

HOPE *for you*

APRIL 2019

*“Greater love
hath no man...”*



Thoughts from Hope...

THE IMMUTABLE LAW OF GOD • CHRIST OUR RIGHTEOUSNESS • THE SEVENTH-DAY SABBATH
THE THREE ANGELS' MESSAGES • THE NON-IMMORTALITY OF THE SOUL • THE SANCTUARY

Greetings, Friends!

As we spent time outside yesterday, we were thrilled to hear the sound of birds singing, to feel the spring breezes, and to see the first signs of spring from tree and flower. The continuous renewal and re-creation evident in the natural world brings hope for what God has promised to do in our hearts.

This month's theme, "*The Cross*", brings God's promise of re-creation into distinct focus. The gift of His Son to save us from the power of Satan and sin, and to create in us a clean heart, at such an incredible sacrifice to heaven, is indeed a mystery.

The cross stands as a testament to the love of God for each one of us. He would have willingly left heaven and lived His life, suffered His ignominious death, and paid the penalty for sin, had He known that only one person would take advantage of His sacrifice. What He gave is enough for every person in every age to be totally and completely transformed and saved for eternal life with Him in heaven. Yet so many of us will neglect this great gift in pursuit of trivial, temporary pleasures. May we search our hearts, and make sure that God's great gift has not been given to us in vain. May this issue of *HOPE for you* give you an opportunity to draw closer to God as you contemplate the amazing gift He has given.

Blessings,

Hope International Team

About Hope for You...

HOPE for you is a monthly publication of Hope International. We are a non-profit ministry, seeking to share the love of God through active ministry in our community and beyond.

We believe that God has a plan and purpose for His people in these tumultuous times, and we seek to spread an encouraging word to uplift Christ and His truth. We have an extensive health ministry, and believe that God's will is for all His children to "Prosper and be in health," (3 John 2) even as our souls prosper in following His will and guidance.

We joyfully accept tax-deductible donations to advance the cause of Christ.

HOPE for you is free of charge for all who donate or order products.

We would be delighted to send your friends or family a complimentary three-issue trial subscription. Just email or send us their names and addresses.

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The heart of the human father yearns over his son.
He looks into the face of his little child, and trembles at the thought
of life's peril. He longs to shield his dear one from Satan's power,
to hold him back from temptation and conflict.
To meet a bitterer conflict and a more fearful risk,
God gave His only-begotten Son,
that the path of life might be made sure for our little ones.
"Herein is love."

Wonder, O heavens! and be astonished, O earth!

—E. G. White

"It is Finished"

by E. G. White

Christ did not yield up His life till He had accomplished the work which He came to do, and with His parting breath He exclaimed, "It is finished." John 19:30. The battle had been won. His right hand and His holy arm had gotten Him the victory. As a Conqueror He planted His banner on the eternal heights. Was there not joy among the angels? All heaven triumphed in the Saviour's victory. Satan was defeated, and knew that his kingdom was lost.

To the angels and the unfallen worlds the cry, "It is finished," had a deep significance. It was for them as well as for us that the great work of redemption had been accomplished. They with us share the fruits of Christ's victory.

Not until the death of Christ was the character of Satan clearly revealed to the angels or to the unfallen worlds. The archapostate had so clothed himself with deception that even holy beings had not understood his principles. They had not clearly seen the nature of his rebellion.

It was a being of wonderful power and glory that had set himself against God. Of Lucifer the Lord says, "Thou sealest up the sum, full of wisdom, and perfect in beauty." Ezekiel 28:12. Lucifer had been the covering cherub. He had stood in the light of God's presence. He had been the highest of all created beings, and had been foremost in revealing God's purposes to the universe.

After he had sinned, his power to deceive was the more deceptive, and the unveiling of his character was the more difficult, because of the exalted position he had held with the Father.

God could have destroyed Satan and his sympathizers as easily as one can cast a pebble to the earth; but He did not do this. Rebellion was not to be overcome by force. Compelling power is found only under Satan's government. The Lord's principles are not of this order. His authority rests upon goodness, mercy, and love; and the presentation of these principles is the means to be used. God's government is moral, and truth and love are to be the prevailing power.

It was God's purpose to place things on an eternal basis of security, and in the councils of heaven it was decided that time must be given for Satan to develop the principles which were the foundation of his system of government. He had claimed that these were superior to God's principles. Time was given for the working of Satan's principles, that they might be seen by the heavenly universe.

Satan led men into sin, and the plan of redemption was put in operation. For four thousand years, Christ was working for man's uplifting, and Satan for his ruin and degradation. And the heavenly universe beheld it all.

When Jesus came into the world, Satan's power was turned against Him. From the time when He appeared as a babe in Bethlehem, the usurper worked to bring about His destruction. In every possible way he sought to prevent Jesus from developing a perfect childhood, a faultless manhood, a holy ministry, and an unblemished sacrifice. But he was defeated. He could not lead Jesus into sin. He could not discourage Him, or drive Him from a work He had come on earth to do. From the desert to Calvary, the storm of Satan's wrath beat upon Him, but the more mercilessly it fell, the more firmly did the Son of God cling to the hand of His Father, and press on in the bloodstained path. All the efforts of Satan to oppress and overcome Him only brought out in a purer light His spotless character.

All heaven and the unfallen worlds had been witnesses to the controversy. With what intense interest did they follow the closing scenes of the conflict. They beheld the Saviour enter the garden of Gethsemane, His soul bowed down with the horror of a great darkness. They heard His bitter cry, "Father, if it be possible, let this cup pass from Me." Matthew 26:39. As the Father's presence was withdrawn, they saw Him sorrowful with a bitterness of sorrow exceeding that of the last great struggle with death. The bloody sweat was forced from

His pores, and fell in drops upon the ground. Thrice the prayer for deliverance was wrung from His lips. Heaven could no longer endure the sight, and a messenger of comfort was sent to the Son of God.

Heaven beheld the Victim betrayed into the hands of the murderous mob, and with mockery and violence hurried from one tribunal to another. It heard the sneers of His persecutors because of His lowly birth. It heard the denial with cursing and swearing by one of His best-loved disciples. It saw the frenzied work of Satan, and his power over the hearts of men. Oh, fearful scene! the Saviour seized at midnight in Gethsemane, dragged to and fro from palace to judgment hall, arraigned twice before the priests, twice before the Sanhedrin, twice before Pilate, and once before Herod, mocked, scourged, condemned, and led out to be crucified, bearing the heavy burden of the cross, amid the wailing of the daughters of Jerusalem and the jeering of the rabble.

Heaven viewed with grief and amazement Christ hanging upon the cross, blood flowing from His wounded temples, and sweat tinged with blood standing upon His brow. From His hands and feet the blood fell, drop by drop, upon the rock drilled for the foot of the cross. The wounds made by the nails gaped as the weight of His body dragged upon His hands. His labored breath grew quick and deep, as His soul panted under the burden of the sins of the world. All heaven was filled with wonder when the prayer of Christ was offered in the midst of His terrible suffering,—“Father, forgive them; for they know not what they do.” Luke 23:34. Yet there stood men, formed in the image of God, joining to crush out the life of His only-begotten Son. What a sight for the heavenly universe!

The principalities and powers of darkness were assembled around the cross, casting the hellish shadow of unbelief into the hearts of men. When the Lord created these beings to stand before His throne, they were beautiful and glorious. Their loveliness and holiness were in accordance with their exalted station. They were enriched with the wisdom of God, and girded with the panoply of heaven. They were Jehovah’s ministers. But who could recognize in the fallen angels the glorious seraphim that once ministered in the heavenly courts?

Satanic agencies confederated with evil men in leading the people to believe Christ the chief of sinners, and to make Him the object of detestation. Those who mocked Christ as He hung upon the cross were imbued with the spirit of the first great rebel. He filled them with vile and loathsome speeches. He inspired their taunts. But by all this he gained nothing.

Could one sin have been found in Christ, had He in one particular yielded to Satan to escape the terrible torture, the enemy of God and man would have triumphed. Christ bowed His head and died, but He held fast His faith and His submission to God. “And I heard a loud voice saying in heaven, Now is come salvation, and strength, and the kingdom of our God, and the power of His Christ: for the accuser of our brethren is cast down, which accused them before our God day and night.” Revelation 12:10.

Satan saw that his disguise was torn away. His administration was laid open before the unfallen angels and before the heavenly universe. He had revealed himself as a murderer. By shedding the blood of the Son of God, he had uprooted himself from the sympathies of the heavenly beings. Henceforth his work was restricted. Whatever attitude he might assume, he could no longer await the angels as they came from the heavenly courts, and before them accuse Christ’s brethren of being clothed with the garments of blackness and the defilement of sin. The last link of sympathy between Satan and the heavenly world was broken.

Yet Satan was not then destroyed. The angels did not even then understand all that was involved in the great controversy. The principles at stake were to be more fully revealed. And for the sake of man, Satan’s existence must be continued. Man as well as angels must see the contrast between the Prince of light and the prince of darkness. He must choose whom he will serve.

In the opening of the great controversy, Satan had declared that the law of God could not be obeyed, that justice was inconsistent with mercy, and that, should the law be broken, it would be impossible for the sinner to be pardoned. Every sin must meet its punishment, urged Satan; and if God should remit the punishment of sin, He would not be a God of truth and justice. When men broke the law of God, and defied His will, Satan exulted. It was proved, he declared, that the law could not be obeyed; man could not be forgiven. Because he, after his rebellion, had been banished from heaven, Satan claimed that the human race must be forever shut out from God’s favor. God could not be just, he urged, and yet show mercy to the sinner.

But even as a sinner, man was in a different position from that of Satan. Lucifer in heaven had sinned in the light of God’s glory. To him as to no other created being was given a revelation of God’s love. Understanding the character of God, knowing His goodness, Satan chose

to follow his own selfish, independent will. This choice was final. There was no more that God could do to save him. But man was deceived; his mind was darkened by Satan's sophistry. The height and depth of the love of God he did not know. For him there was hope in a knowledge of God's love. By beholding His character he might be drawn back to God.

Through Jesus, God's mercy was manifested to men; but mercy does not set aside justice. The law reveals the attributes of God's character, and not a jot or tittle of it could be changed to meet man in his fallen condition. God did not change His law, but He sacrificed Himself, in Christ, for man's redemption. "God was in Christ, reconciling the world unto Himself." 2 Corinthians 5:19.

The law requires righteousness,—a righteous life, a perfect character; and this man has not to give. He cannot meet the claims of God's holy law. But Christ, coming to the earth as man, lived a holy life, and developed a perfect character. These He offers as a free gift to all

who will receive them. His life stands for the life of men. Thus they have remission of sins that are past, through the forbearance of God. More than this, Christ imbues men with the attributes of God. He builds up the human character after the similitude of the divine character, a goodly fabric of spiritual strength and beauty. Thus the very righteousness of the law is fulfilled in the believer in Christ. God can "be just, and the justifier of him which believeth in Jesus." Romans 3:26.

God's love has been expressed in His justice no less than in His mercy. Justice is the foundation of His throne, and the fruit of His love. It had been Satan's purpose to divorce mercy from truth and justice. He sought to prove that the righteousness of God's law is an enemy to peace. But Christ shows that in God's plan they are indissolubly joined together; the one cannot exist without the other. "Mercy and truth are met together; righteousness and peace have kissed each other." Psalm 85:10.

Free for the Asking!

This article is taken from a larger book, *The Desire of Ages*.

If this book is new to you, we would be delighted to send you a complimentary copy. Simply send an email with your address to:

office@hopeint.org

The Cross of Christ

*In the cross of Christ I glory,
Towering o'er the wrecks of time;
All the light of sacred story
Gathers round its head sublime.*

*When the woes of life o'ertake me,
Hopes deceive, and fears annoy,
Never shall the cross forsake me;
Lo! It glows with peace and joy.*

*When the sun of bliss is beaming
Light and love upon my way
From the cross the radiance streaming
Adds new luster to the day.*

*Bane and blessing, pain and pleasure,
By the cross are sanctified;
Peace is there, that knows no measure,
Joys that through all time abide.*

*In the cross of Christ I glory,
Towering o'er the wrecks of time;
All the light of sacred story
Gathers round its head sublime.*

—John Bowring

Carb Destroyer



CAPSULES | PRICE
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Suggested Adult Usage:

Take 1-3 capsules daily 30 minutes before meals with 8 ounces of water.

Are you tired of those rolls of fat, or love handles? Are you tired of sweating and working out and still not seeing the results you desire? Then Carb Destroyer may just give you that extra boost you need to finally be lean, fit, and healthy!

Magnesium Benefits

White kidney beans offer a truckload of magnesium, an essential mineral required to maintain the electrical potential across nerve and muscle membranes. Magnesium helps us handle stress better and is necessary for healthy bones, and a magnesium-rich diet is especially important for people with gastrointestinal problems, problems with blood sugar levels, and is also very important in cases of high alcohol consumption.

Women of all ages benefit immensely from magnesium intake, as not only is it effective in keeping aging bone problems at bay, but also provides relief from symptoms of menopause and menses.

Along with magnesium, white beans provide zinc, copper, and protein. Zinc and magnesium are two of the most important minerals essential for good health.

Weight Loss

It is believed that white beans are among the best foods for helping you lose weight due firstly to their ability to produce alpha-amylase inhibitors, which are known to slow the absorption of carbohydrates (and thus the storage of energy as body fat), and secondly because of their high fiber content which leaves you feeling full for longer and keeps food cravings at bay.

The International Journal of Medical Sciences in 2007 published a study involving 60 overweight volunteers. For 30 days, study participants took white kidney bean extract. At the end of the 30-day period, researchers found that participants who took the white kidney bean extract had a greater reduction in body weight, fat mass and waistline size compared to members of the placebo group. What's more, white bean extract was shown to help the participants maintain lean body mass!

| SUPPLEMENT FACTS | |
|---|-------|
| Serving Size: 2 capsules | |
| Servings Per Container: 45 | |
| Amount Per Serving | % DV* |
| White Kidney Bean Extract 1000 mg | † |
| Phaseolus vulgaris | |
| *Percent Daily Value based on a 2,000 calorie diet. | |
| †Percent Daily Value not established. | |
| Vegetarian Capsule Ingredient: Pine Tree Pulp | |

Abundant Antioxidants & Vitamins

The abundant antioxidants and detoxifying ingredients in white kidney beans promote good health and wrinkle-free skin. They also protect the cells in your body from the damage caused by free radicals, the unstable molecules that attack and damage healthy body cells. The damage caused by free radicals can result in many chronic conditions and degenerative issues, several of which can be fatal.

White beans are rich in vitamin B9 (folate or folic acid) and low in fat; therefore, they are very heart-healthy! The Journal of the American Medical Association, October 2002, indicated that if Americans consumed 100% of the DV of folate, the risk factor for heart attacks would decline by 10% plus. A 1-cup serving of white kidney beans provides more than 50% of the DV for folate.

White kidney beans are also rich in vitamin B1 or thiamin, which may help with cognitive function and memory. If you've ever forgotten your car keys or someone's name you will be singing the praises of this wonderful little bean!

Rich In Iron

Carb Destroyer may increase your energy by helping to replenish your iron! This is particularly beneficial for menstruating women or pregnant and nursing women, who are more at risk for iron deficiency. Iron is an integral component of hemoglobin, which transports oxygen from the lungs to all body cells, and is also part of key enzyme systems for energy production and metabolism.

This super food is almost too good to be true! How can such a little bean do SO much? You will be amazed that you have never considered this easy to use, multi-function product before! Start enjoying all these benefits today!



Hope For Health's Carb Destroyer:

- Is high in fiber
- An excellent source of minerals, vitamins & protein
- Helps build healthy cells
- Provides relief for feminine issues
- Maintains a healthy heart and brain
- Can help DESTROY the carbs you eat before their calories are absorbed by your body!!

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Thoughts from the Doc...

by Dr. Kaye Olson, ND

This month's article is a bit different from my usual health articles, as I am addressing a variety of topics. I hope these thoughts will be a blessing to you; they are a culmination of many years in the natural health field and hundreds of conversations with people.

The first topic is one that I pray will not offend, but rather enlighten. A diet change, adapting certain diet reforms (such as a vegan diet), is a wonderful goal. However, it can at times cause us to treat one another with less compassion than we should. If you have achieved a certain level of success with your diet, you may feel it then becomes your job to straighten out the diet of all your friends and family members. There is nothing wrong with being a good example, or answering questions when asked, but each person needs to come to their own conclusions regarding their diet and health in their own time.

Consider this quote: *"Every one of you should stand in your individual dignity before God, in your individual consecration to God, the soul-temple shall be dedicated to God"* (E. G. White).

People should base their decisions on counsel from the Lord – we do not want our personal examples to be the criterion on which people base their decisions. Pray for people, inform when asked, encourage always – celebrate even the smallest of victories and above all else, LOVE one another as Jesus loves us.

I want to address another situation that comes up often. If you are taking herbal supplements, hopefully from Hope for Health ☺ - please follow dosage instructions. If the instructions suggest that 3 capsules be taken twice a day, following those instructions will yield the best results. Often people will call complaining that



a product did not work – only to find, as the conversation continues, that they have only taken one capsule once a week. Sometimes people do this to save money, which is understandable. However, by not following the dosage instructions, you are actually wasting your money because one capsule will not do much to help your health. Herbal products take more time to “work” than over-the-counter or prescription medication. Therefore to achieve the best possible results, you want to keep the herbs in your system so that they will continue to support your health. If you have other questions about dosage or how long you should take a supplement, please feel free to call us anytime!

A frequent question that we receive at Hope for Health is whether or not a 100% raw food diet is beneficial. Let me preface any further thoughts with the caveat that there are a variety of opinions both pro and con regarding eating raw food. The following are my opinions, based on research, and anecdotal evidence.

A raw food diet is about eating mostly or all unprocessed and uncooked foods so you get all the nutrients without the dangerous additives. The goal of eating more raw foods is to obtain plenty of nutrients in an easy-to-digest manner, one for which our bodies are naturally suited. Most people will consider a raw diet when faced with a serious life-threatening illness. I would suggest that there is no need to wait until your body is so severely compromised. Choosing to incorporate more raw fruits and vegetables every day may keep you from developing a horrible illness. You may choose to eat 100% raw two days a week and then perhaps 60% raw and 40% cooked food the rest of the week. Or you may come up with any combination that you feel you can be successful following. If you travel often, eating raw may be more challenging. I would encourage you to look online for tips and strategies from others who are striving to maintain a raw diet.

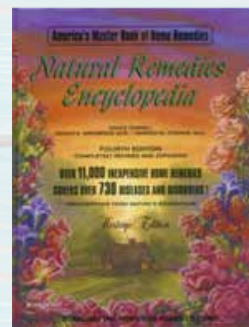
Here is a list of some possible benefits to going raw:

- Helping with optimal liver function
- Relieving constipation
- More energy
- Clearing up your skin
- Providing optimum nutrients
- Helping you maintain a healthy body weight
- Lowering inflammation

- Improving digestion
- Providing more dietary fiber
- Improving heart health

At Hope for Health, we have endeavored to offer a wide variety of supplements for your health needs. On occasion you may find that the “glass slipper” doesn’t quite fit. If this happens to you, a Hope for Health consultant would be happy to consult with you. Another possibility you may want to consider is European Green Clay. Found on page 24 of our new catalog, this clay is the answer to literally any health concern. It works to cleanse your entire body – ridding it of toxins, while at the same time it provides minerals to replenish your body. If you have not considered clay before, please request our FREE DVD today!

In conclusion, I want to suggest that you choose wise sources of information for your journey in natural health. The Internet is great, but vast – *tread carefully*. Hope for Health is here for you, but we understand that you want information often when we are closed in the evening or on weekends. The BEST source I have found is the “*Natural Remedies Encyclopedia*” published by Harvestime Publications. It contains everything you could want to know about herbs and home remedies! Written by a team of specialists, you will find what you need to know about every conceivable health concern! It is an easy-to-follow yet comprehensive reference manual for home use.



Hope for Health sells this amazing book (Hardcover, 840 pages) for \$49.99.

Thank you for your time. My prayer for you is good health so that you can hear the Lord, know His will for your life, and serve Him with your utmost.

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• Dr. Kaye Olson and the Hope for Health staff are ready and willing to answer any product or health questions you may have. We are also happy to consult with you regarding any diet or lifestyle changes. Please call 828-649-0278.

• If you wish to order or would like a free copy of our informative catalog, please call, visit our website or fill out the order sheet at the back of this publication.

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Super Acai Slim



CAPSULES
90

PRICE
\$16.99

Suggested Adult Usage:

Take 1-2 capsules, 30-45 minutes before each meal.

Are you trying to lose weight but just can't seem to do it? Have you tried every diet out there but end up falling off the wagon? Give your body the extra push it needs with Super Acai Slim!! Super Acai Slim helps nourish the body, cleanse it of impurities that are causing you to feel fatigued, boost your metabolism and energy, and give you the help you need to finally get the weight off for good!

Ingredients:

Garcinia Cambogia

- Helps to burn fat and promote a stable blood sugar level.
- The hydroxycitric acid found in garcinia cambogia has several different effects on the body. The most notable of these effects is its ability to inhibit the uptake of carbohydrates that are stored in the body as fat. By prohibiting the fat storage, the carbs are burned as energy, thereby increasing energy levels and decreasing fat levels. HCA also works to prevent cravings for sugar-laden and carbohydrate-heavy foods, promote healthy blood sugar levels, and increase the serotonin levels in the brain which signal to us that we are full faster. Some studies have shown **two to three times** the weight loss when using garcinia cambogia as compared to a placebo!

Suma Root

- Also known as Brazilian Ginseng, suma root is used to increase energy, stamina, endurance, and immunity.
- Helps fight mood swings, combat stress, and boost mood.

Chromium Picolinate

- Chromium is a trace mineral that your body has to have to regulate blood-sugar levels properly - helping keep you energized all day long.
- According to the University of Pittsburgh Medical Center, chromium picolinate appears to promote weight loss by helping build lean muscle tissue and burning fat!
- Chromium picolinate also promotes weight loss by reducing sugar and carbohydrate cravings, suppressing the appetite naturally, and promoting a feeling of fullness - all helping you to eat less and lose more weight!

Camu-Camu

- Camu-camu fruit is rich in limonene, a phytochemical which has shown the ability to reduce the appetite and aid in weight loss.
- It has the highest recorded amount of natural vitamin C known on the planet. In comparison to oranges, camu-camu provides **thirty times** more vitamin C, **ten times** more iron, **three times** more niacin, **twice** as much riboflavin, and **50%** more phosphorus! Studies show that when the body is satisfied nutritionally, cravings are diminished!

Acai Berry Extract

- Contains vitamins A, D, E, K, and fatty acids like Omega-3 and Omega-6 that help increase the metabolism and burn calories faster. It is also a rich source of 'phytosterols' which help the body absorb and use the nutrients.
- It contains antioxidants, such as "anthocyanins" that help destroy free radicals and help maintain healthy cholesterol levels, and helping improve general heart health. Anthocyanins are the antioxidants found in red wine, which is why red wine is recommended to help with heart problems. But why drink wine? **The Acai berry has over 20 TIMES more anthocyanins than any type of red wine!**

How Does It Help With Weight Loss?

Acai (pronounced ah-sigh-ee) is a berry found in the Amazon river basin in Brazil, and is generally regarded as a "super food" which helps boost energy and aid in weight loss. Acai berry is packed with vitamins and minerals that can aid in: weight loss, muscle building, and can help boost energy levels! It is rich in antioxidants, fatty acids, fiber, and other plant compounds that can improve overall health.

There are several key ways that the Acai berry contributes to healthy weight loss. The omega fatty acids in Acai berries kick-start your metabolism, allowing you to digest food quicker and more efficiently. The large amount of fiber found in the Acai berry helps suppress your appetite so you can easily eat less and feel full faster. Another way the Acai berry helps with weight loss is by boosting energy and stamina. One way it is able to do this is through antioxidants. The antioxidants rid your body of toxins that can weigh you down, which makes you feel more awake and energized, giving you the extra boost you need to head to the yard, garden, or gym and work off those unwanted pounds.

When your body is healthy and well-balanced, it will be easier to reach your perfect weight. Something unique about Acai: It's one of the few fruits, besides avocados, that contain monounsaturated fats (MUFAS). MUFAS work to help keep you feeling satisfied so you're less likely to overeat.



SUPPLEMENT FACTS

| Serving Size: 1 capsule | | |
|---|---------|-----|
| Servings Per Container: 90 | | |
| Amount Per Serving | | %DV |
| Acai Extract Powder (4:1) | 250 mg | * |
| Garcinia Cambogia | 100 mg | * |
| Camu Camu | 50 mg | * |
| Suma Root Ext: 4:1 | 50 mg | * |
| Chromium Picolinate | 100 mcg | * |
| *Daily Value not established. | | |
| Veggie Capsule Ingredient: Pine Tree Pulp | | |

The Inspiring Cross

by F. A. Barnes

“And I, if I be lifted up from the earth, will draw all men unto me.” John 12:32.

As the children of Israel made their way across the desert, “that old serpent, called the Devil, and Satan,” tempted them to murmur and complain against God and Moses. It was the result of lack of faith and trust in the mighty God Who had delivered them so miraculously from Egypt. As a consequence, having been stung by that old serpent, the Lord allowed them to be stung by literal serpents, the venom of which was deadly (Numbers 21:5, 6). God provided a remedy, however, by having Moses make a brass serpent and have it placed on a pole. By simply looking at the serpent on the pole, lifted up high for all to see, the people who were bitten were healed. That was to be an object lesson foreshadowing the death of Jesus on the cross, Who was made to be sin for us (2 Corinthians 5:21).

The serpent on the pole had no inherent healing ability; it was the look of faith, trusting in God’s promise that brought the relief from the serpent’s bite. In like manner, we must look unto Jesus in order to be saved from the poison of sin. Unfortunately, as has often proven to be the case, the symbol of the serpent on a pole became an object of idolatry (2 Kings 18:4). At some point, the caduceus, an emblem bearing two serpents on a staff, became a symbol associated with the heathen god, Mercury. Today that symbol is widely seen in the medical field.

The same thing happened with the ark of the covenant. While the ark was meant to represent God’s presence, it became an idol. The Israelites presumptuously believed that the ark itself had supernatural power.



Paul spoke of the Gentiles who “worshipped and served the creature more than the Creator” (Romans 1:25), but it is plain to see that Jews and Christians have been guilty of the same. The Roman Catholic Church provides exhibit A when it comes to idolatry. They worship such things as the bread and wine in the Eucharist, claiming that those elements literally become the flesh and blood of Christ in the hands of the priests. Relics became objects of worship—everything from supposed splinters of the cross, to a morsel from the last supper, to pieces of cloth from the clothes of an apostle. Merely looking at these relics was supposed to merit various reductions of time in purgatory.

The cross, intended to be a symbol and reminder of the price Jesus paid for our redemption, became an object of worship and believed to possess supernatural power—even to exorcise demons. Crucifixes were found everywhere in Catholicism and often the deceived suppliants carried out their genuflections before them. The sign of the cross was made upon the breast and forehead like a talisman to secure good luck or perhaps God’s blessing.

“There is a striking similarity between the Church of Rome and the Jewish Church at the time of Christ’s first advent. While the Jews secretly trampled upon every principle of the law of God, they were outwardly rigorous in the observance of its precepts, loading it down with exactions and traditions that made obedience painful and burdensome. As the Jews professed to revere the law, so do Romanists claim to reverence the cross. They exalt the symbol of Christ’s sufferings, while in their lives they deny Him whom it represents.

“Papists place crosses upon their churches, upon their altars, and upon their garments. Everywhere is seen the insignia of the cross. Everywhere it is outwardly honored and exalted. But the teachings of Christ are buried beneath a mass of senseless traditions,

false interpretations, and rigorous exactions.” *Great Controversy*, p. 568.

Many a song and hymn writer have penned beautiful lyrics about the cross. They never intended, however, for the cross to become an idol. There were often deep spiritual truths attached to the cross, but not to draw attention to the actual physical elements: the wood and nails. It was the act performed on the cross that the hymn writers were enamored with.

John Bowring authored the hymn, *In the Cross of Christ I Glory*, in which he expresses so beautifully the inspiration received by considering Christ’s death on Calvary. His second verse reads:

When the woes of life o’ertake me,
Hopes deceive and fears annoy,
Never shall the cross forsake me;
Lo! It glows with peace and joy.

What did Bowring mean? He realized that He Who suffered on the cross recognized the pain and suffering of all His followers. He knew that He Who spared not His own life to purchase redemption for us, would spare nothing to help us as we pass through trials and hardships. Bowring saw victory and not defeat when he contemplated the cross. He could say with Paul, “For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.” Romans 8:18.

When Isaac Watts penned the words, “At the cross, at the cross, where I first saw the light, And the burden of my heart rolled away,” he was obviously not speaking of physical light that emanated from the wood, but the spiritual light that illuminated his soul when he pondered the unspeakable gift of the Son of God, dying for his sins. In the first verse he questioned, “Would He devote that sacred head for someone such as I?”

Watts also authored the hymn, *When I Survey the Wondrous Cross*. He wasn't trying to ascertain the height and width, or the type of tree used, but he was measuring the unfathomable love expressed in the Redeemer's sacrifice. He contemplated what he thus owed the Savior in return, and exclaimed:

Were the whole realm of nature mine,
That were a present far too small.
Love so amazing, so divine,
Demands my soul, my life, my all!

In the well-known hymn, *The Old Rugged Cross*, George Bennard proclaimed:

So I'll cherish the old rugged cross,
Till my trophies at last I lay down;
I will cling to the old rugged cross,
And exchange it some day for a crown.

Bennard was probably never seen walking around hugging a rough-hewn cross. His thoughts were drawn to "the dear Lamb of God" Who "left His glory above, to bear it to dark Calvary."

Then we come to Fanny Crosby's *Near the Cross*. To many a superstitious soul, being near the cross is to have a crucifix around the neck, or carried in the pocket, or hanging on the wall over the bed. Not so with this Christian hymn writer. She recognized what the cross represented—the humble, loving, self-sacrificing life of the Savior and her need of His strength to walk the same path.

Near the cross! O Lamb of God,
Bring its scenes before me;
Help me walk from day to day,
With its shadow o'er me.

Near the cross I'll watch and wait,
Hoping, trusting ever,
Till I reach the golden strand,
Just beyond the river.

I will cling to the old rugged cross, and exchange it some day for a crown...

Countless other hymns and poems have been written expressing similar thoughts. The question we must ask ourselves is, "What does the cross mean to me?" Is it a good luck charm, or is it a reminder that Jesus paid such a heavy price for my sins. Is it a logo to identify one as a Christian, or is it symbolic of the self-sacrificing life revealing that one truly is a Christian? Is it something Jesus alone bore, or must we bear a cross also?

Thomas Shepherd pondered that last question when he wrote the challenging hymn, *Must Jesus Bear the Cross Alone?*

Must Jesus bear the cross alone,
And all the world go free?
No, there's a cross for every one,
And there's a cross for me.
The consecrated cross I'll bear,
Till He shall set me free;
And then go home my crown to wear,
For there's a crown for me.

Today we live in a world that has largely lost sight of the cross. Rather than a life of self-denial and sacrifice, the pursuits of wealth, power, creature comforts and entertainment have marked both the secular and Christian lifestyles. It seems so much easier to let the cross be an idol than to embrace its meaning. Saints, we can make a difference in this world if we choose to take up the cross and follow Jesus. Let us say with Henry F. Lyte, the author of yet another inspiring hymn:

Jesus, I my cross have taken,
All to leave and follow Thee;
All things else I have forsaken;
Thou from hence my all shalt be.

Perish every fond ambition,
All I've sought, or hoped, or known;
Yet how rich is my condition,
While I prove the Lord my own.

We Messed Up!

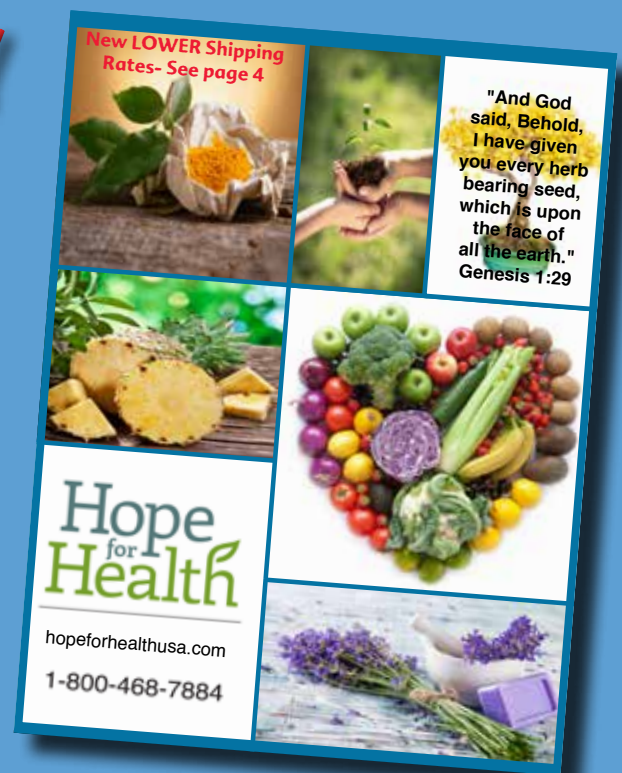
CATALOG ERROR

OOPS! There is an error on page 64 of the most recent Hope for Health Product Catalog.

Regarding Swedish Bitters, the 8.45 oz. liquid and the 16.9 oz. liquid **contain alcohol**, and the 1 oz. concentrate **does not**.

We regret this error and any confusion that resulted.

Thanks from your Hope for Health staff!



Salvation Only Through Christ

1. For what purpose did Christ come into the world?

“This is a faithful saying, and worthy of all acceptation, that Christ Jesus came into the world *to save sinners.*”
1 Tim. 1:15.

2. Why was He to be named “Jesus”?

“Thou shalt call His name Jesus: *for He shall save His people from their sins.*” Matt. 1:21.

3. Is there salvation through any other?

“Neither is there salvation in any other: for there is none other name under heaven given among men, *whereby we must be saved.*” Acts 4:12.

4. Through whom are we reconciled to God?

“All things are of God, who hath reconciled us to Himself *by Jesus Christ*, and hath given to us the ministry of reconciliation; to wit, that *God was in Christ, reconciling the world unto Himself*, not imputing their trespasses unto them.” 2 Cor. 5:18,19.

5. What has Christ been made for us, and for what purpose?

“For He hath made Him to be *sin* for us, who knew no sin; *that we might be made the righteousness of God in Him.*” 2 Cor. 5:21.

6. How dependent are we upon Christ for salvation?

“I am the Vine, ye are the branches: . . . *without Me ye can do nothing.*” John 15:5.

7. What three essentials for a Saviour are found in Christ?

Deity. “But unto the Son He saith, Thy throne, O *God*, is forever and ever.” Heb. 1:8.

Humanity. “When the fulness of the time was come, God sent forth His Son, *made of a woman*, made under the law.” Gal. 4:4.

Sinlessness. “*Who did no sin*, neither was guile found in His mouth.” 1 Peter 2:22.

8. How did Christ show from the Scriptures that the promised Saviour of the world must be both human and divine?

“While the Pharisees were gathered together, Jesus asked them, saying, What think ye of Christ? whose son is He? They say unto Him, *The son of David*. He saith unto them, *How then doth David in spirit call Him Lord*, saying, The Lord said unto my Lord, Sit Thou on My right hand, till I make Thine enemies Thy footstool? *If David then call him Lord, how is He his son?*” Matt. 22:41-45.

NOTE: Another has aptly put this important truth concerning the union of the human and divine in Christ thus: “Divinity needed humanity that humanity might afford a channel of communication between God and man. Man needs a power out of and above himself to restore him to the likeness of God. There must be a power working from within, a new life from above, before men can be changed from sin to holiness. That power is Christ.”

9. What two facts testify to the union of divinity and humanity in Christ?

“Concerning His Son Jesus Christ our Lord, which was *made of the seed of David according to the flesh; and declared to be the Son of God with power, according to the spirit of holiness, by the resurrection from the dead.*” Rom. 1:3,4

10. How complete was Christ’s victory over death?

“I am the first and the last: *I am He that liveth, and was dead; and, behold, I am alive forevermore*, Amen; and have the keys of *hell* and of *death.*” Rev. 1:17,18. See Acts 2:24.

11. How complete is the salvation obtained in Christ?

“Wherefore, *He is able also to save them to the uttermost* that come unto God by Him, seeing He ever liveth to make intercession for them.” Heb. 7:25.

12. What should we say for such a Saviour?

“Thanks be unto God for His unspeakable gift.” 2 Cor. 9:15.

The Cross of Christ

—E. J. Waggoner

Real and Lasting Glory

“God forbid that I should glory save in the cross of our Lord Jesus Christ.” Why glory in the cross?—Because by it the world is crucified to us, and we to the world. The Epistle [Galatians] ends where it begins,—with deliverance from “this present evil world,” and it is the cross alone that accomplishes the deliverance. The cross is the symbol of humiliation, therefore we glory in it, because in humility is exaltation.

God Revealed in the Cross

Read the words of the Lord by the mouth of Jeremiah: “Let not the wise man glory in his wisdom, neither let the mighty man glory in his might, let not the rich man glory in his riches.” Jer. 9:23.

Why should not the wise man glory in his wisdom?—Because so far as it is his own wisdom, it is foolishness. “The wisdom of this world is foolishness with God.” “The Lord knoweth the thoughts of the wise, that they are vain.” 1 Cor. 3:19, 20. No man has any wisdom in which to glory, for his own wisdom is foolishness, and wisdom which God gives is something to cause humility instead of pride.

What about might? “All flesh is grass.” Is. 40:6. “Every man at his best state is altogether vanity.” Ps. 39:5. “Men of low degree are vanity, and men of high degree are a lie; to be laid in the balance, they are altogether lighter than vanity.” But “power belongeth unto God.” Ps. 62:9, 11.

As to riches, they are “uncertain.” 1 Tim. 6:17. Man “heapeth up riches, and knoweth not who shall gather them.” “Riches certainly make themselves wings; they

fly away as an eagle toward heaven.” Prov. 23:5. Only in Christ are found unsearchable and abiding riches.

Man, therefore, has absolutely nothing in which to boast, for what is there left of a man when he has nothing that can be called wealth, no wisdom whatever, and absolutely no strength? Everything that man is or has comes from the Lord. Therefore it is that he that glorieth is to glory in the Lord. 1 Cor. 1:31.

Now put this text with Gal. 6:14. The same Spirit inspired them both, so that there is no contradiction. One text says that we are to glory only in the knowledge of the Lord; the other says that there is nothing in which to glory save the cross of our Lord Jesus Christ. The conclusion, therefore, is that in the cross we find the knowledge of God. To know God is eternal life, and there is no life for mankind except through the cross of Christ. So again we see most clearly that all that may be known of God is revealed in the cross. Aside from the cross, there is no knowledge of God.

This shows us again that the cross is seen in all creation, for the everlasting power and divinity of God, even all that may be known of Him, are seen in the things that He has made. The power of God is seen in the things that are made, and the cross is the power of God. 1 Cor. 1:18. Out of weakness God brings strength; He saves men by death, so that even the dead may rest in hope. No man can be so poor, so weak and sinful, so degraded and despised, that he may not glory in the cross. The cross takes him just where he is, for it is the symbol of shame and degradation, and reveals the power of God in him, and in that there is ground for everlasting glory.

The Cross Crucifies

The cross cuts us off from the world. Glory! for then it unites us to God, because the friendship of the world is enmity with God; “whosoever therefore will be a friend of the world is the enemy of God.” Jam. 4:4. Through His cross Christ has destroyed the enmity. Eph. 2:15, 16. “And the world passeth away, and the lust thereof; but he that doeth the will of God abideth forever.” Then let the world pass away.

“Fade, fade, each earthly joy, Jesus is mine;

Break every tender tie, Jesus is mine.

*Dark is the wilderness; Earth has no resting-place;
Jesus alone can bless; Jesus is mine.”*

The Cross Elevates

Jesus said, “I, if I be lifted up from the earth, will draw all men unto Me.” This He said signifying what death He should die, namely, the death of the cross. He humbled Himself to death, even the death of the cross; “wherefore God also hath highly exalted Him, and given Him a name which is above every name.” Phil. 2:8, 9. He descended “first into the lower parts of the earth. He that descended is the same also that ascended up far above all heavens, that He might fill all things.” Eph. 4:9, 10. It was through death that He ascended to the right hand of the Majesty in the heavens. It was the cross that lifted Him up from earth to heaven. Therefore it is the cross alone that brings us glory, and so it is the only thing in which to glory. The cross, which means derision and shame from the world, lifts us away from this world, and sets us with Christ in the heavenly places; and the power by which it does this is “the power that worketh in us,” even the power that works in and upholds all things in the universe.

The Cross Creates

“For in Christ Jesus neither circumcision availeth anything, nor uncircumcision, but a new creature.” That is, neither circumcision nor uncircumcision has any power. Salvation does not come from man, whatever his state or condition, or whatever he may do. In an uncircumcised state he is lost, and if he be circumcised he is no nearer salvation. Only the cross has power to save. The only thing that is of any value is a new creature, or, as indicated in the margin of the Revision, “a new creation.” “If any man be in Christ,

there is a new creation;” and it is only through death that we become joined to Him. Rom. 6:3.

*“Nothing in my hand I bring;
Simply to Thy cross I cling.”*

The cross makes a new creation, so that here again we see a reason for glorying in it; for when the new creation came from the hand of God in the beginning, “the morning stars sang together, and all the sons of God shouted for joy.” Job 38:7.

The Sign of the Cross

Put together all the texts that we have read, which show: (1) That the cross of Christ is the only thing in which to glory; (2) that whoever glories must glory only in the knowledge of God; (3) that God hath chosen the weak things of the world to confound the mighty, so that none might glory save in Him; and, (4) that God is revealed in the things that He has made, and that creation, which manifests God’s power, also presents the cross, because the cross of Christ is the power of God, and God is made known by it. What have we?—This, that the power it took to create the world, and all things that are in it,—the power that is exerted to keep all things in existence,—is the power that saves those who trust in it. This is the power of the cross.

So the power of the cross, by which alone salvation comes, is the power that creates, and that continues to work in all creation. But when God creates a thing, it is “very good;” so in Christ, in His cross, there is “a new creation.” “We are His workmanship, created in Christ Jesus for good works, which God afore prepared that we should walk in them.” Eph. 2:10, R.V. It is in the cross that this new creation is wrought, for its power is the power by which “in the beginning God created the heavens and the earth.” This is the power that keeps the earth from utter destruction under the curse; which brings about the changing seasons,—seed-time and harvest,—and that will at last renew the face of the earth, so that “it shall blossom abundantly, and rejoice even with joy and singing; the glory of Lebanon shall be given unto it, the excellency of Carmel and Sharon; they shall see the glory of the Lord, and the excellency of our God.”

“The works of the Lord are great, sought out of all them that have pleasure therein. His work is honorable and glorious; and His righteousness endureth forever.

He hath made His wonderful works to be remembered; the Lord is gracious and full of compassion." Ps. 111:2-4.

Here we see that the wonderful works of God reveal His righteousness, and His grace and compassion as well. This is another evidence that His works reveal the cross of Christ, in which infinite love and mercy are centered.

But "He hath made His wonderful works to be remembered;" or, "He hath made a memorial for His wonderful works." Why does He wish men to remember and declare His mighty acts?—In order that they may not forget, but may trust in, His salvation. He would have men continually meditate on His works, that they may know the power of the cross. It is in the works of His hands that we triumph. Ps. 92:4. So when God had made the heavens and earth, and all their host, in six days, "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." Gen. 2:2,3.

The cross conveys to us the knowledge of God, because it shows us His power as Creator. Through the cross we are crucified unto the world, and the world unto us; that

is, by the cross we are sanctified. But sanctification is the work of God, not of man. Only His divine power can accomplish the great work. In the beginning God sanctified the Sabbath, as the crown of His creative work—the evidence that His work was finished, the seal of perfection, and therefore He says, "Moreover also I gave them My Sabbaths, to be a sign between Me and them, that they might know that I am the Lord that sanctify them." Eze.20:12.

So we see that the Sabbath—the seventh day—is the true sign of the cross. It is the memorial of creation, and redemption is creation,—creation through the cross. In the cross we find the complete and perfect works of God, and are clothed with them. Crucified with Christ means the utter giving up of self, acknowledging that we are nothing, and trusting absolutely in Christ. In Him we rest; in Him we find the Sabbath. The cross takes us back to the beginning, into "that which was from the beginning." The resting upon the seventh day of the week is but the sign of the fact that in the perfect work of God, as seen in creation,—in the cross,—we find rest from sin.

"But it is difficult to keep the Sabbath; my business will suffer;" "I couldn't make a living and keep the Sabbath;" "It is so unpopular." Oh, yes; nobody ever said that it

was a specially pleasing thing to be crucified! "Even Christ pleased not Himself."

Read the fifty-third chapter of Isaiah. Christ was not very popular, and least so of all when He was crucified. The cross means death; but it means also the entrance into life. There is healing in Christ's wounds, blessing in the curse that He bore, life in the death that He suffered. Who dare say that he trusts Christ for everlasting life if he dare not trust Him for a few years or months or days of life in this world? Accept the Sabbath of the Lord, and you will find that it means the cross to a degree that you never before dreamed of, and therefore "a far more exceeding and eternal weight of glory."

Now say once more, and say it from the heart: "Far be it from me to glory, save in the cross of our Lord Jesus Christ, through which the world hath been crucified unto me, and I unto the world." If you can say that in truth, you will find tribulations and afflictions so easy that you can glory in them.

"Hallelujah, what a Saviour!"

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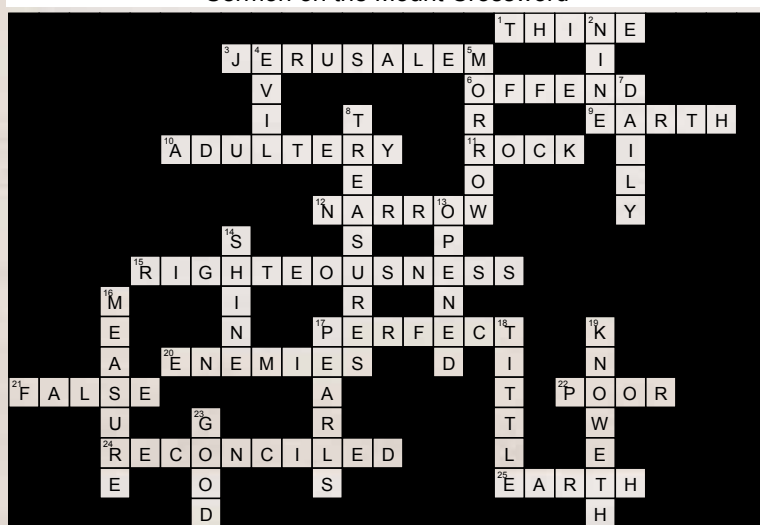
# A Puzzle for You...

G X C R O S S T R O P H Y P R  
N B M O T F E E R T L N W U M  
T R V G E S N R O H T Y O Z V  
S E A R C Z D N A I L I D Y P  
I C N E V I G R O F V A J R X  
R I Y A Z P W T S A M J N A N  
H F G T O W I M S T Z M I V W  
C I L E V O L S I O G P S L O  
U R O R C K E R L O L T S A R  
F C R W H L I E D Y C Z C C C  
Z A Y O T P S S X S V Z J D M  
F S E O S E C N E I C S N O C  
W E P A E M X L A M B I I O J  
F S E F I L E F O L L O W L N  
N N O Z I N D N E I R F I B E

CROSS SAVIOUR  
CHRIST CROWN  
GLORY THORNS  
FOLLOW TOMB  
GREATER SPIRIT  
LOVE CALVARY  
LIFE TROPHY  
FRIEND LOST  
SACRIFICE LAMB  
TREE SPOTLESS  
CONSCIENCE  
SIN  
BLOOD  
NAIL  
FORGIVE

## Answers to March 2019 Crossword Puzzle...

### Sermon on the Mount Crossword



#### Across

1. "First cast out the beam out of \_\_\_\_ own eye."  
[THINE]
3. What is the city of the great King?  
[JERUSALEM]
6. "If thy right eye \_\_\_\_ thee, pluck it out."  
[OFFEND]
9. "Ye are the salt of the \_\_\_\_."  
[EARTH]
10. "Thou shalt not commit \_\_\_\_."  
[ADULTERY]
11. What should we build our house upon?  
[ROCK]
12. Is the gate in Mt 7 wide or narrow? [NARROW]
15. "Which are persecuted for \_\_\_\_ sake."  
[RIGHTEOUSNESS]
17. "Be ye therefore \_\_\_\_."  
[PERFECT]
20. "Love your \_\_\_\_, bless them that curse you."  
[ENEMIES]
21. True or false, Jesus tells us to tell others when we are fasting? [FALSE]
22. "Blessed are the \_\_\_\_ in spirit;" [POOR]
24. "First be \_\_\_\_ to thy brother."  
[RECONCILED]

#### Down

2. How many times did Jesus say, "Blessed are..." in Mt 5?  
[NINE]
4. "Sufficient unto the day is the \_\_\_\_ thereof."  
[EVIL]
5. "Take therefore no thought for the \_\_\_\_."  
[MORROW]
7. "Give us this day our \_\_\_\_ bread."  
[DAILY]
8. "Lay up for yourselves \_\_\_\_ in heaven."  
[TREASURES]
13. "To him that knocketh it shall be \_\_\_\_."  
[OPENED]
14. "Let your light so \_\_\_\_ before men."  
[SHINE]
16. "With what \_\_\_\_ ye met."  
[MEASURE]
17. "Neither cast your \_\_\_\_ before swine."  
[PEARLS]
18. "Not one [ot or one \_\_\_\_ shall pass from the law."  
[TITTLE]
19. "Your heavenly Father \_\_\_\_ that ye have need of things."  
[KNOWETH]
23. "He maketh his sun to rise on the evil and on the \_\_\_\_."  
[GOOD]

# Amazing Grace

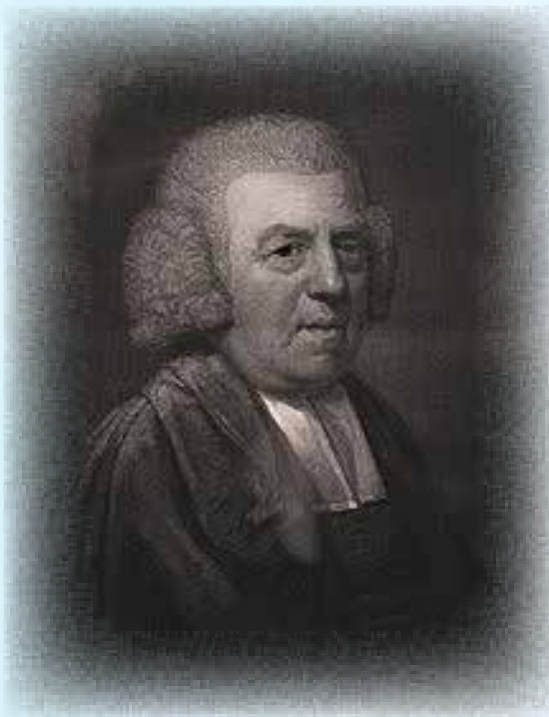
Perhaps best known for penning the timeless hymn, *Amazing Grace*, John Newton's words of conversion have blessed many souls searching for hope and freedom from guilt.

John Newton was born in 1725, and had the privilege of being raised by a Christian mother, until he was seven years old, when she passed away. After just a couple years of schooling, he joined his father at sea. The influences of his friends and the books that he read convinced him to renounce his allegiance to Christ, and pushed him to a life of profligacy and poor choices.

Repeatedly, John disappointed his father's dreams for his life. He was flogged as a Navy deserter. After this, he spent fifteen long months half-starved and ill-treated at a slave trader's camp in Africa. At the age of twenty-three, during a near-death experience of spending a night steering a water-logged vessel, the seeds of hope, planted in his heart so long before, began to take root.

For the next six years, he commanded a slave vessel. As God worked on his heart, he was influenced by such great reformers as William Wilberforce and John Wesley. He gave up the slave trade, and devoted himself to God's service—becoming an ordained minister. He

sought to share the miracles that God had performed in his life to save “a wretch like me.”



As he continued to grow in Christ, he became convicted of the evils of the slave trade, and worked tirelessly beside William Wilberforce to end the slave trade and to show the evil and tyranny of this cruel practice.

In 1805, at the age of eighty, he could no longer see to read. However, when asked why he didn't discontinue preaching, he would answer, “What, shall the old African blasphemer stop while he can speak!” His life of reformation, of honesty and candor in sharing what God had done for him, brought many to

a saving knowledge of Jesus Christ.

*“I once was lost, but now am found. Was blind, but now I see!”*

John Newton was laid to rest in 1807. Though his voice is now silent, his songs continue to share blessings to many. His experience with Jesus Christ—the One who was willing to sacrifice His life that we may live—changed John Newton from a profligate infidel to one who committed his life to sharing the good news of salvation with others.



## *He Died for Me*

I saw One hanging on a tree,  
In agony and blood;  
He fixed His loving eyes on me,  
As near His cross I stood.

Sure, never to my latest breath,  
Can I forget that look;  
It seemed to charge me with His death,  
Though not a word He spoke.

My conscience felt and owned the guilt,  
And plunged me in despair:  
I saw my sins His blood had spilt  
And helped to nail Him there.

A second look He gave, which said,  
“I freely all forgive:  
This blood is for your ransom paid,  
I die that you may live.”

O, can it be, upon a tree  
The Savior died for me?  
My soul is thrilled, my heart is filled,  
To think He died for me!

—John Newton

### *Sowing Seeds...*

*by Kathleen Vess*

Sowing without immediately seeing results can be tiring. In the time I've been a mother and a homeschool mom, I have faced discouragement. I have also learned that I need to trust in God to fulfill His promises.

We do not teach our children alone; ministering spirits hover over us to

help us when we need it. And we have the Comforter: the Holy Spirit.

This month has been a month of spiritual contemplation and growth, and I am seeing the tiny buds of faith in my son. We attend a wonderful Seventh-day Adventist church in our hometown. I sowed





the seeds long ago and tried to teach by example. Now I am starting to see results. He will sit with me during prayer time and will listen while I read aloud from God's Word.

As a parent, in order to be able to sow those seeds, you have to take the time to sow them in your own heart. Before I became an Adventist, I never really had a devotional time. Since fully surrendering my heart to Jesus, the need for my private devotional time has grown.

A verse comes to mind: "But seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you," Matthew 6:33, KJV. By seeking first for the kingdom, it makes it easier to share the kingdom with my son. And when seeing those seeds start to sprout, my joy is deepened.

I have tried to foster devotional time with my son — to read God's Word and to pray with him daily. Recently, instead of having to lead him in prayers, he actually prayed on his own. Tears came to my eyes hearing him thank God, in his childlike way, for all the gifts that come from His hand. What really made me cry tears of joy was when he mentioned, "Thank you, Jesus, for Mama." I have seen the first seed sprout in my son's heart. I am rewarded by

seeking first the kingdom of God — and this was added to me. My joy is deepened and my own faith is strengthened.

I encourage you, my brothers and sisters, to take that time for private devotions. The sowing is sweeter and the victory won much stronger when it has happened within your own heart.

I claim a promise from Jeremiah. God plans to prosper me and not harm me. He gives me hope and a future. I know the things I do following His will for me and my son will not be in vain. I will hope in this Promise for the rest of my days. His promises aren't void and empty. They are full of spirit and power.

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Kathleen Vess writes a monthly column for SDA Homeschool Moms. You can find more encouragement at: www.sdahomeschools.org



Greater Love Hath No Man

Many, many years ago, more than five centuries before Christ was born, there lived in Persia a very noted man. He was the ruler of an empire; he was the owner of great wealth; he had almost unlimited power. He was Cyrus, known in history as the founder of the Persian Empire.

Cyrus was eager for conquest, and finally his armies went into Armenia.

In spite of the bravery and courage of the Armenians, Cyrus burned their homes and destroyed their fertile fields, and he put many of the people to death. Then he chose a group of the captives to be taken to Persia as slaves. There were wealthy merchants, intelligent teachers, noted warriors, and brave young men of Armenia. But at the very head of the line of captives to leave the land were the king of Armenia and his wife, and the king's son, Tigranes, with his wife and children.

One morning, many days after they had been brought to Persia, the royal prisoners were summoned to appear before the king. What did it mean?

Were they to be put to death? Were they to be separated?

In one of the great rooms of the palace, Cyrus, king of Persia, awaited the captives. The room was hung with costly tapestries and was full of rare things brought from the conquered countries. The king was dressed in all his beautiful robes, for he wished to awe the prisoners.

Slowly, but with great dignity, they



came before the great Cyrus. One after another they bowed low before him in token of their servitude. Then Cyrus looked at them. The old king of Armenia was bent with all his years of service for his people, but Tigranes stood before him with all the pride of the son of a king. Cyrus admired him.

“Tigranes,” spoke King Cyrus, “what shall your ransom be?” Long the king waited while Tigranes bowed his head in thought.

“Tigranes,” said the king a second time, “what shall your ransom be?”

Then the bowed head was slowly raised to the king, and placing an arm about the beautiful woman by his side, he said:

“O Cyrus, great king of Persia, do with me what you will, but spare the life of my beautiful wife. Let her go back free to my country, that she may give her life to our little ones. Gladly will I give my life and possessions as a ransom for her life.”

Though Cyrus was a great warrior and a powerful ruler, he had a kindly, noble heart, and he was deeply moved by the love of the prince.

“You shall all be free,” he cried.

“Tigranes, you shall take your beautiful wife back to home and country as an appreciation of your own nobleness and loyalty. May others learn to love like you.”

The royal Armenian family bowed low, and Tigranes led the way from the presence of the king. His face beamed with happiness as he looked at the woman by his side. They were free, free!

“And what thought you of Cyrus?” asked the father.

“Did you note his majesty?” said Tigranes’ mother.

“Such a beautiful room in which he received us,” said one of the children.

But the wife of Tigranes spoke no word. At last Tigranes said to her:

“My wife, what thought you of the great king?”

“The king? Why, I did not see him!” said she.

“You did not see him!” exclaimed Tigranes.

“Ah, my husband,” she said, laying her hand lovingly on his arm and looking earnestly into his face, “I saw no man save the one who for love of me offered to lay down his life. My eyes and my heart had no room for anyone else. No king is more great or more noble than the one who for love’s sake has ransomed me.”

—Selected

He Took My Whipping for Me

Mr. A. C. Dixon, the Baptist preacher, who was born in the mountains of Virginia, relates the following:

Years ago there was a certain school in this section which no teacher could handle. The boys were so rough that the teachers resigned.

A young bright-eyed teacher applied, and the old director scanned him, then said, "Young feller, do you know what you are asking? An awful beatin'! Every teacher we have had for years has had to take it."

He replied, "I'll risk it."

Finally, he appeared for duty. One big fellow, Tom, whispered, "I won't need any help, I can lick him myself."

The teacher said, "Good morning boys, we have come to conduct school!" They yelled at the top of their voices. "Now, I want a good school, but confess I do not know how unless you help me. Suppose we have a few rules. You tell me and I will write them on the blackboard."

One fellow yelled, "No stealin'!" Another yelled, "On time." Finally ten rules appeared.

"Now," said the teacher, "a law is no good unless there is a penalty attached. What shall we do with the one who breaks them?"

"Beat him across the back ten times without his coat on."

"That is pretty severe, boys. Are you ready to stand by it?"



Another yell, and the teacher said, "School comes to order!"

In a day or so "Big Tom" found his dinner was stolen. Upon inquiry the thief was located — a little hungry fellow about ten. The next morning the teacher announced, "We have found the thief and he must be punished according to your rule — ten stripes across the back! Jim, come up here!"

The little fellow, trembling, came up slowly with a big coat fastened up to the neck, and pleaded, "Teacher, you can lick me as hard as you like, but please don't make me take my coat off!"

"Take that coat off; you helped make the rules!"

"Oh, Teacher, don't make me!" He began to unbutton, and the teacher saw the lad had no shirt on, but strings for braces over his little bony body.

"How can I whip this child?" thought he. "But I must do something if I am to keep this school." Everything was quiet as death. "How come you to be without a shirt, Jim?"

He replied, "My father died and my mother is very poor. I have only one shirt to my name, and she is washing that today, and I wore my brother's big coat to keep warm."

The teacher, with rod in hand, hesitated. Just then "Big Tom" jumped to his feet and said, "Teacher, if you don't object, I will take Jim's licking for him."

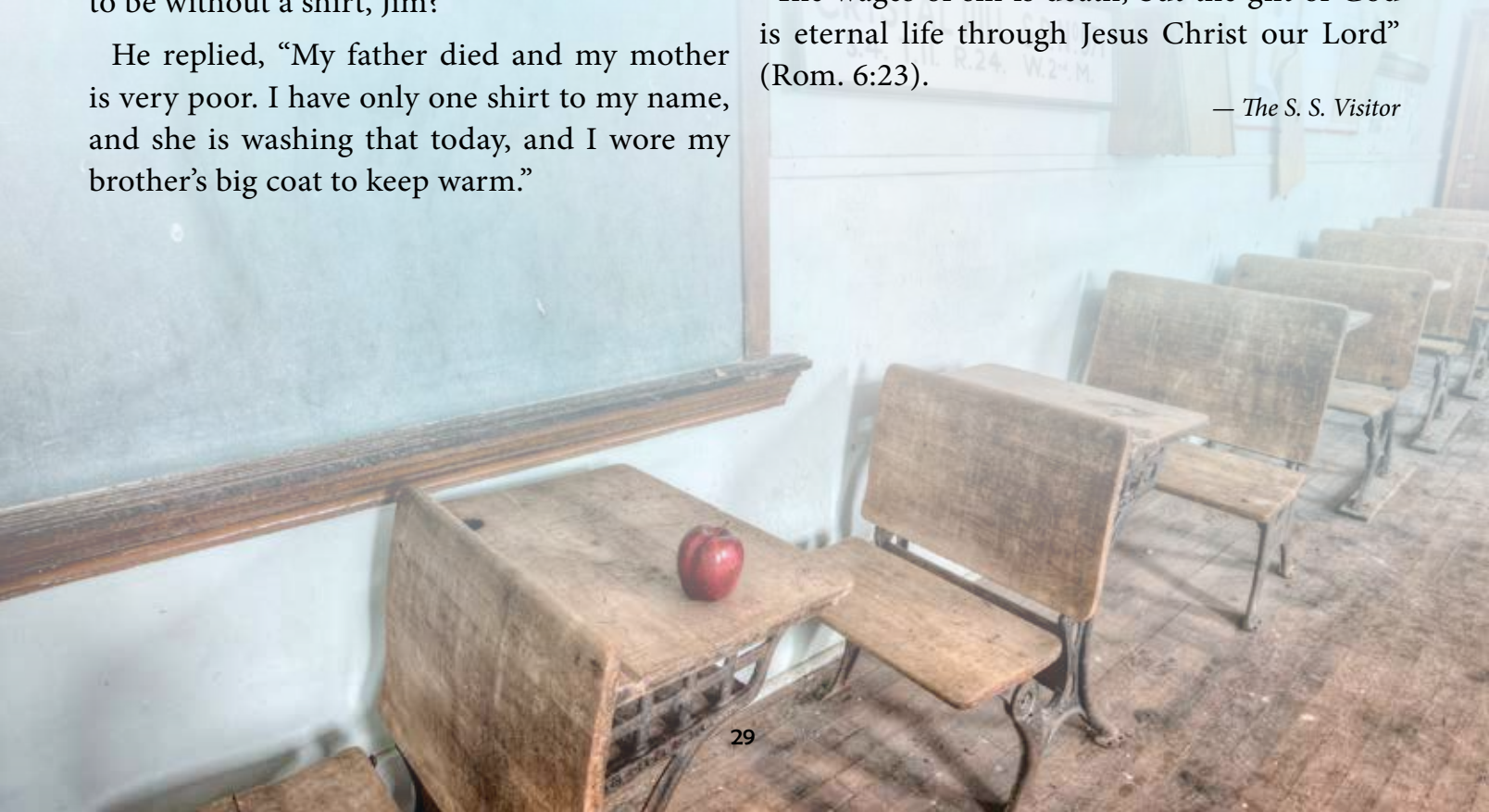
"Very well; there is a certain law that one can become a substitute for another. Are you all agreed?"

Off came Tom's coat, and after five hard strokes the rod broke. The teacher bowed his head in his hands, and thought, "How can I finish this awful task?"

Then he heard the entire school sobbing. He saw that little Jim had reached up and caught Tom with both arms around the neck. "Tom, I was awful hungry. Tom, I'll love you 'til I die for taking my licking for me! Yes, I'll love you forever!"

Sinner friend, you have broken every rule, and deserve death! But Jesus Christ took your scourging for you, died in your stead, and now offers to clothe you with His garments of salvation. Will you not fall at His feet and tell Him you will love and follow Him forever? "The wages of sin is death, but the gift of God is eternal life through Jesus Christ our Lord" (Rom. 6:23).

— The S. S. Visitor



Ginseng Boost



CAPSULES
100

PRICE
\$13.99

Suggested Adult Usage:

Take 1-2 capsules, three times a day on an empty stomach (otherwise with food if not tolerated well).

WARNINGS: Women who are pregnant or individuals taking MAO inhibitor drugs should not use this herb.

Are you constantly dragging? Do you feel like you just don't have the energy you used to? Are you having a hard time remembering even the simplest things? If so, then give Ginseng Boost a try! It boosts energy levels, improves memory and cognitive function, and fights stress!

Are You Stressed, Anxious, Or Sad For No Apparent Reason?

The main ingredient in **Ginseng Boost**, Korean Ginseng (Also known as Asian Ginseng or Panax Ginseng), gives an overall relaxing feeling as it reduces stress & anxiety. Ginseng works in a multi-purpose fashion. It helps regulate hormonal functioning (which reduces fatigue and mood swings), and at the same time, it helps create endorphins, making you happier!

Facts About Korean Ginseng:

- It stimulates the formation of blood vessels and improves blood circulation in the brain, thereby improving memory and cognitive abilities.
- It may inhibit abnormal cell growth.
- It has been used for over 4,000 years and is considered to be the strongest form of ginseng.
- It helps to stimulate production of powerful immune cells called "killer T-cells".
- It balances the release of stress hormones by supporting the organs that produce them (the hypothalamus, the pituitary, and adrenal glands).

Scientific Studies On Ginseng:

- Korean Ginseng has proven successful in relaxing the muscles of the lungs. By relaxing the muscles of the lungs that control the airway, Korean Ginseng may be able to provide some relief for symptoms associated with breathing problems, constriction of the airways, and other lung problems.
- One large study of men taking Korean Ginseng resulted in the increase of sperm count, quality, and movement; ultimately improving overall male fertility. It appears that the chemical makeup of Korean Ginseng helps activate certain hormones in the body leading to induced or increased production.
- Studies show that Korean Ginseng's ability to regulate the immune system can assist in the prevention of both seasonal sickness and serious illness.
- Korean Ginseng contains steroids such as panaxtriol. The steroids are remarkably similar in structure to anabolic steroids found naturally in our body. This makes it ideal for athletes and body builders looking for a natural alternative to anabolic steroids.

What Can Ginseng Boost Do For You?

Energizes the Body Both Physical & Mentally: Ginseng is believed to be a good tonic that benefits one's stamina and helps boost energy levels. It may help athletes use oxygen more effectively, and it is believed to regulate metabolism, which may increase energy levels. Consumption of ginseng may also help athletes lower their recovery time and reduce stress. In addition, ginseng may act as a stimulant for the brain cells and help improve concentration and thinking ability.

May Help Balance Blood Sugar Levels: Studies on ginseng have found that the intake of ginseng may improve blood sugar control by creating sugar-lowering effects in fasting and after-meal blood sugar levels. The effect was noticed even in average blood sugar levels over a three-month period.

Male Sexual Function: Ginseng may help men lessen the symptoms of sex related conditions like erectile dysfunction. Korean Ginseng has long been used to stimulate male sexual function.

May Help Control Weight: Ginseng is a natural appetite suppressant and helps in fighting obesity.

May Help Reduce Stress: Ginseng has been shown to reduce the levels of stress in both men and women. Those that take ginseng regularly are able to withstand higher amounts of physical and emotional stress.

Anti-aging: Ginseng is one of the most effective anti-aging supplements, with the capability of alleviating some major effects of aging such as degeneration of the blood system, and increasing mental and physical capacity.

Hair Growth: Ginseng benefits for hair growth is an exciting part of the research being done using this well-known herb. In Osaka, Japan, there was a study that suggested that the Ginsenoside Ro carbohydrate was shown to help eliminate androgenetic alopecia, commonly known as balding, in men.

Skin Health: Ginseng is excellent for refining and rehydrating the skin effectively. It is also thought to promote skin cell regeneration by increasing oxygenation to skin cells. It also has the effect of boosting blood circulation as well as detoxifying the blood, which is very important to human skin health. Free of toxins, the skin can gain a better complexion and therefore better look.

Women's Health: Ginseng is commonly used in helping women's health issues like abnormal menstruation and strong PMS symptoms. Women in menopause often look to solutions for producing more estrogen with ginseng. It is, quite famously, thought that this stimulation of estrogen in the female ovaries causes a boost in libido in women. Of course, women like men, often like it because it can be useful in weight loss.

Are You Fatigued?

Around 20% of Americans claim to have fatigue intense enough to interfere with normal activities. Physical causes are estimated at 20-60%, and emotional causes are the other 40-80%. **Ginseng Boost** helps to improve symptoms of fatigue, regardless of the cause.

SUPPLEMENT FACTS

| Serving Size: 1 Capsule | | |
|---|--------|-------|
| Servings Per Container: 100 | | |
| Amount Per Serving | | % DV* |
| Panax Ginseng | 650 mg | † |
| *Percent Daily Value based on a 2,000 calorie diet. | | |
| †Percent Daily Value not established. | | |
| Vegetarian Capsule Ingredient: Pine Tree Pulp | | |

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