



# The Four Angels' Messages

## A Monthly Magazine

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

### Christ Our Strength

*Ellen White*

"If a man love me he will keep my words: and my Father will love him and we will come unto him, and make our abode with him. He that loveth me not keepeth my sayings: and the word which ye hear is not mine, but the Father's which sent me. These have I spoken unto you being yet present with you. But the Comforter, which is the Holy Ghost, who the Father will send in my name, He shall teach you all things and bring all things to your remembrance whatsoever I have said unto you." "If ye love Me, keep my commandments. And I will pray the Father and He shall give you another Comforter, that he may abide with you forever; even the spirit of truth; who the world cannot receive because it seeth Him not, neither knoweth Him, but ye know Him, for

he dwelleth with you and shall be in you."

The Spirit of God abides with the children of God. With Christ abiding in the heart we shall be enabled to do his will, – to watch, to pray, to act in harmony with the words of our Lord. In this way we shall cooperate with divine agencies; but if we lose our feeling of dependence upon Him, and cease to press our petitions to the throne of grace, satanic agencies will be ready to seize an opportunity to separate us from our Lord. They will set in operation a train of circumstances and devise snares to misdirect and mislead those who do not make God their trust, and evil angels will cause those who are self-sufficient and self-righteous to

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

**July 2026**

**Volume 10, Issue 7**

# Dear Brothers and Sisters ...

Jerry O'Donnell

By the time you receive this publication in July, hopefully a resolution will have presented itself to the difficulties I find myself in. At the time of this writing, every passing day is a journey through a perfect storm, as they say. Another way of saying it is that Satan is not happy until he can destroy lives, but with constant connection with Jesus, we can weather any storm, no matter how fierce it gets.

Back on May 12<sup>th</sup>, I was informed that my part-time second job had run out of funds and that I would be put on pause until more funds became available. The expectation is that it will not happen until 2027 with a new budget.

On May 15<sup>th</sup>, my employer for my day job informed us that a new company had won the bid for a new contract that will begin July 16<sup>th</sup> running for the next five years. The expectation was that each of us would probably be kept on board, but have to experience a bit of a pay cut. When we were told that the new company undercut all other companies by thirty percent, all of us figured on a thirty percent or so cut in salary, which would be a hard thing to accept. The following week, interviews with the new company began to be conducted and it is expected that salary cuts will be as much as sixty percent. As one co-worker stated, "That's 1980s salaries!" The new company is notorious for low-balling on the bids and paying very little to the staff. On top of that, those who are trying to do whatever it takes to stay in the position are not even getting the chance to accept any offer, which means that the new company basically lied that it was their intent to keep everyone on board.

It is very difficult to lose one job but both at the same time, and that is where the earlier reference of a "perfect storm" comes in. Now, in anticipating that this could happen, "this", being unemployed, a two-year search for other employment

had already been conducted, resulting in the secondary, but part-time position.

As I see in the Bible, God seems to deliver at the last moment, so it is a matter of what He sees as the last moment. Is it July 16<sup>th</sup>, the first day of being unemployed? Is it after an attempt to collect unemployment for the maximum time of six months, which sounds great that they will pay out fifty percent of one's salary, but it is capped by the State of Pennsylvania below the poverty line. Does it mean going through the savings account? Well, whatever the answer is, it is in His hands as we cannot control anything, but simply play the role we are expected to play, starting with continuing to send out resumes.

This account is mentioned because the impact may become broader and that is the ministry may be affected. It is God's ministry, so He will take care of it. But again, in anticipation of this potential event, we took measures to try and achieve sure survival. We reduced the general publication to twelve pages, saving almost one quarter in expenses, and for months, we have been suggesting that if a person is just trashing the *Have One Mind in Christ* publication to actually contact us and have their names removed. Quite a few took advantage of this offer, though we were sad for such requests, we appreciated the respect of the request. It also resulted in a series of blessings. We used to never get contributions from those on the publication, but we have received several as of late. Even greater are the number of people contacting me and confirming that their names remain on the mailing list because they love the publication. Praise God!

However, let us not forget the other attack on the publication ministry that is on the horizon for this year. It is called the post office. They are technically bankrupt, but cannot dissolve because it

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**The mission of The Four Angels' Messages Ministry** is to alert as many Seventh-day Adventists as possible to see the need of living the Three Angels' Messages, be well-studied in the messages of all four angels, to get ready and be ready very soon to go and preach them, even being active now. It is our belief that not only are we the last generation, but the mark is soon to be forced upon us, and publications like this shall be targeted. So while the presses can run, let us awake to our high calling, despite others who want to remain asleep. Keep in mind, the final movements of the message are described thus:

"Are we hoping to see the whole church revived? That time will never come." {1SM 122.1}

"We must enter upon the work individually." {1SM 122.2}

We are not against conference churches as there are some still faithful, but most are not.

#### **About The Four Angels' Messages Ministry**

This ministry is founded by Jerry O'Donnell upon the necessity to raise the standard higher and higher. It is a non-profit, Seventh-day Adventist volunteer organization who love God's church and love the people, hating to see a single person deceived.

**Subscription and Donations:** Although we are volunteers, the cost of

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this publication is challenging to provide to everyone for free. So we are asking for a subscription on the honor system of **\$41 annually for 12 issues**, and if the Lord impresses you with the means to be able to pro-

vide a donation, we definitely would welcome such and would put it to proper use, including helping to pay for subscriptions of those who cannot afford the cost. The publication is free online in PDF format.

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become channels through which they may defile the minds of others and lead others into paths that are not cast up for the ransomed of the Lord to walk in.

When David cherished pride, ambition, and self-sufficiency Satan worked upon his mind and provoked him to number Israel. Joab was surprised and alarmed when he heard the command given to number the people of God; for this command was unlike anything David had before given, since he had always declared that God alone was their strength. Joab had had far less experience in the practical workings of the spirit of God than had David, yet on this occasion with clear discernment, he perceived that this request did not originate from God or spring from the right motives in David. Joab's answer to David unfolds to us the nature of the motive that prompted this request. "Joab said unto the king, now the Lord thy God add unto the people how many so ever they be, a hundred fold, and that the eyes of my lord the king may see it, but why doth my lord the king delight in this thing?"

In the numbering of Israel, the people were taught to rely upon their own strength instead of depending on the Lord alone for their sufficiency and defense in every emergency. Joab did not thoroughly execute the king's requirement, for "Levi and Benjamin counted he not among them: for the king's word was abominable to Joab. And God was displeased with this thing; therefore He smote Israel. The Lord had done remarkable things for his people in their deliverance from Egyptian bondage. For their sake, because of Pharaoh's stubborn resistance, with his mighty arm of power, he had

nearly ruined Egypt. The Lord God proposed good in regard to His people. He was to preserve them as a theocracy, and they were to stand in the strength of God, to fear and love and serve Him, acknowledging Him as their ruler. Israel had been taught by Jesus Christ when he was enshrouded in the pillar of cloud and fire. The people had been instructed by signs and wonders, by precept upon precept, line upon line, and the burden of the instruction had been to teach them that they were to be separate from the rebellious nations of the earth to be the Lord's peculiar people, and they were to understand that their safety depended upon their obedience to him in all things. They were to cherish his fear in their hearts. "For thou art a holy people unto the Lord thy God; the Lord thy God hath chose thee to be a special people unto himself, above all people that are upon the face of the earth. The Lord did not set His love upon you, nor choose you, because ye were more in number than any people; but because the Lord loved you and because he would keep his oath which he had sworn unto your fathers, hath the Lord brought you out with a mighty hand, and redeemed you out of the house of bondmen, from the hand of Pharaoh king of Egypt." Know therefore that the Lord thy God, he is God, the faithful God which keepeth covenant and mercy with them that love him and keep his commandments to a thousand generations."

But David did not maintain his rebellion, as some in responsible positions have done, who have walked contrary to God and when rebuked are unwilling to humbly acknowledge that they were wrong. David said unto God, "I have sinned greatly in that I have done: and now, I beseech thee, O Lord, take away the

iniquity of thy servant; for I have done foolishly.” But the Lord could not pass over David’s sin; for all Israel were to see and to understand that the Lord God of Israel was not to be trifled with and that He was the invisible Leader of His people. They were to understand that He was a God of justice as well as mercy.

God graciously permitted David to choose one of three specified punishments. And God came to David and told him, and said unto him, Shall seven years of famine come unto thee in thy land, or wilt thou flee three months before thine enemies, while they pursue thee, or that there be three days of pestilence in thy land? Now advise, and see what answer I shall return to him that sent me. And David said unto God, I am in a great strait: let us now fall into the hand of the Lord; for his mercies are great: and let us not fall into the hand of man. So the Lord sent a pestilence upon Israel from the morning even unto the time appointed: and there died of the people from Dan even to Beersheba seventy thousand men.”

This history should be studied by all the children of God. We are not to be ignorant of Satan’s devices, but we are to understand the working of the satanic powers by which if possible, the evil one may be able to take advantage of the people of God, and lead them to trust in their facilities and in the strength of their organizations and institutions, and not depend wholly upon the Lord God of Israel, who is their stronghold in every emergency. And now as Satan has come down in great power to work with his deceiving artifice and delusions to deceive if possible, the very elect, all the children of God must be armed with faith and prayer. “Finally my brethren, be strong in the Lord and in the power of his might.

Put on the whole armor of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armor of God, that ye may be able to withstand in the evil day, and having done all, to stand.” “Stand therefore, having your loins gird about with truth, and having on the breastplate of righteousness; and your feet shod with the preparation of the gospel of peace; and above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit which is the word of God: praying always with much prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints.”

The Captain of the Lord’s hosts has given you His command. Will you obey the orders of your Captain? Will you study and plan in your own strength, and follow your own wisdom, or will you be strong in the Lord and in the power of his might? Will the children of truth and righteousness look constantly to Jesus, the source of all their strength: “Let him take hold of my strength and make peace with me, and he shall make peace with me.” While the unbelieving, the wicked are under the control of the powers of darkness, subject to the spirit that now worketh in the children of disobedience, let us, as children of God, submit ourselves to the revealed word of God, to be guided by the divine Spirit, that we may work the works of God.

“And you hath he quickened who were dead in trespasses and sins;

wherein in time past ye walked according to the course of this world according to the prince of the power of the air, the spirit that now worketh in the children of disobedience: among whom also we had our conversation in times past in the lusts of the flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others. But God who is rich in mercy, for His great love wherewith He loved us, even when we were dead in sins hath quickened us together with Christ, (by grace ye are saved;) and hath raised us up together and made us sit together in heavenly places in Christ Jesus. For by grace are ye saved through faith; and that not of yourselves: it is the gift of God.”

I see great comfort and hope and consolation in this expressed tenderness of God toward all who will appreciate His love, and His tenderness of God toward all who will appreciate His love and His tenderness and His holy requirement. There is a power that is moving the synagogue of Satan from beneath to disperse his confederacy of evil throughout all the earth that he may manage his mighty army who refuse allegiance to God and His holy law. Rulers of Kingdoms, presidents, nobles who are in high places, if they range under the banner of the prince of darkness, will learn their orders from him who created the rebellion in heaven, and who claims as his territory the fallen world. He does not bow in allegiance to the law of Jehovah, and all who are in rebellion are under his generalship, and will use their talent to maintain and strengthen the kingdoms of the prince of this world, and will practice evil according to the circumstances that will occur.

Instead of the Sabbath ordained of God for His honor, Satan has substituted Sunday, the first day of the week. God’s memorial has been ignored and His sanctified, holy day has been made a common working day. The spurious Sabbath is one of Satan’s own devising and the Christian world have united with those who are openly ungodly in making void the law of Jehovah. The church and the world are in perfect harmony. Many are willfully closing their eyes to light and knowledge claiming that custom must prevail. In Eden God claimed one tree as his own, and man was not to eat its fruit or treat it in any way as his own; but Satan came to Eve as an angel of light, and persuaded her that this particular prohibition was of arbitrary authority. “And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden? And the woman said unto the serpent, we may eat of the fruit of the trees of the garden: but the fruit of the tree which is in the midst of the garden, God hath said, ye shall not eat of it, neither shall ye touch it, lest ye die. And the serpent said unto the woman, ye shall not surely die: for God doth know that in the day ye eat thereof, then your eyes shall be opened and ye shall be as gods, knowing good and evil.”

Eve believed the serpent and fell, and she tempted her husband, and he fell and now the flood gates of woe are opened upon our world. The deceiving power that tempted Eve, tempts man today. Satan has set aside God’s holy day, and created a Sabbath of his own for the world to observe that they may refuse to obey the commandment of God. He has succeeded in leading the world into marked rebellion; for the world has accepted this false Sabbath and have given it special honor and

prominence in order that the sign God instituted to distinguish his commandment keeping people from the rebellious may be obliterated. Has not God spoken definitely in regard to the fourth commandment?

“And the Lord spake unto Moses saying, speak thou also unto the children of Israel, saying verily my Sabbaths ye shall keep: for it is a sign between me and you throughout your generations; that ye may know that I am the Lord that doth sanctify you. ... Six days may work be done; but the seventh is the Sabbath of rest, holy to the Lord: whosoever doeth any work in the Sabbath day, he shall surely be put to death. Wherefore the children of Israel shall keep the Sabbath to observe the Sabbath throughout their generations for a perpetual covenant.” And now the reason is given: “It is a sign between me and the children of Israel forever: for in six days the Lord made heaven and earth, and on the seventh day he rested and was refreshed.” The Sabbath is then a sign between God and his children, and is to be a perpetual memorial of his creative power in making the world, in creating man in six days. “For in six days the Lord made the heaven and earth, the sea, and all that in them is and rested the seventh day; wherefore the Lord blessed the Sabbath day and hallowed it.”

Who spoke these words to Moses? No less personage than the Son of God. Did the son of God under the gospel dispensation give a lower standard than he gave to Adam in Eden? – No. What reason could he give to annul the Sabbath of the fourth commandment, and change it to the first day of the week, when the seventh day was to be the memorial of his creative power in creating the

heavens and the earth, in making man who was to inhabit the earth he had made? He says, “It is a sign between me and you throughout your generations.” Are we not the Israel of God through the process of being grafted into the olive tree? Then is not the very day God sanctified and blessed to be observed throughout your generations forever as a memorial of God’s creative works during six days and his rest upon the seventh?

The Sabbath was instituted in Eden when the foundation of the earth was laid when the morning stars sang together, and all the sons of God shouted for joy. The last days are upon us, and Satan’s masterpiece of deception will be seen. Antichrist will appear whose coming is after the working of Satan with all power and signs and lying wonders and with all deceitfulness of unrighteousness in them that perish; because they received not the love of the truth that they might be saved. Those who receive not the love of the truth, will unite with Satan and with antichrist through whom Satan has worked to make void the law of God to give to the world a spurious Sabbath, the child of the papacy that it might be worshipped as an idol. Of this power Paul writes, “Let no man deceive you by any means: for that day shall not come except there come a falling away first, and that man of sin be revealed, the son of perdition; who opposeth and exalteth himself above all that is called God, or that is worshipped; so that he as God sitteth in the temple of God, showing himself that he is God.” This is antichrist to whom the dragon shall give his power, his seat and great authority, and this power will be energized by the devil, and will have combined him human and superhuman power. The children of

God will be endowed with power from on high and will be partakers of the divine nature, having escaped the corruptions that are in the world through lust.

Satan has carried his first great work of deception down through all the ages, and will until the close of time. In antichrist, he has a living agent. When the Christian world shall make void the law of God when church and state are united, when Protestantism shall reach its hands across the gulf to unite with Romanism, allegiance to the law of God will be fully thrown off and the decree will go forth against the people of God. But when men trample on the plainest requirements of God's word, the prayer will go up to heaven, "It is time for thee, Lord to work; for they have made void thy law." And God will work.

Satan will then inspire men, and even professedly Christian men who refused to receive the love of the truth, to accuse and slander those who keep the commandments of God and have the faith of Jesus. He

will lead those who appear to be good men to accuse the servants of God who refuse to bow down to the image of Baal in observing the spurious Sabbath and will cause men to cast contempt upon the Sabbath which the Lord sanctified and blessed. Persecution has already begun upon some of those who are loyal and true to the commandments of God, who observe the Sabbath as a sign between them and their God. The Lord has a people who will be as true as steel to principle.

The Lord is giving Satan his last chance to develop his satanic principles before the heavenly principalities and powers, before the worlds in which God has made. But his power is soon to be taken away. The Lord permits persecutions to arise in order to purge all dross away from his people, but to those who persecute his children, he will render double for their cruelty and violence. "For her sins have reached unto heaven, and God hath remembered her iniquities. Reward her even as she rewarded you, and double unto

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her double according to her work. In her cup which she hath filled full to her double. How much she hath glorified herself and lived deliciously, so much sorrow and torment give her; for she saith in her heart, I sit a queen and am no widow, and shall see no sorrow. Therefore shall her plagues come in one day, death and mourning and famine; and she shall be utterly burned with fire: for strong is the Lord God who judgeth her.

The world and the church are married. The ruling powers of earth have taken it upon themselves to compel the conscience of God's people who keep the commandments of God and have the faith of Jesus. They will seek by force to make them yield obedience to and worship the image of the beast, in keeping the spurious Sabbath, the child of papacy. But this final act of apostasy will bring upon the world and the church of doom of which the prophet writes, "In one hour she is made desolate." Rejoice over her, thou heaven, and ye holy apostles and prophets; for God hath avenged you on her."

With what pride Satan looks upon the world whom he numbers as his subjects. With the union of church and state, he is ruler as far as it is possible for him to be in the world. The great rebel who originated rebellion in heaven, is worshipped and the church rules the state, and a corrupt harmony exists, satanic in its principles and workings, and super-human power is manifested by the whole confederacy of evil. But his rebellion has an end; for the wicked are consumed by the brightness of his coming whose right it is to rule. "And I saw an angel standing in the sun; and he cried with a loud voice, saying to all the fowls that fly in the midst of heaven, come and gather

yourselves together unto the supper of the great God; that ye may eat the flesh of kings, and the flesh of captains, and the flesh of mighty men, and the flesh of horses, and of them that sit on them, and the flesh of all men, both free and bond, both small and great. And I saw the beast, and the kings of the earth, and their armies gathered together to make war against him that sat on the horse and against his army. And the beast was taken, and with him the false prophet that wrought miracles before him, with which he deceived them that had received the mark of the beast, and them that worshipped his image. These both were cast alive into the lake burning with fire and brimstone. And the remnant were slain with the sword of him that sat upon the horse which sword proceeded out of his mouth; and all the fowls were filled with their flesh."

"And he showed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb. In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits and yielded her fruit every month; and the leaves of the tree were for the healing of the nations. And there shall be no more curse but the throne of God and the Lamb shall be in it; and his servants shall serve him and they shall see his face and his name shall be in their foreheads. And there shall be no night there and they need no candle, neither light of the sun for the Lord God giveth them light and they shall reign forever and ever."

{Manuscript 104, 1893}



# *The End of the Wicked*

*Samuel Bourn*

THE Gospel Doctrine of a total everlasting destruction is much more adapted to bring sinners to repentance than the doctrine of endless misery and torment, because they may be convinced of the reason and justice of the former, but never can be so of the latter. And it is of the greatest importance that men be convinced, not only that they shall suffer for their sins, but also that they shall suffer justly, and no more than their guilt deserves. It is indeed highly requisite, that men should have a profound reverence of the Supreme Being, and a fearful apprehension of the punishment due to wickedness: but it is equally requisite, that this fear be built upon a reasonable foundation, and a persuasion of the justice of that punishment: it ought to be the fear of a most righteous and merciful Governor, who punishes in due measure, and to answer a wise and beneficent purpose; not of an unjust and merciless tyrant, "who punishes without measure or end to satisfy an implacable and eternal resentment". The former is a motive proper to bring sinners to repentance, by convincing them, that if they persist in their wickedness, it will become right and fit in the great Governor of the world, and requisite to the ends of his goodness, to punish and destroy them for ever, in order to put an end to their wickedness; and for an example to others. But the doctrine of an eternal preservation in the most dreadful torments is not proper to bring men to repentance, or to promote virtue in the world. On the contrary, this anti-Christian doctrine hath actually produced much wickedness, and of the worst

kind, and hath served also to harden men in it.

The more we study human nature, and understand what influence different principles have upon the temper and conduct of mankind, and are acquainted with the religious history of the Christian world, the more we shall be convinced of this. When men have been guilty of enormous crimes, or abandoned themselves to some vicious courses, but at length begin to think of another world, and what their own condition will be after death; then, to be persuaded of the righteous judgment of God, and that he will punish impenitent sinners in a terrible and exemplary manner, but no more than their iniquities deserve, or than the ends of government and the purposes of wisdom and goodness require: this persuasion will lead them to a true repentance, as it implies a conviction of the mischievous, heinous and criminal nature of their own actions, and tends to inspire them with an abhorrence and dread, not of God, but of their own wickedness and ill deserts, and with a veneration and esteem of the Almighty Governor of the world for his very justice, though it condemns them; because they believe that his intention in punishing is to prevent the progress of wickedness; and put an end to misery; not to make wickedness and misery immortal. The fear of God is consistent with the love of him, and with the highest confidence in his paternal goodness and saving mercy; hence, they naturally reflect upon their own disingenuity and ingratitude, in transgressing the will of the wisest and best of Governors. And this temper is the true spirit of

repentance towards God, and the spring of humility, justice and charity toward men.

But on the other hand, if they believe that God will punish beyond all bounds of justice, and will preserve condemned sinners alive for ever, in order to wreak upon them an insatiable eternal vengeance; and that it is his design not to extirpate and destroy, but to preserve and increase wickedness and misery in the creation; this opinion, the more seriously they attend to it and believe it, the more it will prevent true repentance: it can only serve to confound the mind, to absorb and destroy the best principles of true religion, and particularly to exclude from the heart all love of God and all confidence in his justice and goodness. For let men pretend what they will, they cannot esteem, love, and confide in a tyrant, or a being whose will and pleasure is to make wickedness and misery endless. They may be hypocrites through fear, and profess love with their mouths; but secretly and in their hearts they will have an aversion to him: they will hate God more than themselves, and abhor his government more than their own sins and ill deserts. At best, this opinion will only produce a slavish dread and terror which may compel men to worship God against their inclination, and praise him with their lips, while their hearts are not only estranged from him, but utterly averse to him.

It is indeed readily allowed, that this opinion may have driven some men to have used certain means, by which to avoid that relentless and insatiable vengeance, which they impiously ascribed to God. But by what means? Not by repentance and the practice of sobriety, humanity and charity; but by penances, pilgrimages, unctions,

auricular confessions, priestly absolutions, and all the low tricks of superstition; which correspond to the base and unworthy notions they had formed to themselves of the Supreme Being. Or else, where it made a more deep and violent impression, it hath driven men to a gloomy bitterness of temper, and inspired them with a dark and fierce enthusiasm; and they have sought to compensate for their vices, to appease the deity, and recommend themselves to his favor, by a furious bigoted zeal for a particular church or party, and by hating and persecuting others, whom they vainly and presumptuously styled enemies to God and religion.

Such have been the real and natural consequences of this anti-Christian doctrine. For according to men's sentiments of God and of the designs and measures of his government, such hath been the influence of religion on their temper and conduct, if they have not framed to themselves a God after their own evil hearts, they have framed their own hearts agreeable to that false and evil character, which they were taught to ascribe to God. And when they have believed the Deity to love and hate, to elect and reprobate nations, parties, or individuals, without reason or regard to the ends of good government, and to pursue those whom he hath thus reprobated, with an endless and insatiable resentment; they themselves have become more arbitrary, bigoted, fierce, unmerciful, and more addicted to hate and persecute their fellow creatures, all who were not of their own church, and whom they supposed to be reprobated of God. It is hardly credible, that inhumanity and cruelty would ever have been carried to such excess in the Christian

world, as they actually have been, had they not derived countenance and support from the anti-christian and barbarous notions. Tyrants and persecutors, if they have not invented these doctrines, yet have applied them to excuse to their own consciences, and vindicate to others, the most iniquitous and cruel proceedings; and when they have made the very worst use of their power in persecuting good men, at least men who have deserved no such punishment, they have persuaded themselves and others, that they were acting like the Deity, espousing his cause and maintaining his character and his glory.

The court of inquisition, as established in many countries, and so far as it differs from civil courts of judicature, is declared by the authors and maintainers of it to be the nearest imitation of the divine tribunal; and it is avowedly founded upon and justified by the doctrines of reprobation and of eternal torments. Jews, infidels, and heretics are judged in that court to be criminals, and are condemned. And how do they vindicate this procedure; but by supposing them to be all reprobated and abhorred of God? And they execute them, not by a quick dispatch, but by the most lingering torments. What then do they plead for this cruelty; but that it is an act of Faith, that they are doing the work of God, and that he will expose those wretches to the like torments for ever? Thus they conquer nature by Faith, as they express it: that is, they extinguish all sense of justice and

relentings of mercy in their own nature, and harden themselves in iniquity and barbarity, by the belief of these very doctrines we are exposing: and by them they defend themselves in the face of the world, and give a color and sanction of religion to the most enormous wickedness.

The only way to promote sobriety, justice, humanity, and every virtue in the world, is by representing truly and recommending strongly the characters of the Deity and his government, as contained in the real doctrines of our Saviour and his apostles: that he is the most just and merciful Father and Governor of all mankind; who will by no means clear the guilty, or suffer the impenitent workers of iniquity to escape, but will assuredly punish them with an everlasting destruction from his own presence and by his own glorious power; but who in all the measures of his government intends the best ends, and to promote the good of the whole; to destroy forever, not to preserve forever, the souls of the wicked; to make virtue and happiness, not wickedness and misery, everlasting. This belief of religion will have a most happy effect, in reclaiming men from vice and exciting them to virtue, and is every way proper to engage our reverence of God and our charity to all men, to make us love the Lord our God, and serve him with all our heart, and soul, and mind, and strength; which is our highest excellence and happiness.

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To sum up the whole in a few words. To increase wickedness and misery in the creation, and to make them endless, is the work and design of the devil. To impute the same design to the all-perfect, and ever-blessed God, is no better than the greatest impiety. And to imagine that such a doctrine can do any good in the world, is great weakness and folly. Some men are amazingly forward, even while they praise God with their mouths, to harbor an ill-opinion of Him in their hearts, and suspect Him of having unjust or cruel designs. The timidity and melancholy of some, and the artifice and tyranny of others, lay the ground-work of such diabolical delusions. But Christians should know better: and if they have not been taught otherwise, if they are yet ignorant of the truth as it is in Jesus, and have not the knowledge of God their most righteous Governor and merciful Father in heaven, it is high time they should learn to understand their own religion.

The true doctrine of the Gospel is more honorable in the Supreme Governor of the world, maintains the perfect consistency of His justice and mercy, and shows that the measures of His government are calculated to prevent, destroy, and extirpate wickedness and misery, to purge at last the whole creation from every evil, to collect together, as our Saviour expresses it, all things that offend and them which do iniquity, and cast them into a furnace of fire, where they shall be utterly consumed and never more exist. John, the forerunner of Christ, describes him by the sublime character and office of being the minister of divine justice and mercy to mankind, whose fan is in his hand, and he will thoroughly purge his floor, and gather the wheat into his garner, but burn up the chaff with unquenchable fire, that is,

utterly destroy it; then wickedness and misery shall cease for ever, death shall be destroyed, and destruction itself come to an utter end.

The practical language of the New Testament corresponds to the doctrine as before explained: and it remains that we attend to the Gospel admonitions, to choose the way of life, that our souls may live, and avoid the fatal paths that lead to eternal destruction. The gate of the former is straight and the way narrow, and it is requisite to strive to gain that important pass. But if it was a right hand or eye, that is an obstacle preventing our entrance into life eternal, it is better to part with it and cast it from us, than with it to perish forever. For what is a man profited, if he could gain the whole world, and lose his own soul, his own life and being forever? Or what can possibly be given to a man of equal value in exchange for his own life and being? It is not a few years in this world, but life and death absolute and eternal which are set before us. This is the very condition of our existence: there is no possibility of avoiding the momentous choice: and there is some difficulty in determining aright; and more in adhering to that determination. But the first thing requisite is to convince ourselves thoroughly of the vast importance of our present conduct, and to have our minds awake and eyes open to look before us, and attend to the final consequences of things. As it is not easy for children to be persuaded, or bring themselves to apprehend, what is requisite or pernicious to their future health and life in this world; so men are not easily aware of the eternal consequences of their present actions. There are so many things to bribe their judgment, or divert their attention, or benumb their hearts, or alter their resolutions,

that the gate is found to be wide and the way broad that leadeth to destruction, and many go in thereat; and it is not without some difficulty that any are reclaimed and brought back into the way of life. Are there few that be saved? – is a question to which no answer ought to be expected, but those persuasions to use our best endeavors, and those descriptions of the qualifications requisite to salvation, which are to be found so frequent, so clear, and so cogent, in the writings of the Gospel, that we would flee from the wrath to come, and let the goodness and patience of God lead us to repentance; and not after the hardness and impenitence of our hearts, treasure up for ourselves wrath against the day of wrath and revelation of the righteous judgment of God; but on the contrary, by a patient continuance in well-doing, seek for honor and immortality, that we may gain eternal life; and that we do not through corrupt prejudices mistake the way of salvation, and what we must do to inherit eternal life; but if we would enter into life, keep the commandments of God; that we would not deceive ourselves with a vain show and empty professions, for God is not mocked, and whatsoever a man soweth, that shall he reap: he that soweth to the flesh, shall of the flesh reap corruption, but he that soweth to the spirit, shall of the spirit reap an incorruptible and immortal life. Do ye not know, says the Apostle, that the unrighteous shall not inherit the kingdom of God? Be not deceived; neither fornicators, nor idolators, nor adulterers, nor effeminate, nor abusers of themselves with mankind, nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God. Our blessed Saviour

hath most plainly and authentically specified the terms of our acceptance with God, and the duties requisite to salvation: and whosoever heareth his sayings and doeth them builds his hope of eternal life on an immovable foundation; but hearing and not doing, professing and not practicing, believing and not obeying, or to speak more properly, pretending to believe and have Faith separate from works of obedience, is only heaping up to ourselves the greater confusion and ruin. The grand event, the sublime mystery of a world to come, and of eternal life and death, is revealed in the Gospel with such perspicuity of doctrine, and force of application, as cannot fail to impress an attentive mind, and have a powerful effect. The favor or displeasure of the Almighty Governor of the universe; glory and immortality, or misery and destruction; everlasting life, or death eternal, are solemnly propounded to the belief, choice, or pursuit of mankind: and the way to avoid the one and obtain the other clearly described.

Let us wisely attend to these things, which are alone of infinite moment to us, and not let them slip out of our minds, or be choked with the cares of this world and the deceitfulness of riches; that we may escape the condemnation of the wicked, even everlasting destruction from the presence of the Lord, and may inherit that eternal life, which is the gift of God (and which may God of his infinite mercy grant us) through Jesus Christ our Lord.

{May 15, 1855 James White, Editor,  
*The Advent Review, and Sabbath  
Herald*, Vol. 6, page 225.2 to 226.3}



# The Modern Day Feast of Atonement

Jerry O'Donnell

I am almost repeating the opening paragraph to the article from last month, but not quite identically. In Leviticus 23, there are seven feast days listed. In the past, we have mentioned all seven as they related to, or are relating to, Jesus, where, in the first four feasts, Jesus was declared to be the Passover Lamb or simply the Lamb of God (John 1:29, 36), in which He became the Unleavened Bread (1 Corinthians 5:7), and the First Fruits (1 Corinthians 15:23). He also promised to send the "Holy Ghost" (Acts 1:8) and that happened right on "the day of Pentecost" (Acts 2:1). We are told, "These types were fulfilled, not only as to the event, but as to the time" {GC88 399.2}.

Last month, we addressed the modern day Feast of Trumpets, and in sequence of the feasts, this month, we are going to address the Feast of Atonement.

When the announcement, or warning, had done its work, referring to last month's article, both in ancient times and in modern times, there was a seriousness that came upon the people. It was a time to "afflict your souls" (Leviticus 23:27), which is the searching of one's heart for any sin that may still be in there. In fact, Ellen White once rebuked people for the lack thereof: "You do not take your wrongs and errors to heart, and afflict your souls over them. I entreat you to purify your souls by obeying the truth. Connect yourselves with heaven. And may the Lord save you from self-deception" {4T 246.2}.

And of course, we know that "sin is the transgression of the law" (1 John 3:4). Therefore, we measure our souls to that of the commandments, which, not by coincidence, became more prominent after 1844. Now, if we recognize that we have fallen short to measuring up to the commandments, we go to Jesus, because "My little children, these things write I unto you, that ye sin not. And if any man sin, we have an advocate with the Father, Jesus Christ the righteous" (1 John 2:1). It is called confession. We ask for forgiveness and mean it, and Jesus "is faithful and just to forgive us [our] sins, and to cleanse us from all unrighteousness" (1 John 1:9).

Now, Daniel 8:14 gives us a timeline that points to the modern day fulfillment of the second fall feast. "Unto two thousand and three hundred days; then shall the sanctuary be cleansed." We also know that the first four hundred ninety days of this prophecy were specifically for Daniel's people (Daniel 9:24). "Seventy weeks are determined upon thy people and upon thy holy city, to finish the transgression, and to make an end of sins, and to make reconciliation for iniquity, and to bring in everlasting righteousness, and to seal up the vision and prophecy, and to anoint the most Holy" (Daniel 9:24).

Along with the Messiah arriving right on time in 27 AD (Daniel 9:25); cut off right on time; dying for the world and not for some crime He committed right on time in 31 AD (Daniel 9:27); and the gospel spreading in 34 AD beyond the borders of Israel (Acts 8); we have confirmation three times the

beginning of the longer time period, because the four hundred ninety days comes off the beginning of the twenty-three hundred days. From 34 AD, that leaves eighteen hundred and ten years left, bringing us to 1844.

There are other details and decrees and activities that can be mentioned to help solidify 1844, but proving such is not the focus of this article, which is supposed to be about what is happening to the Feast of Atonement in modern times.

The seven annual feast days as depicted in Leviticus 23 was an annual rehearsal to the activities Jesus our High Priest Who would then conduct them Himself. And we have made it to the sixth feast day.

The year 1844 is not the fulfillment of the Feast of Atonement but the beginning of the fulfillment of the

Feast of Atonement. It shall last until it is time for the seventh feast, which we will discuss next time.

In the meantime, let us evaluate the Feast of Atonement a bit closer. We already skimmed through certain points about the feast which we would like to go into more detail about with you at this time.

Ever since the Bishop of Rome became the head bishop of all bishops and even magnified himself, known as the antichrist, "it cast down the truth to the ground; and it practised, and prospered" (Daniel 8:12). They did that by attacking three main sources of truth.

The first source is in that "Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me" (John 14:6). Antichrist chose to "transgresseth, and abideth not in the doctrine of

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Christ” (2 John 1:9). The antichrist declared that the way of salvation is only through the church instead of Jesus Christ. They declared that the truth is only revealed through them. They even went so far as to declare themselves as the place to confess sins and without such, there was no eternal life.

The second source the antichrist attacked was in that God’s “word is truth” (John 17:17). It would be replaced by antichrist with tradition being above the Bible, of which Jesus declared, “Making the word of God of none effect through your tradition” (Mark 7:13).

The third source the antichrist attacked was in the fact that God’s “commandments [are] truth” (Psalms 119:151). Instead, antichrist would “think to change times and laws” (Daniel 7:25). By joining the second to the first, all of the commandments bumped up one spot. The new third commandment was shortened to just be about remembering the Sabbath day, while promoting it to be a reference to Sunday being the “Lord’s Day”. To make the number of commandments to be ten commandments, they took the last one on “coveting” and split it into

two. They promoted coveting a neighbor’s wife, and coveting everything else as being two separate sins of coveting. The problem of having one commandment now being focused upon “Thou shalt not covet thy neighbour's wife” is that Jesus already lumped that into the commandment on adultery: “Ye have heard that it was said by them of old time, Thou shalt not commit adultery: But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart” (Matthew 5:27-28).

Now, comes the time of 1844, specifically, October 22, as not only does Jesus fulfill the feast day, but on the very day itself. Again, we are not going to attempt to justify the day or defend the date itself. That is not the purpose of this article. We will simply accept the date as it has been given to us to remember. This is when Daniel “saw in the night visions, and, behold, [one] like the Son of man came with the clouds of heaven, and came to the Ancient of days, and they brought him near before him” (Daniel 7:13). This is when Jesus “hath the key of David, he that openeth, and no man shutteth; and

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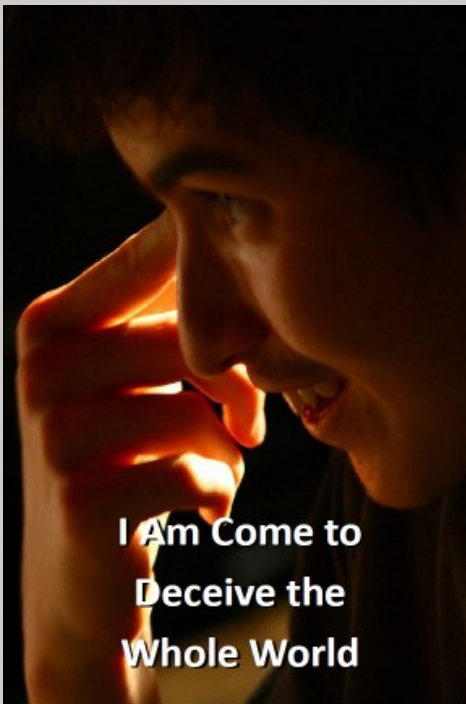
shutteth, and no man openeth" (Revelation 3:7). "But into the second [went] the high priest alone once every year, not without blood, which he offered for himself, and [for] the errors of the people" (Hebrews 9:7). Of course, Jesus does not do this annually. He has entered the second compartment and is still there for now. He is in "the second veil, the tabernacle, which is called the Holiest of all" (Hebrews 9:3). This is where it "had the golden censer, and the ark of the covenant overlaid round about with gold, wherein [was] the golden pot that had manna, and

Aaron's rod that budded, and the tables of the covenant" (Hebrews 9:4). And in the ark, are the Ten Commandments, since the Commandments have become more prominent with God.

As in all feasts, Jesus does not only fulfill them, but He involves us as well. Jesus shed His blood to forgive us of our sins. He purged out the leaven so He can purge out sin from us providing sanctification. He is the First Fruits giving us hope in eternal life. He gave us Christians the Holy Spirit since Pentecost to empower us to deliver the gospel to the world. He

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

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**etc., the march towards the agenda is already upon us and increasing in intensity.**

warned us of the coming Atonement time, and as we study the flawless calculations, as even set forth by William Miller, they provide the confirmation of 1844, awakening us to want to study in-depth the subject of the Feast of Atonement, since the Feast of Trumpets points to the coming event of that next feast day.

Now, since the truth has been cast down, specifically in three areas, Jesus not only is before the Father pleading our cases and getting ready to declare, “He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still” (Revelation 22:11), He, again, is involving us.

To start, “after that ye heard the word of truth, the gospel of your salvation: in whom also after that ye believed, ye were sealed with that holy Spirit of promise” (Ephesians 1:13). So, truth is restored to us individually and in the three specific areas.

First, “He that abideth in the doctrine of Christ, he hath both the Father and the Son” (2 John 1:9). So, Jesus and His doctrines are restored to us.

Second, at “the time of the end: many shall run to and fro, and knowledge shall be increased” (Daniel 12:4). The knowledge is through God’s Word, as they run through the pages of scripture. It is not pointing to worldly inventions that shall all burn away, but to “the everlasting gospel” (Revelation 14:6), specifically understanding the prophecies of Daniel.

Finally, we have the commandments. Not just the typical ones, but the one that has been trampled all over. “And [they that shall be] of thee shall build the old waste places: thou shalt raise

up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in. If thou turn away thy foot from the sabbath, [from] doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking [thine own] words: Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken [it]” (Isaiah 58:12-14). The movement that “must prophesy again before many peoples, and nations, and tongues, and kings” (Revelation 10:11) and in fact, “having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people, Saying with a loud voice, Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters” (Revelation 14:6-7), involves all who understand the Feast of Atonement and have no interest in playing church, but going forth to declare “the hour of his judgment is come”!

So, will you join Jesus in the fulfillment of the Feast of Atonement where He moved from the holy place into the most holy place in 1844, and “These are they which follow the Lamb whithersoever he goeth” (Revelation 14:4), by declaring the Three Angels’ Messages in whatever capacity God impresses upon you?



# Heavenly Health

Reen Swindle

## Why Esau Could Not Repent

In Scripture Esau is called a “profane person” (Hebrews 12:16) which simply means, irreverent to anything sacred. He represents those who lightly value the redemption Christ purchased for them and are ready to sacrifice their heavenly inheritance for the perishable things of earth. Multitudes today are living with no thought or care for the future. Like Esau they cry, “Let us eat and drink, for tomorrow we die” (1 Corinthians 15:32). The desires of worldly appetite prevail, not just for food, and God and heaven are virtually despised. When they are presented with the duty of cleansing themselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God, they are offended.

Living for the day, every day, multitudes all around us are selling their birthright to indulge their senses. They sacrifice health, weaken their mental abilities, and forfeit heaven, all for temporary pleasure that both weakens and debases them. Esau awoke too late to recover his loss. In the day of judgment, it will be the same with those who have traded their status as heirs of heaven for their own selfish gratifications.

Esau was not shut out from seeking God’s favor by repentance, but he could find no way to recover the birthright. His grief did not spring from conviction of sin; he did not desire to be reconciled to God. He was sorrowful because of the results of his sin, but not for the sin itself.

So, the birthright that he had so carelessly bargained away, he could not regain. Esau sold his inheritance “For one morsel of food”, for a

momentary gratification of his appetite that had never been restrained. That “morsel of food” can be any little or large thing in our life that we favour over our relationship with God. It might not be a physical object; it could be a personal characteristic of our own that we secretly cherish, such as demanding our own way, which like Esau's appetite, had never been restrained or corrected, never been surrendered to God.

Esau had lightly valued the blessing when it seemed within his reach, but now that it was gone from him his grief and rage were terrible. “Bless me—me also, O my father! ... Have you not reserved a blessing for me?” When he saw his folly, it was too late to recover the blessing. No amount of pleading, crying or prayer could change his outcome. He had invested everything within his whole being to having his own way. “He found no place for repentance, though he sought it diligently with tears” (Hebrews 12:17). God would surely relent and take him back if there were just enough tears shed or prayers sent up. Or so he thought.

But this was a perfect example of “sin unto death”; a harsh Biblical reality that most do not want to even acknowledge which refers to a serious or willful sin that leads to spiritual death and separation from God, as mentioned in 1 John 5:16,17.

One interpretation is that the “sin unto death” refers to a sin so grievous that God chooses to bring immediate physical judgment upon the person. There are biblical

examples where individuals faced divine punishment for their sins:

Ananias and Sapphira in Acts 5:1-11, where they lied to the Holy Spirit about the proceeds of a land sale and were struck dead immediately.

Nahab and Abihu in Leviticus 10:1-2, where they offered profane fire before the Lord and were consumed by fire.

Korah and His Followers in Numbers 16:31-35 recounting how Korah's rebellion against Moses led to the ground swallowing him and his followers.

Some in the Corinthian Church according to I Corinthians 11:29-30, where Paul states that some believers had fallen sick and died because they partook of the Lord's Supper in an unworthy manner.

These examples suggest that in certain cases, persistent rebellion and grievous sin against God can result in divine judgment through physical death.

Another interpretation of the "sin unto death" aligns it with the unpardonable sin, which is blasphemy against the Holy Spirit. Jesus warns in Mark 3:28-29, "Verily I say unto you, All sins shall be forgiven unto the sons of men, and blasphemies wherewith soever they shall blaspheme: But he that shall blaspheme against the Holy Ghost hath never forgiveness, but is in danger of eternal damnation."

Blasphemy against the Holy Spirit is understood as a hardened rejection of God's work and a persistent state of unbelief. If a person continues in such rejection, they remain unforgiven, leading to eternal spiritual death.

The Bible warns against apostasy, which is the falling away from the

faith after having received the knowledge of the truth. Hebrews 10:26 states, "For if we sin willfully after we have received the knowledge of the truth, there no longer remains a sacrifice for sins, but a certain fearful expectation of judgment, and fiery indignation which will devour the adversaries."

This suggests that someone who has known the truth, but deliberately turns away and persists in sin without repentance may be committing a "sin unto death". Such a person hardens their heart to the point that they no longer respond to God's call to repentance.

Some view the "sin unto death" as any sin that a believer refuses to repent of, leading to a hardened heart and eventual spiritual ruin. Romans 6:23 says, "For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord."

If a person continually rejects correction and persists in sin without repentance, they risk falling away from God's grace and being spiritually dead.

There is another class of sins referred to as "sins *not* unto death" which includes such a multitudinous list we cannot number, but before thinking *Ah, there is relief!*, we must realize that when any sins on this list are allowed to go unconfessed and unrepented of they will fall into the category of the first list. Sins must not be allowed to accumulate on our record.

"All sin unrepented of and unconfessed, will remain upon the books of record. It will not be blotted out, it will not go beforehand to Judgment, to be canceled by the atoning blood of Jesus. The accumulated sins of every individual will be written with absolute

accuracy, and the penetrating light of God's law will try every secret of darkness. In proportion to the light, to the opportunities, and the knowledge of God's claims upon them, will be the condemnation of the rejecters of God's mercy" {RH March 27, 1888, par. 12}. Jeremiah 8:16 tells us directly, "Therefore pray not thou for this people, neither lift up cry nor prayer for them, neither make intercession to me: for I will not hear thee."

Even the prayers of God's prophets are not to ascend for any who refuse to repent:

"Like other prophets of God, Jeremiah was a man of prayer, a man anxious to intercede in behalf of his people. Since the nation refused to reform, nothing could turn aside the doom that was coming. The chastisement and discipline must be allowed to do its work. Intercessory prayer to avert the threatened judgments would be unavailing" SDA Bible Commentary, #4, page 713.

So, let us do the heart good and repent of all of our known sins.



## Healthy And Delicious Recipes

Lisa O'Donnell

### Garlic and Turmeric Rice

#### Ingredients:

- 10-12 cloves of garlic
- 1 small onion
- 160g broccolini
- 1 red bell pepper
- 3 tbsp avocado oil
- 1/4 cup corn
- 1 1/2 cups cooked basmati rice
- 2 tsp turmeric
- Salt to taste

#### Directions:

1. Finely chop the garlic, onion, broccolini, and red bell pepper

2. Heat up a nonstick pan to medium low heat. Add 2 tbsp of avocado oil
3. Cook the garlic and onions for 6-7min.
4. Set the garlic and onions aside. Heat the pan to medium heat and add 1 tbsp of avocado oil
5. Sauté the broccolini and red bell pepper for a couple of minutes.
6. Add the corn, basmati rice, turmeric, salt, and the cooked garlic and onions.
7. Sauté for 2-3min



---

Broccolini was originally developed in the late 1980s as a hybrid of broccoli and kale, rather than as the product of genetic modification. It was developed to create a milder-tasting vegetable which could grow in hotter climates than broccoli.

# Natural Vitamins

Jerry O'Donnell

## Benefits of Eating Figs

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### Rich in Nutrients

Figs provide essential vitamins and minerals like:

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- Calcium
- Magnesium
- Vitamin B6

They are relatively low in calories, but high in natural sugars, especially when dried.

### Supports Digestive Health

Figs are well known for their high fiber content, which:

- Helps prevent constipation
- Promotes regular bowel movements
- Supports healthy gut bacteria

### Good for Heart Health

The potassium in figs helps:

- Regulate blood pressure
- Reduce the risk of heart disease

Their antioxidants may also help reduce inflammation.

### Strengthens Bones

Figs contain calcium, magnesium, and phosphorus—key nutrients for:

- Bone density
- Preventing conditions like osteoporosis

### May Help Manage Blood Sugar

Despite being sweet, figs have compounds that:

- May improve insulin sensitivity
- Help regulate blood sugar when eaten in moderation

(Dried figs have more concentrated sugar, so portion size matters.)

### Skin and Hair Benefits

Thanks to antioxidants and vitamins, figs may:

- Support healthy skin
- Reduce signs of aging
- Nourish hair when included in a balanced diet

### Aids in Weight Management

The fiber in figs helps you feel full longer, which can:

- Reduce overeating
- Support weight control efforts

### Fresh vs. Dried Figs

- Fresh figs: Lower in calories, more hydrating
- Dried figs: Higher in fiber and energy, but more sugar



# *The Uses of Water In Health and Disease*

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

## **How to Make the Skin Healthy** (page 27-28)

A man who has a perfectly healthy skin is nearly certain to be healthy in other respects. In no way can the health of the skin be preserved but by frequent bathing. A daily or tri-weekly bath, accompanied by friction, will keep the skin clean, supple, and vigorous. There is no reason why the whole surface of the body should not be washed as well as the face and hands. The addition of a little soap is necessary to remove the oily secretion deposited upon the skin.

A lady of fashion, in enumerating the means for preserving beauty, says: "Cleanliness, my last recipe (and which is applicable to all ages), is of most powerful efficacy. It maintains the limbs in their pliancy, the skin in its softness, the complexion in its luster, the eyes in their brightness, the teeth in their purity, and the constitution in its fairest vigor. To promote cleanliness, I can recommend nothing preferable to bathing. The frequent use of tepid

baths is not more grateful to the sense than it is salutary to the health and to beauty.... By such means, the women of the East render their skins softer than that of the tenderest babe in this climate." "I strongly recommend to every lady to make a bath as indispensable an article in her house as a looking-glass."

When the foul matters which ought to be eliminated by the skin and quickly removed from the body are allowed to remain unremoved, the skin becomes clogged and inactive, soon loses its natural luster and color, becoming dead, dark, and unattractive. When bathing is so much neglected, it is no marvel that paints, powders, lotions, and cosmetics of all sorts, are in such great demand. A daily bath, at the proper temperature, is the most agreeable and efficient of all cosmetics.



### **POSTAL ISSUES!**

When we get return mail twice, we have no choice but to remove you from our mailing list. Also, when our print shop runs the list against the postal services valid delivery addresses and are told it will not be undelivered, we have no choice but to remove you from our list. There is nothing we can do.

So, if you are missing an issue or think we have stopped mailing out the publication, please let us know and complain to your local postal office. Several subscribers have been impacted by the lack of proper delivery services despite years of successful deliveries.

This also ends up costing us because if it is a return piece of mail, we paid for delivery services that was not completed. Also, our willingness to send out replacement copies means extra postage. Do not feel guilty, but these are the days we are dealing with.

There are enemies of the message everywhere, knowingly and unknowingly.

# How Do You Resolve It?

Jerry O'Donnell

*It is one thing to know some verses that help a person stay in the faith, but it is another thing to know the Word in such a way that when a verse seems contradictory to know how to resolve it. True Seventh-day Adventists do not ignore verses. It is our hope that this section will help answer some of those challenges that we may come across personally or be used by others against our beliefs.*

## **Did Jesus Warn About the Secret Chambers or Did He Contradict the Scriptures?**

In Matthew 24:26, Jesus said, **“Wherefore if they shall say unto you, Behold, he is in the desert; go not forth: behold, [he is] in the secret chambers; believe [it] not.”** So, it looks we are not to believe the secret rapture theory about being held in a secret chamber until after the tribulation; however, David penned something differently:

Psalms 27:5 says, **“For in the time of trouble he shall hide me in his pavilion: in the secret of his tabernacle shall he hide me; he shall set me up upon a rock.”** And Psalms 31:20 states, **“Thou shalt hide them in the secret of thy presence from the pride of man: thou shalt keep them secretly in a pavilion from the strife of tongues.”**

So, did Jesus contradict the Psalms, assuming that being hidden in a pavilion and tabernacle are the same as that of a chamber. The word “tabernacle” should give a clue to properly understanding the verses in Psalms, as not being the same subject as Jesus was talking about, but let us not be too direct just yet.

Job offers another secret location that would be an untouchable place. “O that thou wouldest hide me in the grave, that thou wouldest keep me secret, until thy wrath be past, that thou wouldest appoint me a set time, and remember me!” (Job 14:13). “Hide them in the dust together; [and] bind their faces in secret” (Job 40:13). And that place is the grave.

A more spiritual application for the living is found in Psalms 25:14, which

### **Subscription Renewal**

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

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

says, "The secret of the LORD [is] with them that fear him; and he will shew them his covenant". So, if you have the fear of God, as the first angel in Revelation 14:7 states that we need to be called to be doing, despite physically being present on earth, a person can be in the secret pavilion or tabernacle with God in the way they live their life.

More directly, we are told in Matthew 6:6, "But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly" and Matthew 6:18 "That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly." Both verses pointing to our prayer time with God in private is another possibility of defining the secret pavilion or tabernacle.

Now, let us directly state that Matthew 24:26 is a warning against a theory that allows people to live carelessly, being secretly raptured, and held in a secret location until the tribulation is over. The theory also allows for a second chance, in case the secret rapture did not snatch them away. All of that is what Jesus warned against, and not to believe in that theory.

David was not addressing the secret rapture theory, but a tabernacling with God in the form of prayer time in private and conducting one's life to be walking in the proper fear of God, which includes keeping the Ten Commandments.

There is no contradiction, as there are two different subjects being addressed by each person.



## Authorized KJV vs Catholic Bible

Jerry O'Donnell

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

### How Did Jesus Rebuke James and John

Many versions simply state that Jesus rebuked James and John for wanting to call fire down upon the Samaritans, but true versions of the Bible give more details to the address because James and John had the wrong spirit when it came do dealing with people.

**King James Version: Luke 9:55,** "But he turned, and rebuked them, and said, Ye know not what manner of spirit ye are of."

**In Error:**

**American Standard Version:** But he turned, and rebuked them.

**Berean Literal Bible:** And having turned, He rebuked them,

**Berean Study Bible:** But Jesus turned and rebuked them.

**Christian Standard Bible:** But he turned and rebuked them,

**Contemporary English Version:** But Jesus turned and corrected them for what they had said.

**English Revised Version:** But he turned, and rebuked them.

**English Standard Version:** But he turned and rebuked them.

**Godbey New Testament:** And He turning, rebuked them.

**GOD'S WORD® Translation:** But he turned and corrected them.

**Good News Translation:** Jesus turned and rebuked them.

**Holman Christian Standard Bible:** But He turned and rebuked them,

**International Standard Version:** But he turned and rebuked them,

**NET Bible:** But Jesus turned and rebuked them,

**New American Standard Bible:** But He turned and rebuked them.

**New International Version:** But Jesus turned and rebuked them.

**New Living Translation:** But Jesus turned and rebuked them.

**Weymouth New Testament:** But He turned and rebuked them.

**Worrell New Testament:** But, turning, He rebuked them.

**Correct, this time:**

**A Faithful Version:** But He turned and rebuked them, and said, "You do not understand of what spirit you are.

**Amplified Bible:** But He turned and rebuked them [and He said, "You do not know what kind of spirit you are;

**Anderson New Testament:** But he turned and rebuked them, and said: You know not of what spirit you are.

**Aramaic Bible in Plain English:** And he turned and he rebuked them and he said, "You do not know of which Spirit you are."

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

*Keyword search through all of our publications.*

*Links to our other websites are available too.*

**Bishops' Bible of 1568:** Iesus turned about, & rebuked them, saying: Ye wote not what maner spirite ye are of.

**Catholic Public Domain Version:** And turning, he rebuked them, saying: "Do you not know of whose spirit you are?"

**Coverdale Bible of 1535:** Neuertheles Iesus turned him aboute, and rebuked them, and sayde: Knowe ye not, what maner of sprete ye are of?

**Darby Bible Translation:** But turning he rebuked them [and said, Ye know not of what spirit ye are].

**Douay-Rheims Bible:** And turning, he rebuked them, saying: You know not of what spirit you are.

**Geneva Bible of 1587:** But Iesus turned about, & rebuked them, and said, Ye knowe not of what spirit ye are.

**Haweis New Testament:** And turning to them, he reproved them, and said, Ye know not what spirit ye are of:

**Lamsa Bible:** He turned and rebuked them and said, You do not know of what spirit you are.

**Literal Emphasis Translation:** And having turned, He censured them, and said, You do not know of what spirit you are.

**Literal Standard Version:** And having turned, He rebuked them and said, "You have not known of what spirit you are,

**Mace New Testament:** but Iesus turn'd, and rebuked them, saying, you don't know by what spirit you are moved.

**New Heart English Bible:** And he turned and rebuked them, and said, "You do not realize what kind of Spirit you belong to.

**New King James Version:** But He turned and rebuked them, and said, "You do not know what manner of spirit you are of.

**Smith's Literal Translation:** And having turned he censured them, and said, Ye know not of what sort of spirit ye are.

**Tyndale Bible of 1526:** Iesus turned about and rebuked them sayinge: ye wote not what maner sprete ye are of.

**Webster's Bible Translation:** But he turned, and rebuked them, and said, Ye know not what manner of spirit ye are of.

**World English Bible:** But he turned and rebuked them, "You don't know of what kind of spirit you are.

**Worsley New Testament:** But He turned and rebuked them, and said, Ye know not what spirit ye are of:

**Young's Literal Translation:** and having turned, he rebuked them, and said, 'Ye have not known of what spirit ye are;



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# Making It Plain

Jerry O'Donnell

## Are We Sure About the Sabbath?

Many Seventh-day Adventists become part of the church because they were logically brought to the understanding that the Ten Commandments still exist and that the seventh day Sabbath is still valid, but when these same people start doubting about the Sabbath, it does not take much to find an exit and join the ranks of those that keep Sunday, or even become their own congregation without any church affiliation.

When Satan uses people to twist scripture, those affected are the ones who are not solid and do not see the plain understanding of God's intent, "the devil, as a roaring lion, walketh about, seeking whom he may devour" (1 Peter 5:8).

Now, we are not going to address all the reasons to continue keeping the Sabbath, but we would like to make plain a certain argument that has come recently to my attention. The most notable is that of, "Show me where Adam and Eve and all of their descendants all the way to Abraham, Issac, and Jacob, even Joseph, are being commanded to keep the Sabbath!" That seems to be a discussion on social media, in conversation, and elsewhere.

We have to watch the wording of the argument. The answer to that question is obviously nowhere in the Bible is such stated until we get to Moses. Do keep in mind though, before Moses received the Ten Commandments, it is clear that Exodus 16 sees the existence of the Sabbath. Further, it is not the Israelite's or Moses' Sabbath, but

"the Lord's" (Exodus 16:23, 25). In fact, God says to them, "And the LORD said unto Moses, How long refuse ye to keep my commandments and my laws?" (Exodus 16:28) in regards to the fact that the Israelites were already breaking the Sabbath.

Now, some Seventh-day Adventists declare "Abraham obeyed my voice, and kept my charge, my commandments, my statutes, and my laws" (Genesis 26:5), which would point to the Ten Commandments, but then those who are very much against keeping the Ten Commandments usually point to the lack of explicitly stating the words "Ten Commandments" instead of just the word "Commandments".

So, let us make this point plain. The commandment explicitly states, "For [in] six days the LORD made heaven and earth, the sea, and all that in them [is], and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it" (Exodus 20:11). This is further confirmed in Genesis 2:2-3: "And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made." Last we checked, when something is holy, sanctified, and even blessed, that is something to be treated with respect. And the expected way to respect it is to follow the pattern set by the ultimate Exemplar, God Himself. He rested from His creative labors on the specific day of the seventh day of the

week. Adam and Eve and all the children of God kept the Sabbath day holy because to ignore a holy object would be to walk all over it and be punished. Those who were ungodly, they will receive their punishment in due time in the fires of hell. But when a righteous person, like Abraham kept God's voice, charge, commandments, statutes, and laws, to ignore the Sabbath would be to not keep any of that whatsoever.

Christians respect the holy Bible and do not treat it like any ordinary book. The same is true with all holy things. The twenty-four hour period of the seventh day is holy despite the world doing business upon it, ignoring it, attending to sports, and doing their own pleasure, in fact, they walk all over it. No wonder God says of the last generation, "If thou turn away thy foot from the sabbath, [from] doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking [thine own] words: Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the

mouth of the LORD hath spoken [it]" (Isaiah 58:13-14).

So, only rebellious Christians need to see the explicit words that some Old Testament person heard the command to keep the Sabbath holy before Moses came on the scene, as if they would become a believer. We know they would just find another excuse to dismiss keeping the Sabbath. But those who "Fear God, and give glory to him" (Revelation 14:7) can recognize that the sanctification, the blessing, the hallowing of the seventh-day has never been removed, and we, as followers of Christ will treat it that way, especially since we are commanded to "labour therefore to enter into that rest, lest any man fall after the same example of unbelief" (Hebrews 4:11), "For if Jesus had given them rest, then would he not afterward have spoken of another day. There remaineth therefore a rest to the people of God" (Hebrews 4:8-9) keeping in mind that God "spake in a certain place of the seventh [day] on this wise, And God did rest the seventh day from all his works" (Hebrews 4:4), so again, "Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief" (Hebrews 4:11).



## ***Keep the Sabbath Holy***

*Jerry O'Donnell*

### ***Not a Day to be Eating More Than Normal!***

We should not provide for the Sabbath a more liberal supply, or a greater variety of food than for other days. Instead of this, the food should be more simple, and less should be eaten, in order that the mind may be

clear and vigorous to comprehend spiritual things. Overeating befogs the brain. The most precious words may be heard and not appreciated, because the mind is confused by an improper diet. By overeating on the

Sabbath, many have done more than they think to dishonor God. {CG 532.1}

While cooking upon the Sabbath should be avoided, it is not necessary to eat cold food. In cold weather let the food prepared the day before be heated. And let the meals, though simple, be palatable and attractive. Provide something that will be regarded as a treat, something the family do not have every day. {CG 532.2}

Of course, church gatherings after Sabbath sermons, in most cases, tempt the poor souls given to variety. Taking a little of this, a little bit of that, do not want to offend that person or this person by skipping over their food, so pile it on, etc., and before one knows it, their plate is very much poison to the stomach.

Even at home we ought to be careful of the combinations chosen in the morning meal, and then upon returning for the afternoon meal. The lack of attention during the church service and needing to sleep off the active food combinations with a long afternoon nap after one eats their second meal are indications of suffering from either the variety churning in the stomach, causing extra effort to digest, or that there

was too much in one sitting, which is called gluttony.

Now, when it comes to the planning of meals for Sabbath, we ought to avoid foods that cannot be prepared ahead of time as completely as possible. Those foods that need no heating up are the simplest, but even if food does need to be heated up on the Sabbath, the fewer requirements to be performed on the Sabbath the better. And starting from scratch because there was not enough time on the preparation day to prepare a meal is not an excuse for violating the Sabbath with such effort.

With all that said, do keep in mind that no meal on the Sabbath should ever be looked upon grudgingly. "We're only having this boring food because it is the Sabbath!" Extra effort should be made to make the meals interesting as possible, and if also possible, a bit of treat to make it special. And the word "treat" should not automatically be connected to sugary deserts, which also cloud the mind. A "treat" can be meals that are not served that often, but that the family enjoys.

So, just how much effort do you put into making Sabbath meals interesting, as well as not overtaxing the digestive system?



## Questions And Answers

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

**Question:** If a person is saved already, what is the purpose of being faithful?

**Answer:** According to a dictionary, "Faithful means being steadfast in loyalty, constantly adhering to

promises, or strictly maintaining accuracy to an original standard." This simple definition agrees with your connection. If a person is already saved, what would be the consequence of being unfaithful to

God? There would be none. So, all the verses of the Bible that state anything about faithfulness make no sense to those that are “once saved, always saved”.

Yet, the Bible says, “be thou faithful unto death, and I will give thee a crown of life” (Revelation 2:10). That means, according to the Bible, if we are unfaithful, then we do not receive the crown of life, which is eternal life, which means the person is lost, which means “once saved, always saved” is a lie. There is no way around that.

Revelation 17:14 states that Jesus “is Lord of lords, and King of kings: and they that are with him [are] called, and chosen, and faithful.” So, if we, who are of Christ, would be faithful, not for a minute, an hour, a day, but every day, every hour, every minute, we are considered to be “with Him” and of the chosen. If we are not faithful, then we cannot be “with Him”, and if we are not “with Him”, we are lost, which means that, once again, “once saved, always saved” is a lie.

Try having a spouse tell the other spouse that they do not have to be faithful to one another since they already got married once, which would be “once married, always married”. Just see how long that marriage will last with not needing to be faithful to one another. Even the Bible commands faithfulness in this area: “Even so [must their] wives [be] grave, not slanderers, sober, faithful in all things” (1 Timothy 3:11).

Therefore, you have no disagreement from us.

**Question:** Where does Ellen White condemn the ecumenical movement among Seventh-day Adventists?

**Answer:** She does not use the word “ecumenical” in regards to the cozy relationships we have as Seventh-day Adventists with other denominations, but the following quote of hers pretty much describes and condemns it:

“These things are not understood by many in the church at Battle Creek, and the result will be as it was in the case of Judas. Some will depart from the faith. Having a knowledge of the truth while not being sanctified by it, they will be constantly working out wrong characters, and they will really do more harm because of the knowledge of the truth which they have. They will confederate with apostates and be the means of betraying sacred trusts. God calls for the whole-sided, undivided interests of the men whom He has chosen” {Lt153a-1897}.

The word she uses is “confederate”. And the Protestant world, mostly known as Evangelicals, are indeed in apostasy. “The ‘image to the beast’ represents that form of apostate Protestantism which will be developed when the Protestant churches shall seek the aid of the civil power for the enforcement of their dogmas.” {GC 445.2}.

“Satan is moving with his power from beneath to inspire men to form alliances and confederacies of evil against light and against the Word of God. Infidelity, papacy and semi-papacy are coming in close and powerful companionship with professed Christianity. The low views of inspiration, the exalting of human ideas from men called wise, are placing human talent above the Divine wisdom, and forms and science, so-called, above the power of vital godliness.” {2MR 164.1}.

**Question:** What prophetic connection could there be with the Trump and Pope Leo feud?

**Answer:** When God said that the second beast "causeth the earth and them which dwell therein to worship the first beast, whose deadly wound was healed", it does not mean only by force, but right now, it is with sympathy.

The attention towards the papacy, even towards the pope, specifically, has grown exponentially in the recent months. As they say in the field of publicity, "all publicity is good publicity", especially in this case.

There has never been a more collective amount of hatred towards a president than that of Donald Trump, at least in recent history. Sure, all Republican presidents have had negative press, or at least it seems that way, but it seems the hatred towards Trump has no limits. With that amount of animosity, many automatically choose to do the opposite of what Trump says or recommends or even has done. And

so, when Trump started criticizing the pope, many unlikely people flocked to the pope's defense.

From *BuzzFeed*, "The unlikely alignment between atheists and the Pope stems from a shared opposition to Donald Trump's political rhetoric and his confrontational approach toward religious leadership. While atheists typically oppose institutional religion, they often find themselves defending the pontiff in these specific disputes under the principle that 'the enemy of my enemy is my friend'".

From *Threads*, "They touch ONE HAIR On that Pope's head and all of us us non-Catholics, non-Christians, pagans, agnostics, atheists, Jews, Muslims, and freethinkers ride at dawn. Are you with me?"

So, yes there is a prophetic fulfillment taking place as the representative of the second beast is causing people from all kinds of backgrounds to come to the aide and speak out in defense of the pope in a form of worship.



## *Watchman, Let Him Declare What He Seeth*

*This section is to make aware of things in the church not to get caught up in while others participate in the apostasy.*

**May 20**

**Fulcrum 7**

**Hakeem Jeffries Keynotes NAD Religious Liberty Dinner**

Jeffries' 15-minute talk was largely anodyne and unobjectionable, although at times it seemed to be subtly evolving into a pep rally for a Democrat-controlled Congress.

**EGW:** "Those who teach the Bible in our churches and our schools are not

at liberty to unite in making apparent their prejudices for or against political men or measures, because by so doing they stir up the minds of others, leading each to advocate his favorite theory. There are among those professing to believe present truth, some who will thus be stirred up to express their sentiments and political preferences, so that division will be brought into the church." {CCh 316.1}

**Comment:** It is apparent that NAD is Democrat leaning. We are not to have known that, and inviting it into the church definitely crosses the line no matter what party they belong to. Are there not sufficient Seventh-day Adventist speakers that could have given the keynote address? Allowing the world, especially politics, to address the church, shows that the church is influenced thereby. We are to influence them. We ought never to be addressed by the world, other denominations, and especially political figures.

**May 29**

**Advent Messenger**

**North East Adventist University Hosts Sacred Worship Service and Worldly Sensual Show from the Same Stage**

On the very same stage where students and staff at North East Adventist University in India come to worship Jehovah, conduct Weeks of Prayer, preach the gospel, and even celebrate baptisms [1], that same

stage is also being used to offer honor to Baal through worldly counterfeit worship and sensual entertainment that neither glorifies nor honors God.

**EGW:** "The religion of Jesus is endangered. It is being mingled with worldliness. Worldly policy is taking the place of the true piety and wisdom that comes from above, and God will remove His prospering hand from the conference. Shall the ark of the covenant be removed from this people? Shall idols be smuggled in? Shall false principles and false precepts be brought into the sanctuary? Shall antichrist be respected? Shall the true doctrines and principles given us by God, which have made us what we are, be ignored? Shall God's instrumentality, the publishing house, become a mere political, worldly institution? This is directly where the enemy, through blinded, unconsecrated men, is leading us." {CW 95.3}



## *News and Comments*

**March 31**

**Protestia**

**Lutheran Pastor Blasts Jesus for His Treatment of Martha in Luke 10, Says Jesus was Wrong and 'Needed to be Corrected'**

"But there were false prophets also among the people, even as there shall be false teachers among you, who privily shall bring in damnable

heresies, even denying the Lord that bought them, and bring upon themselves swift destruction"

(2 Peter 2:1). That means that this preacher is not only a false teacher but is leading astray so many that listen to him, but then again, it is their own fault they are being led away. "For the time will come when they will not endure sound doctrine; but after their own lusts shall they

heap to themselves teachers, having itching ears" (2 Timothy 4:3).

**May 28**

**Huff Post**

**So Many People Have Left the Church in Recent Years — And the Reason Why Says a Lot About Where We Are as a Country**

God's people have been called out of the world, that they may be separated from the world. It is not safe for them to take sides in politics, whatever preference they may have. They are ever to remember that they are one in Christ. God calls upon them to enter their names as under His theocracy. He cannot approve of those who link up with worldlings. We are entirely out of our place when we identify ourselves with party interests. Let us not forget that we are citizens of the kingdom of heaven. We are soldiers of the cross of Christ, and our work is to advance the interests of His kingdom.--Ms 67, 1900, p. 10. ("Words of Instruction to the Church," typed Nov. 19, 1900.) {3MR 40.3}



**Ellen White  
Abbreviations  
In this Issue**

**1SM** - Selected Messages  
Book 1

**2MR** - Manuscript Releases  
Volume Two

**3MR** - Manuscript Releases  
Volume Three

**4T** - Testimonies for the  
Church Volume Four

**CCh** - Counsels for the  
Church

**CG** - Child Guidance

**CW** - Counsels to Writers and  
Editors

**GC** - The Great Controversy  
(1911)

**GC88** - The Great  
Controversy (1888)

**Lt153a** - Letter 153, revision a

**RH** - The Review & Herald

*(Continued from page 2)*

is constitutionally required to exist. Things being considered are fewer delivery days, which would cause delay in our publication reaching you, and, of course, the raising of the rates by a substantial amount. The thing is, they are not to be funded by taxpayer dollars. What the source of mismanagement of funds happens to be is not part of this article, but the result is.

Well, overall, our hope is in Jesus Christ, and more than likely many of you, if not all, can share the difficulties you are going through, especially with how expensive things are in which those on fixed incomes are barely managing to live.

God said there would be turmoil in the last days. May we all stay connected to Jesus, keep our spiritual life strong, and have hope in the blessed coming of our Savior.

Keep the faith!



# Natural Remedies

Reen Swindle

**COMMENT:** *In these times we live in, even access to natural supplements will become increasingly difficult to access, so we are going to try our best to use the most natural means possible to deal with health situations.*

## **Pineapple's brightening power: Bromelain breakdown**

Pineapple contains bromelain, an enzyme that effectively breaks down stains on the surface of teeth.

pineapple directly onto your teeth can help remove discoloration after a time.

Incorporating fresh pineapple into your diet and rubbing a piece of

