have you by precept and example pointed your fellowmen to the Lamb of God, or have you, by assimilating to the world, directed their thoughts and affections into a wrong channel?

Many of you have made great mistakes the last year; will you repeat these mistakes during the year upon which you have just entered? Human judgment is finite; and men in their blind self-will often trust to their own opinion, and take a course that cuts directly across the path of God’s providence, and defeats his ends. You need to examine yourself carefully to see what is the tendency of your course. The Spirit

of God is a discerner of the thoughts and intents of the heart, and it will reveal to you your standing and the nature of your work.

God alone can tell what will transpire during the year 1885. It may be in our lives and in the history of our cause more eventful than any that has preceded it. We have seen the special workings of the Spirit of God during the camp-meeting season and in the recent session of the General Conference; but these evidences that the Lord is at work should not lead us to settle down satisfied and at ease. The light of truth is to go into remote and darkened corners of the earth. Each unfolding of his providence, each token that his hand is in the work to move it forward with power, is designed to arouse us to greater zeal and earnestness, while we look for still more wonderful and glorious triumphs of the truth in the future.

Will each of you who believe present truth earnestly inquire, “Lord, what wilt thou have me to do?” His Spirit is at work upon minds, preparing them to receive the truth. Let your efforts be fully up with the openings of his providence. Do something, do it now; and let the record of the new year be one that you will not be ashamed to meet.

—RH, January 20, 1885



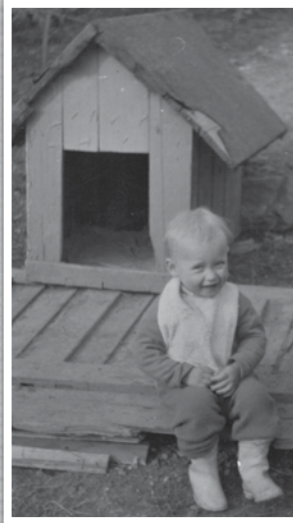
WORDS OF THE PIONEERS



Home Influences

BY STEVEN HASKELL

- Ps. 101:7.
Deceitful and wicked people should not be kept in the house. (1919 SNH, BHB 66.2)

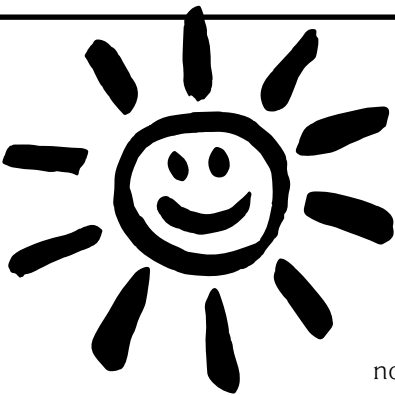


- 1 Cor. 15:33. You can not keep evil people in your family without their exerting an evil influence over your children. T, v. 4, pp. 110-112. (1919 SNH, BHB 66.3)

- 1 Cor. 5:6. A little leaven leaveneth the whole lump. (1919 SNH, BHB 66.4)
- Eph. 6:4. Parents should not provoke their children. (1919 SNH, BHB 66.5)
- Col. 3:21. Should not discourage them. (1919 SNH, BHB 66.6)
- Prov. 22:6. Children should be trained. (1919 SNH, BHB 66.7)
- 1 Tim. 3:4, 5. One that does not control his own family can not be trusted to manage the things of God. (1919 SNH, BHB 66.8)

- Titus 1:6, 7. The children of a bishop should be above reproach. (1919 SNH, BHB 66.9)
- 1 Tim. 3:12. A deacon should control his family. (1919 SNH, BHB 66.10)
- Gen 18:17-19. God can trust a man that command his children and his household. E. 187. (1919 SNH, BHB 66.11)
- 2 Cor. 12:14. Parents should provide for their children. (1919 SNH, BHB 66.12)
- 1 Tim. 5:8. Every Christian should supply the needs of his family. (1919 SNH, BHB 66.13)





Sunlight and Vitamin D

According to the American Journal of Clinical Nutrition (2008), “Vitamin D deficiency is now recognized as a pandemic. The major cause of vitamin D deficiency is the lack of appreciation that sun exposure in moderation is the major source of vitamin D for most humans.”

Our indoor, sedentary lifestyle is taking a toll on our health, leaving us susceptible to increased illness, especially in the colder months when we tend to stay indoors even more. We have shielded ourselves from sunlight to the detriment of our health, and according to the General Conference Daily Bulletin, Vol. 8 (March 2, 1899), we do not even realize the depth of importance that sunlight has on not just our bodies, but some of the daily operations of our planet:

“Sunlight is a germ-killer. Yes, it is the greatest germ-killer in the world. Consumption germs can not live fifteen minutes in bright sunlight. This is why we need sunlight in our homes. All germs will succumb to bright sunlight. All the energy in the world comes from the sunlight. For

instance, from what does the locomotive get its energy? – It gets it from coal or petroleum. All the steam-engines of the world are run by sunlight. The sunlight falls upon the leaves of the tree, and causes them to take up the carbonic acid from the air, and the roots to bring up material from the earth, make it into vegetable substances. Then these great trees – during the flood, perhaps – were buried in the earth, and became oil-fields and coal-beds; and this energy is taken out in the form of coal and petroleum, and burned. Steam is produced, and in that way our boilers and engines are run.

“Now there is a principle in all this. All the steam-engines are run by the sun-light stored up in the earth. You say, How about the water-wheels, and grist-mills, which are run by water-power? – It is just the same thing, because the sunlight falls upon the water, and this causes a vapor to arise. With the air this is carried to the mountains, where, coming in contact with the cool air, it condenses, falls in rain and snow, then runs down the valleys and streams and rivers. We watch it as it runs down on its way





to the ocean, when the same process is repeated. So you see that every particle of energy in this world comes from the sun. The sunbeam is God himself at work.

“We need energy all the time, because we are wasting. The body is throwing off as much heat as three feet of steam-pipe. We are continually losing energy in the form of heat and in the work that we do. When I take up a stone, and put it on a wall, I put just as much energy in that stone as I throw off. If you build up a tower out of stones, and that tower should topple over, when those stones fall upon the ground, they send out the same amount of energy that was taken to pile them up.

“God has provided, in the order of nature, that the vegetable kingdom should be the means of storing up the energy that is passed down to the earth from the sun. That is God’s method of storing energy. Otherwise the sun would strike the earth and glance off. There is nothing on the moon to store up energy, no vegetables there, and so the sun-light goes off without doing any good.”

I don’t know about you, but I had never thought about a steam-engine being run by sunlight! And James White left some interesting

statements for us about sunlight in *Bible Hygiene*, 173:

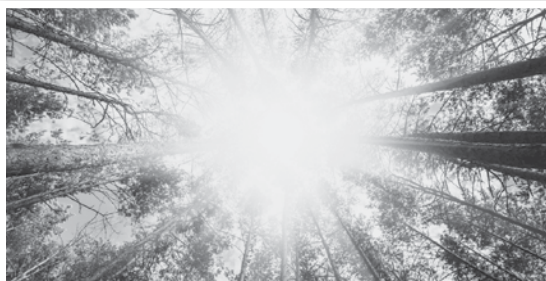
“The natural habits of the people for the first generations after the fall were evidently conducive to longevity and health. There is no mention of houses until the flood. Before that event, and long after it, many of the people, at least, dwelt in tents. Hiding away from sunlight and pure air, behind closed doors, together with other artificial habits, has well-nigh ruined the race. None but those worthy of death, or the next thing to it – close confinement in prison – should be made to suffer such wretched treatment. We admire that simple wisdom which said, “Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun.”

“Proper exercise in the open air and genial sunshine, ranks among God’s highest and richest blessings to man. It gives form and strength to the physical organism, and, all other habits being equal, is the surest safeguard against disease and premature decay. Being man’s natural condition, it also gives buoyancy and strength to thought, and the mind maintains a healthful balance, free from the extremes resulting from artificial life.

“It is true that artificial habits, which are in almost everything wrong, have so far perverted and enfeebled our nature that we are ill-prepared to enter at once upon the natural habits of the worthy patriarchs. We cannot begin where they did. Something may be done, but it is vain to talk of regaining all that has been lost in size, strength, health, and length of days. For this, however, we earnestly plead, that the spirit of reform in habits of life may get hold of the minds of sensible men and women, and that the rapid downward current may be checked.”

So I think we can see that sunlight is a pretty powerful and necessary element; not just, but including, providing us with Vitamin D. There are several groups at higher risk of vitamin D deficiency including:

- **Breastfed Infants:** Sufficiency is dependent on the mother’s vitamin D sufficiency level. Mother’s milk typically contains about 25 IU/L of vitamin D.
- **Older Adults:** As people age, the skin is not able to synthesize vitamin D as effectively, and reduced kidney function impacts the ability to convert vitamin D.
- **Dark Skinned People:** Melanin in darker



skin reduces the ability to produce vitamin D from sunlight exposure.

- **Limited Sun Exposure:** Eliminates one of the two possible sources of vitamin D.
- **Obesity:** Vitamin D is fat soluble, which does not allow it to circulate as freely.
- **Other:** Gastric bypass patients have less small intestine available to absorb vitamin D.

If your lifestyle is one that includes “artificial habits”, mentioned by James White, which limit your intake of Vitamin D from natural sunlight, or if you fit into one of the above-mentioned categories, consider supplementing with Vitamin D3 from our new Product Catalog, available free from Hope for Health. Please contact us at 1-800-468-7884 to place your order, or to request a free health consultation.



“When we do all we can on our part to have health, then we may expect that the blessed results will follow, and we can ask God in faith to bless our efforts for the preservation of health.”

HL 64

Thunderstorm asthma: 'You're talking an event equivalent to a terrorist attack'

By Melissa Davey



November 26, 2016 – A sudden drop in temperature in Melbourne on Monday evening from peaks of 35C brought with it severe

thunderstorms and triggered a mass asthma event that left hospitals struggling to treat 8,500 patients.

Mysterious "Thunderstorm Asthma" Now Strikes Kuwait – Hospitalizing Nearly A Thousand

By Mac Slavo

December 5, 2016 – Emergency officials described the scene like "150 bombs going off," and at the height of the emergency, someone was dialing 9-1-1 for an ambulance every 4.5 seconds as people en masse began having asthma and heart attacks. Emergency services were so overwhelmed in Melbourne, they ran out of ambulances and even other emergency

vehicles like fire trucks and police cars, and they were forced to use non-emergency vehicles. One girl reportedly died in her families arms on their front lawn waiting for an ambulance.

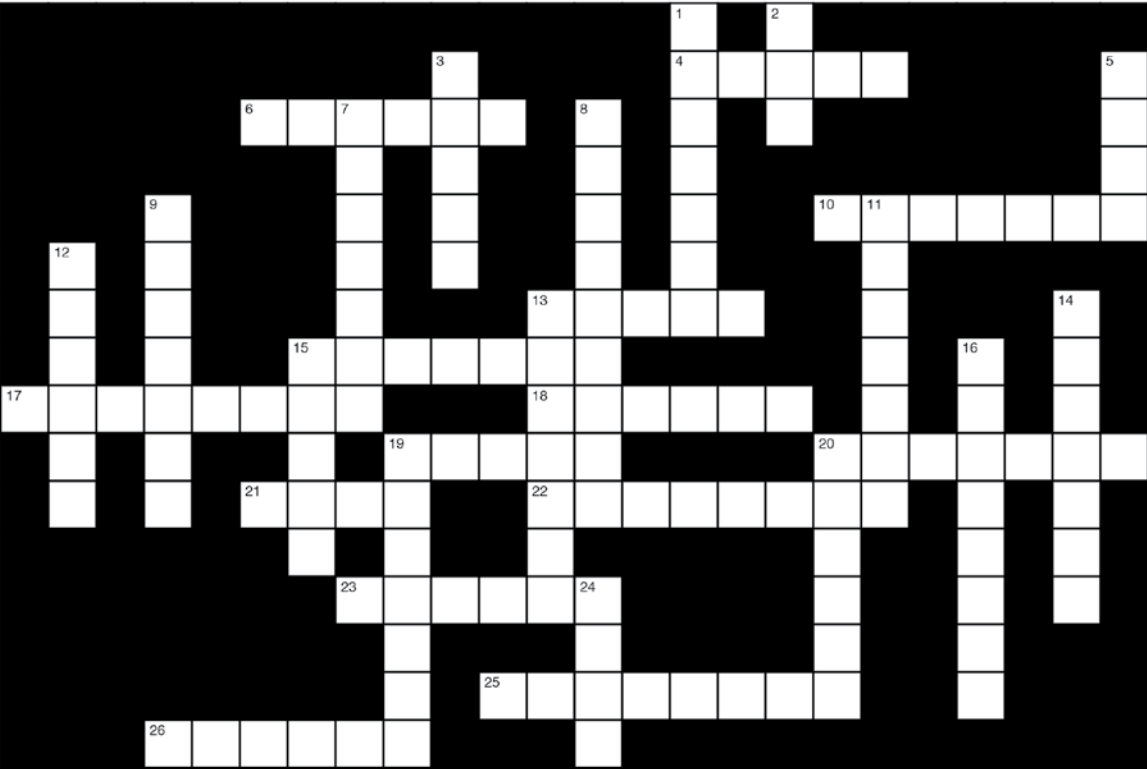
25,000 tons of dead bunker fish wash up dead in Shinnecock Canal, Long Island, New York

November 18, 2016 – Dr. Chris Gobler, a professor in Stony Brook University's School of Marine and Atmospheric Sciences, said that in the 20 years he has lived in the area, he has never seen a fish kill in the canal. Mr. Caldwell estimated that there were about five million pounds of dead bunker in the canal as a result of this fish kill. Southampton Town Supervisor Jay Schneiderman said at 8 p.m. on Monday night, the canal was filled with fish. "It was literally like you could walk across it," he said.



END-TIME PERSPECTIVE: While appearing to the children of men as a great physician who can heal all their maladies, he (Satan) will bring disease and disaster, until populous cities are reduced to ruin and desolation. Even now he is at work. In accidents and calamities by sea and by land, in great conflagrations, in fierce tornadoes and terrific hailstorms, in tempests, floods, cyclones, tidal waves, and earthquakes, in every place and in a thousand forms, Satan is exercising his power. He sweeps away the ripening harvest, and famine and distress follow. He imparts to the air a deadly taint, and thousands perish by the pestilence. These visitations are to become more and more frequent and disastrous. Destruction will be upon both man and beast. GC 589.

CHRISTIAN CROSSWORD

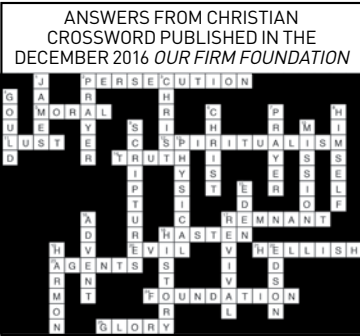


ACROSS

- 4. The father of Methuselah
- 6. He murdered King Pekah of Israel
- 10. An angel that appears in both Daniel and Luke
- 13. One of the 12 Apostles, son of Alphaeus
- 15. The first son of Hosea
- 17. A grandson of Moses; a priest in the house of Micah
- 18. Zeus was his father, and he was known as the messenger god
- 19. A descendant of Israel's first high priest
- 20. The brother of Mary and Martha
- 21. King David's commander-in-chief and confidant
- 22. The King to succeed Solomon
- 23. She was called upon to dance at the birthday banquet of Herod Antipas
- 25. He was a boy of only 12 or 13 when he was called to be a prophet

- 26. There was a rebellion by Korah, Dathan and _____
- DOWN**
- 1. James and John, who Jesus called, were the sons of _____
 - 2. According to Ezekiel _____ was one of the three most righteous mortals who ever lived
 - 3. He was imprisoned for preaching after Pentecost and freed by an angel
 - 5. A persecutor of Christians who later became a Christian
 - 7. The first Christian martyr
 - 8. A Mary named in all four gospels
 - 9. A brother of Manasseh and son of Joseph
 - 11. He bought the cave of Machpelah from Ephron
 - 12. The father of Samson
 - 13. The first-born King Jehoshaphat
 - 14. After the death of Sarah, Abraham took _____ as his wife

- 15. He offered to serve Laban seven years for Rachel's hand in marriage
- 16. One of Daniel's three companions
- 19. He killed Amnon for seducing his sister
- 20. The father of Noah
- 24. A descendant of Aaron and a scribe skilled in the law of Moses



SOMETHING **TO THINK** ABOUT

The outbreak of fires here in the Smoky Mountains has been headline news for some time now. Lives, homes, property and forest land have been lost. Except for the acrid smell of the smoke, many days in my area we could hardly tell the difference between smoke and fog. Aside from news broadcasts, had we just been using the sense of sight we would not have been able to determine the immediacy of the danger, but with vision teamed up with olfaction, the sense of smell, we knew trouble was not far away.

This brought to my mind the events in the Garden of Eden. No, it was never on fire, but senses were certainly a primary factor in humanity being expelled from it. How many senses did Satan use to entice Eve? Every one of them. Eve discussed this fruit tree with the devil via the serpent, so she heard him; she “saw that the tree was good for food”; she touched the fruit when she “took of the fruit”; and she both tasted and smelled when she “did eat” since it is almost impossible to taste something without smelling it.

So every one of Eve’s senses was employed, but still she did not see the danger she was in. Why not?

Let’s go back to the fires . . . Just suppose the smoke from the fires, instead of being acrid, smelled like a cake baking in the oven. Would that have made a difference in our response to it? Can you even imagine thousands of burning acres smelling like a baking cake? We would probably throw open every window to let it saturate our homes and deeply inhale every atom! Okay, now back to the Garden . . . Suppose the serpent’s voice had been hideously frightening instead of “subtil”, which according to Webster can mean “delicately pleasing”

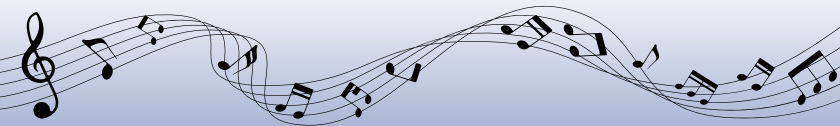


(you know – like the smell of a baking cake); don’t you think she might have at least hesitated? Might not have even sinned at all?

My point is, the devil does not use things that disgust or repulse us to entice us to sin, or to deceive us. Smoke is a definite warning that there is fire, and possibly imminent danger. The fires we face in these last days are not all literal fires, and there are going to be many of them, so we must be on high alert for the smoke from every direction, using all of our senses to detect it.

“Deception will come to human minds, paralyzing spiritual discernment, and the deceiver will succeed in mingling the common fire with the sacred, until sacred things are brought down to a level with common, earthly imaginations, and conducted after the manner of worldly maxims, meeting the world’s standard, but having not the superscription of heaven.” RH, May 30, 1899 par. 9.

Reen Swindle, Assistant Editor



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*“The Lord your God is
with you, He is mighty to save.
He will take great delight in
you, He will quiet you
with His love, He will rejoice
over you with singing.”*

ZEPHANIAH 3:17

