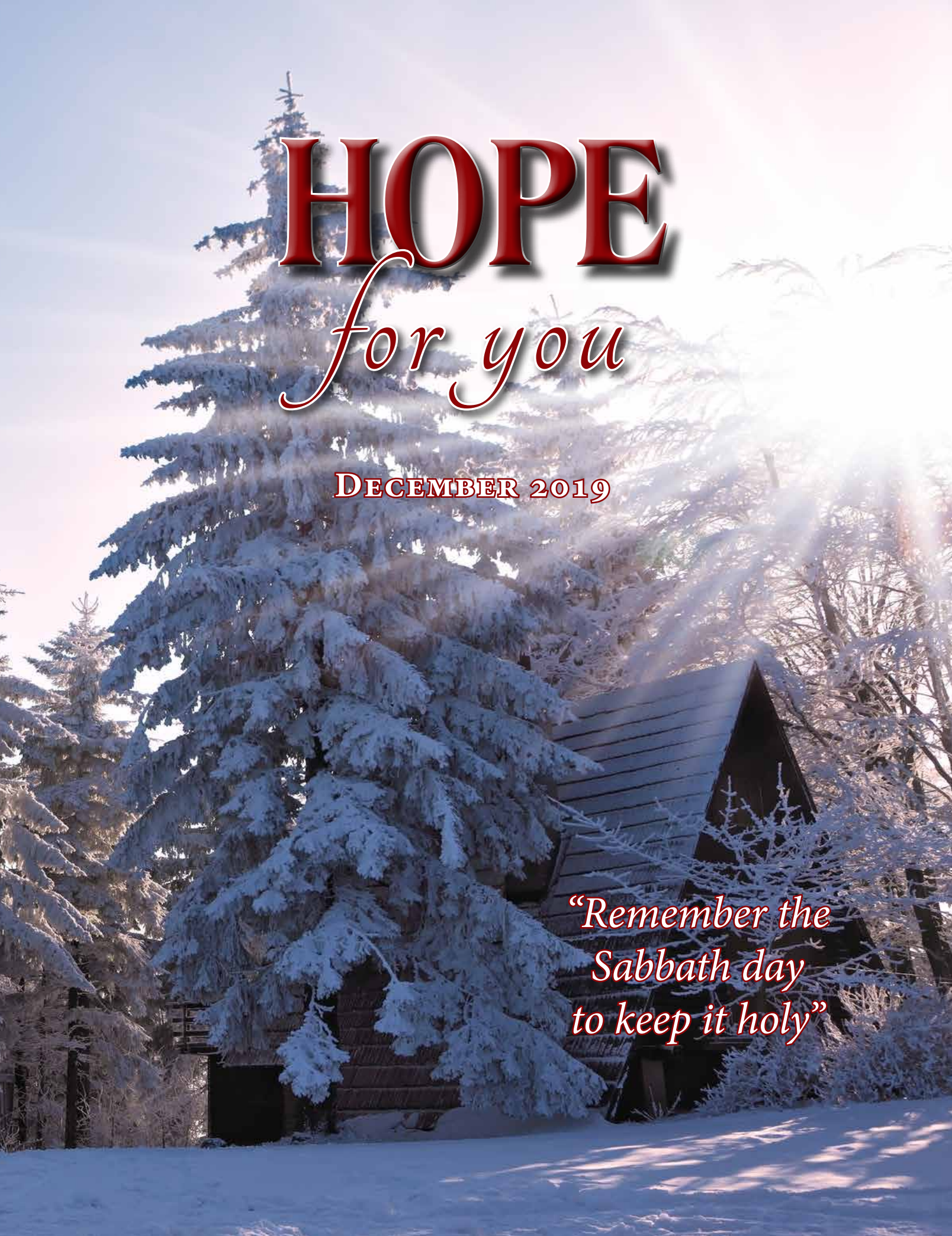
HOPE
for you
December 2019
"Remember the
Sabbath day
to keep it holy"

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 the year is coming to a close, we want to take a moment to thank you for your support and encouragement during the first year of our new magazine, HOPE *for you*. We have appreciated your words of blessing and guidance, as well as the sacrifices you have made to help make this magazine and its distribution possible.

When we think of those we love, we often wish for more time to spend with them. Being originally formed in the image of God, I believe that this desire mirrors God's desire to spend time with those He loves—every one of us. In the very beginning, before there was a trace of sin, of sorrow, or of separation, God created the gift of time to spend with those He loved. In His wisdom, He made sure that we had a weekly opportunity to come away and rest in His love—to be refreshed with strength as we faced a new week. At the end of His week of incredible creation, He created this gift of time—an entire day to spend with His children.

In our lives, often filled with frenetic activity, God offers us this special gift—a gift of quietude and a moment of peace—the Sabbath. I am so thankful for the love of God that gives His children a 24-hour period in which they need not worry or work, a time to worship God and to witness for Him. When I awake Sabbath morning, I often think, "Oh, I need to work on this!" Just as quickly as the thought comes, another overtakes it: "No, it's Sabbath! I don't have to work on or even think about that today." The rest and peace that the Sabbath brings is truly a Heavenly gift!

As you read this issue of HOPE *for you*, may you gain a special sense of the love of God in setting apart a 24-hour period each week for His children to rest and rejuvenate. May your heart be filled with thankfulness for the care God has for each of us.

Blessings,

The 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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Managing Editor: Dan Olson • Assistant Editor: Beth Barnes • Layout & Design: Barnes Printing - www.barnesprinting.com

In This Issue...

The Sabbath institution, which originated in Eden, is as old as the world itself.

God made the lofty trees, and put the covering upon every flower. He gave to each one its tints, and the Lord of heaven made man and gave him the Sabbath. What for? For all the posterity of Adam. It was a gift to all his posterity. If man had always obeyed the fourth commandment there never would have been an infidel in the world, because it testified that the Lord made the heaven and the earth, the sea and all that in them is; wherefore the Lord blessed the Sabbath day, and hallowed it.

—E. G. White

The Sabbath

by E. G. White

The Sabbath was hallowed at the creation. As ordained for man, it had its origin when "the morning stars sang together, and all the sons of God shouted for joy." Job 38:7. Peace brooded over the world; for earth was in harmony with heaven. "God saw everything that He had made, and, behold, it was very good;" and He rested in the joy of His completed work. Genesis 1:31.

Because He had rested upon the Sabbath, "God blessed the seventh day, and sanctified it,"--set it apart to a holy use. He gave it to Adam as a day of rest. It was a memorial of the work of creation, and thus a sign of God's power and His love. The Scripture says, "He hath made His wonderful works to be remembered." "The things that are made," declare "the invisible things of Him since the creation of the world," "even His everlasting power and divinity." Genesis 2:3; Psalm 111:4; Romans 1:20, R. V.

All things were created by the Son of God. "In the beginning was the Word, and the Word was with God. . . . All things were made by Him; and without Him was not anything made that was made." John 1:1-3. And since the Sabbath is a memorial of the work of creation, it is a token of the love and power of Christ.

The Sabbath calls our thoughts to nature, and brings us into communion with the Creator. In the song of the bird, the sighing of the trees, and the music of the sea, we still may hear His voice who talked with Adam in Eden in the cool of the day. And as we behold His power in nature we find comfort, for the word that created all things is that which speaks life to the soul. He "who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ." 2 Corinthians 4:6.

It was this thought that awoke the song,—

"Thou, Lord, hast made me glad through Thy work;

I will triumph in the works of Thy hands.

O Lord, how great are Thy works!

And Thy thoughts are very deep."

Psalm 92:4, 5.

And the Holy Spirit through the prophet Isaiah declares: "To whom then will ye liken God? or what likeness will ye compare unto Him? . . . Have ye not known? have ye not heard? hath it not been told you from the beginning? have ye not understood from the foundations of the earth? It is He that sitteth upon the circle of the earth, and the inhabitants thereof are as grasshoppers; that stretcheth out the heavens as a curtain, and spreadeth them out as a tent to dwell in. . . . To whom then will ye liken Me, or shall I be equal? saith the Holy One. Lift up your eyes on high, and behold who hath created these things, that bringeth out their host by number: He calleth them all by names by the greatness of His might, for that He is strong in power; not one faileth. Why sayest thou, O Jacob, and speakest, O Israel, My way is hid from the Lord, and my judgment is passed over from my God? Hast thou not known? hast thou not heard, that the everlasting God, the Lord, the Creator of the ends of the earth, fainteth not, neither is weary? . . . He giveth power to the faint; and to them that have no might He increaseth strength." "Fear thou not; for I am with thee: be not

dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of My righteousness." "Look unto Me, and be ye saved, all the ends of the earth: for I am God, and there is none else." This is the message written in nature, which the Sabbath is appointed to keep in memory. When the Lord bade Israel hallow His Sabbaths, He said, "They shall be a sign between Me and you, that ye may know that I am Jehovah your God." Isaiah 40:18-29; 41:10; 45:22; Ezekiel 20:20, R. V. …

The Sabbath was not for Israel merely, but for the world. It had been made known to man in Eden, and, like the other precepts of the Decalogue, it is of imperishable obligation. Of that law of which the fourth commandment forms a part, Christ declares, "Till heaven and earth pass, one jot or one tittle shall in nowise pass from the law." So long as the heavens and the earth endure, the Sabbath will continue as a sign of the Creator's power. And when Eden shall bloom on earth again, God's holy rest day will be honored by all beneath the sun. "From one Sabbath to another" the inhabitants of the glorified new earth shall go up "to worship before Me, saith the Lord." Matthew 5:18; Isaiah 66:23.

No other institution which was committed to the Jews tended so fully to distinguish them from surrounding nations as did the Sabbath. God designed that its observance should designate them as His worshipers. It was to be a token of their separation from idolatry, and their connection with the true God. But in order to keep the Sabbath holy, men must themselves be holy. Through faith they must become partakers of the righteousness of Christ. When the command was given to Israel, "Remember the Sabbath day, to keep it holy," the Lord said also to them, "Ye shall be holy men unto Me." Exodus 20:8; 22:31. Only thus could the Sabbath distinguish Israel as the worshipers of God.

As the Jews departed from God, and failed to make the righteousness of Christ their own by faith, the Sabbath lost its significance to them. Satan was seeking to exalt himself and to draw men away from Christ, and he worked to pervert the Sabbath, because it is the sign of the power of Christ. The Jewish leaders accomplished the will of Satan by surrounding God's rest day with burdensome requirements. In the days of Christ the Sabbath had become so perverted that its observance reflected the character of selfish and arbitrary men rather than the character of the loving heavenly Father. The rabbis virtually represented God as giving laws which it was impossible for men to obey. They led the people to look upon God as a tyrant, and to think that the observance of the Sabbath, as He required it, made men hard-hearted and cruel. It was the work of Christ to clear away these misconceptions. Although the rabbis followed Him with merciless hostility, He did not even appear to conform to their requirements, but went straight forward, keeping the Sabbath according to the law of God.

Upon one Sabbath day, as the Saviour and His disciples returned from the place of worship, they passed through a field of ripening grain. Jesus had continued His work to a late hour, and while passing through the fields, the disciples began to gather the heads of grain, and to eat the kernels after rubbing them in their hands. On any other day this act would have excited no comment, for one passing through a field of grain, an orchard, or a vineyard, was at liberty to gather what he desired to eat. See Deuteronomy 23:24, 25. But to do this on the Sabbath was held to be an act of desecration. Not only was the gathering of the grain a kind of reaping, but the rubbing of it in the hands was a kind of threshing. Thus, in the opinion of the rabbis, there was a double offense.

The spies at once complained to Jesus, saying, "Behold, Thy disciples do that which is not lawful to do upon the Sabbath day."

When accused of Sabbathbreaking at Bethesda, Jesus defended Himself by affirming His Sonship to God, and declaring that He worked in harmony with the Father. Now that the disciples are attacked, He cites His accusers to examples from the Old Testament, acts performed on the Sabbath by those who were in the service of God.

The Jewish teachers prided themselves on their knowledge of the Scriptures, and in the Saviour's answer there was an implied rebuke for their ignorance of the Sacred Writings. "Have ye not read so much as this," He said, "what David did, when himself was an hungered, and they which were with him; how he went into the house of God, and did take and eat the shewbread, . . . which it is not lawful to eat but for the priests alone?" "And He said unto them, The Sabbath was made for man, and not man for the Sabbath." "Have ye not read in the law, how that on the Sabbath days the priests in the temple profane the Sabbath, and are blameless? But I say unto you, That in this place is one greater than the temple." "The Son of man is Lord also of the Sabbath." Luke 6:3, 4; Mark 2:27, 28; Matthew 12:5, 6.

If it was right for David to satisfy his hunger by eating of the bread that had been set apart to a holy use, then it

was right for the disciples to supply their need by plucking the grain upon the sacred hours of the Sabbath. Again, the priests in the temple performed greater labor on the Sabbath than upon other days. The same labor in secular business would be sinful; but the work of the priests was in the service of God. They were performing those rites that pointed to the redeeming power of Christ, and their labor was in harmony with the object of the Sabbath. But now Christ Himself had come. The disciples, in doing the work of Christ, were engaged in God's service, and that which was necessary for the accomplishment of this work it was right to do on the Sabbath day.

Christ would teach His disciples and His enemies that the service of God is first of all. The object of God's work in this world is the redemption of man; therefore that which is necessary to be done on the Sabbath in the accomplishment of this work is in accord with the Sabbath law. Jesus then crowned His argument by declaring Himself the "Lord of the Sabbath,"--One above all question and above all law. This infinite Judge acquits the disciples of blame, appealing to the very statutes they are accused of violating.

Jesus did not let the matter pass without administering a rebuke to His enemies. He declared that in their blindness they had mistaken the object of the Sabbath. He said, "If ye had known what this meaneth, I will have mercy, and not sacrifice, ye would not have condemned the guiltless." Matthew 12:7. Their many heartless rites could not supply the lack of that truthful integrity and tender love which will ever characterize the true worshiper of God. …

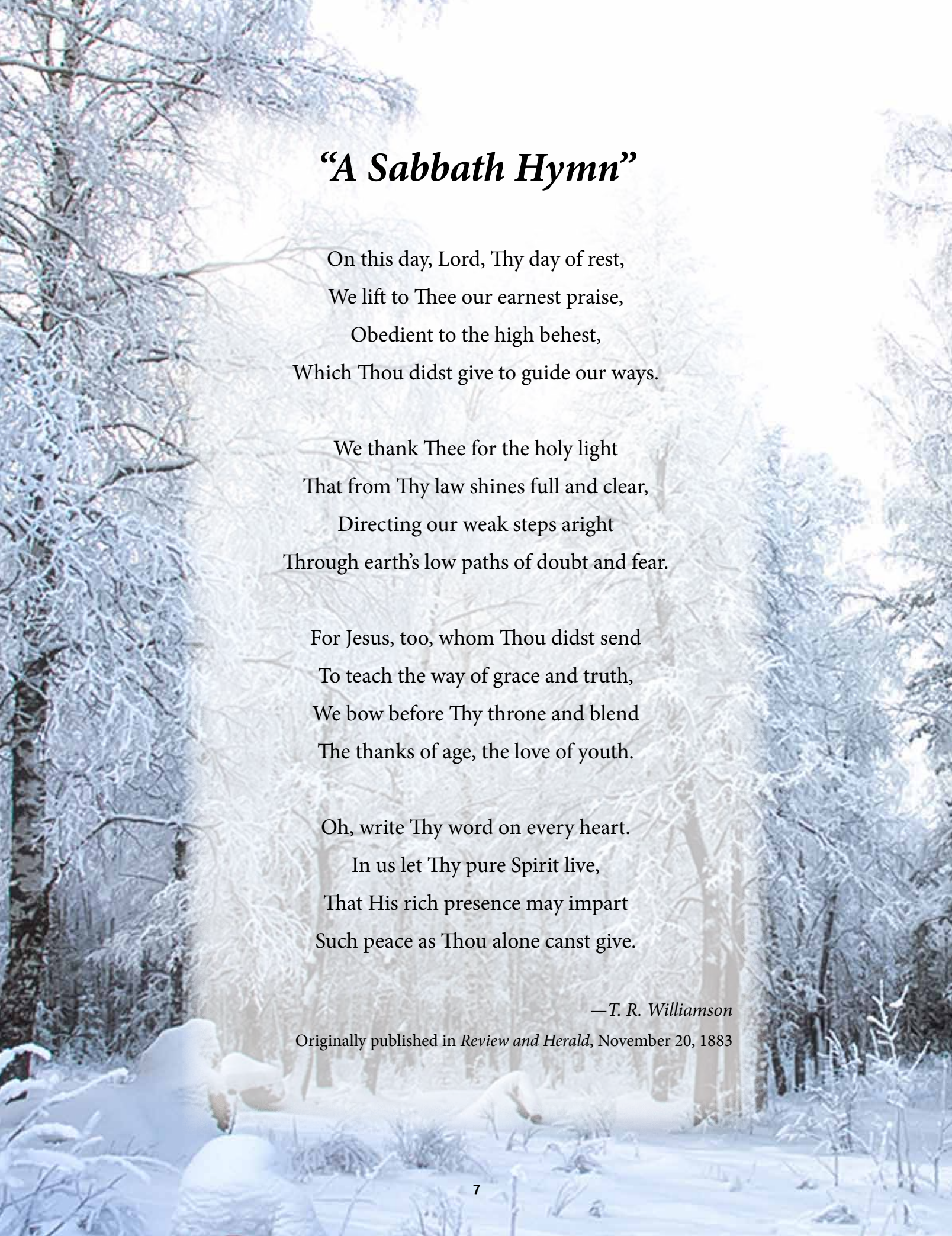
Upon another Sabbath, as Jesus entered a synagogue. He saw there a man who had a withered hand. The Pharisees watched Him, eager to see what He would do. The Saviour well knew that in healing on the Sabbath He would be regarded as a transgressor, but He did not hesitate to break down the wall of traditional requirements that barricaded the Sabbath. Jesus bade the afflicted man stand forth, and then asked, "Is it lawful to do good on the Sabbath days, or to do evil? to save life, or to kill?" It was a maxim among the Jews that a failure to do good, when one had opportunity, was to do evil; to neglect to save life was to kill. Thus Jesus met the rabbis on their own ground. "But they held their peace. And when He had looked round about on them with anger, being grieved for the hardness of their hearts, He saith unto the man, Stretch forth thine hand. And he stretched it out: and his hand was restored whole as the other." Mark 3:4, 5.

When questioned, "Is it lawful to heal on the Sabbath days?" Jesus answered, "What man shall there be among you, that shall have one sheep, and if it fall into a pit on the Sabbath day, will he not lay hold on it, and lift it out? How much then is a man better than a sheep? Wherefore it is lawful to do well on the Sabbath days." Matthew 12:10-12. …

In the healing of the withered hand, Jesus condemned the custom of the Jews, and left the fourth commandment standing as God had given it. "It is lawful to do well on the Sabbath days," He declared. By sweeping away the senseless restrictions of the Jews, Christ honored the Sabbath, while those who complained of Him were dishonoring God's holy day. …

"Wherefore the Son of man is Lord also of the Sabbath." These words are full of instruction and comfort. Because the Sabbath was made for man, it is the Lord's day. It belongs to Christ. For "all things were made by Him; and without Him was not anything made that was made." John 1:3. Since He made all things, He made the Sabbath. By Him it was set apart as a memorial of the work of creation. It points to Him as both the Creator and the Sanctifier. It declares that He who created all things in heaven and in earth, and by whom all things hold together, is the head of the church, and that by His power we are reconciled to God. For, speaking of Israel, He said, "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,"--make them holy. Ezekiel 20:12. Then the Sabbath is a sign of Christ's power to make us holy. And it is given to all whom Christ makes holy. As a sign of His sanctifying power, the Sabbath is given to all who through Christ become a part of the Israel of God.

And the Lord says, "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, honorable; . . . then shalt thou delight thyself in the Lord." Isaiah 58:13, 14. To all who receive the Sabbath as a sign of Christ's creative and redeeming power, it will be a delight. Seeing Christ in it, they delight themselves in Him. The Sabbath points them to the works of creation as an evidence of His mighty power in redemption. While it calls to mind the lost peace of Eden, it tells of peace restored through the Saviour. And every object in nature repeats His invitation, "Come unto Me, all ye that labor and are heavy-laden, and I will give you rest." Matthew 11:28.



"A Sabbath Hymn"

On this day, Lord, Thy day of rest,
We lift to Thee our earnest praise,
Obedient to the high behest,
Which Thou didst give to guide our ways.

We thank Thee for the holy light
That from Thy law shines full and clear,
Directing our weak steps aright
Through earth's low paths of doubt and fear.

For Jesus, too, whom Thou didst send
To teach the way of grace and truth,
We bow before Thy throne and blend
The thanks of age, the love of youth.

Oh, write Thy word on every heart.
In us let Thy pure Spirit live,
That His rich presence may impart
Such peace as Thou alone canst give.

—T. R. Williamson

Originally published in *Review and Herald*, November 20, 1883

Ultra Fighter

CAPSULES	PRICE
90	$17.99
180	$29.99

Suggested Adult Usage:
If you feel like you might be coming down with something: Take 2 capsules, 2-4 times per day on an empty stomach (otherwise with food if not tolerated well).

If you are currently under the weather: Take 2-4 capsules every 4 hours on an empty stomach (otherwise with food if not tolerated well) until the symptoms subside (no longer than 10 days at a time).

Ingredients:

Echinacea Extract - A powerful herb that helps to balance and strengthen the immune system, decrease inflammation, and reduce symptoms.

Garlic Extract (odorless) - Boosts and supports the immune system, aids circulation.

Burdock Root Powder - Used as a blood purifier to cleanse the bloodstream of toxins. Promotes healthy cell growth.

Ganoderma Mycelium - Acts as a regulator that fine tunes the immune system and is very high in antioxidants.

Molkosan - May help control the spread of germs on the skin and the digestive tract.

Red Clover Blossom Powder - Improves circulation which helps purify the body and speed recovery.

Turmeric Extract - It's anti-inflammatory benefits aid the immune system and ease discomfort.

Olive Leaf Extract - Eliminates free radicals in the system, also helps reduce the production of micro-toxins in the body that can cause discomfort.

Astragalus Root - Helps to support and maintain a strong and healthy immune system.

Barberry - Helps decrease swelling, inflammation, and has a cooling effect on the body.

Grapefruit Seed Extract - It naturally detoxifies, enhances, and supports the immune system.

Neem Oil - Strengthens the immune system.

Pau D' Arco - Provides nutritional support for the immune system.

Goldenseal Powder - It dramatically boosts the immune system. Encourages healthy cell growth and destroys microtoxins.

Caprylic Acid - A fatty acid derived from coconut oil that increases energy levels, encourages healthy cell growth, and strengthens the immune system.

Feel sick? Immune system down? Sensing sickness coming on? Fight back today! Ultra Fighter is our one-two punch for taking down the bugs trying to take YOU down! There is nothing like not feeling good and not being able to do anything about it. That is where our all-natural Ultra Fighter comes in! We have the answer for those times when you feel you are coming down with a bug! Knock out the scratchy throat, the aches and discomfort, the chills, and congestion with Ultra Fighter before the bug has time to knock YOU down! Throw the first punch with Ultra Fighter!

Ultra Fighter:

- Supports the immune system
- Does not disrupt the healthy flora balance
- Is safe and mild on the system - no risky side effects
- Increases the activity of white blood cells, raising the level of interferon and stimulating blood cells to engulf invading microbes
- Is a powerful antioxidant that can diminish bacteria that may cause skin eruptions
- Has been shown to ease inflammation and infections, particularly of the respiratory system, the bladder, and urinary tract

Customer Testimonials:

"We use these when we feel like we're coming down with something and they usually help." ~C.S.

"Taking 1-2 of these a day over the winter & haven't been sick since!" ~A.P.

Ultra Fighter is a must - have herbal defender - it will strengthen and protect your body in times of stress and seasonal change!

SUPPLEMENT FACTS

Serving Size: 2 capsules
Servings Per Container: 45

Amount Per Serving		%DV
Echinacea Extract	300 mg	*
Garlic Extract (odorless)	200 mg	*
Burdock Root Powder	150 mg	*
Ganoderma Mycelium	100 mg	*
Molkosan	100 mg	*
Red Clover Blossoms Powder	100 mg	*
Turmeric Extract	100 mg	*
Olive Leaf Extract	75 mg	*
Astragalus Root	50 mg	*
Barberry	50 mg	*
Grapefruit Seed Oil Extract	50 mg	*
Neem Oil	50 mg	*
Pau D'Arco	40 mg	*
Goldenseal Powder	25 mg	*
Caprylic Acid	20 mg	*

*Daily Value not established.

Veggie Capsule Ingredient: Pine Tree Pulp

Ultra-Fighter

by Dr. Kaye Olson, ND

This month we would like to direct your attention to the **Ultra Fighter.** If you have never heard about the **Ultra Fighter**, prepare to be amazed!

This unique blend of herbs has made a believer out of even the biggest skeptics. If you are already a believer in natural remedies and herbal supplements, you may have tried to reach out to friends and family members concerning the benefits of natural health solutions. You may have found this to be a frustrating experience! We share your pain! Our staff has always felt a burden to have family members or friends try our Hope for Health products because we know how effective they are. And yet, even with all the testimonies we receive from customers, even with all the scientific evidence we have, we are often met with resistance.

However, the one exception is Ultra Fighter. This is one product that most people are willing to try. When you are down with a bug, missing work or school, you are usually willing to try anything. We have had a 99.5% success rate with these usual "non-herbal believers."

Ultra Fighter is a unique blend that Hope for Health has developed to give the immune system the extra punch it needs. This is particularly helpful during the winter months when sickness is more prevalent.

Why is Hope for Health always talking about boosting, supporting, and improving the immune system? The immune system is *THE* system in our body that keeps us safe from infection and sickness. Our immune system plays a crucial role in maintaining proper health, actually keeping us alive!

Any harmful bacteria or other agent that enters our body is prevented from causing damage to the body because the immune system deals with it. The immune system is like a bouncer at the door of our body keeping out the bad guys. We live in a world filled with billions and billions of germs. Every time we inhale a breath of air, every drop of water we drink, every bite of food we eat, every surface we touch, has the potential to expose us to billions of germs. If our bodies are not protected, we are vulnerable to attack by this army of germs! A strong immune system will be able to fight against all these germs and keep us protected.

This is going to be a little gross, but it is an excellent illustration. When someone dies, their immune system *(along with everything else)* shuts down. In a matter of hours, all sorts of bacteria, microbes, and parasites invade the body. None of these things are able to get in when your immune system is working, but the moment your immune system stops, the door is wide open. Once you die, it only takes a few weeks for these organisms to completely dismantle your body and carry it away, leaving only a skeleton. Obviously, your immune system is doing something amazing to keep all of that dismantling from happening while you are alive!

Long story short, it is very important to be kind to your immune system. If you give it a boost and lots of support, it will protect you!

You may be familiar with some of the herbs present in Ultra Fighter; perhaps you have taken them as individual herbs. However, as good as the individual herbs are, when combined with each other they are a force to be reckoned with! You won't find any nasty germs that can withstand the one-two punch of Ultra Fighter!

Here is a brief look at some of Ultra Fighter ingredients (see the full list on page 8):

Echinacea

If you suffer from recurring infections, such as ear infections, the echinacea in Ultra Fighter may be the answer for you. Echinacea will help your body understand the infection better; it will acquaint your body with this type of infection so it is ready to stop it from happening again. Isn't that an amazing concept? The immune system has a memory. It keeps a record of the infections that want to harm you, and it builds up a defense for these known invaders.

Burdock Root

Burdock root contains powerful antioxidants, substances that help protect your body from free radicals, which are the unstable molecules that damage healthy cells.

Traditionally, burdock root has been used as a blood purifier, clearing toxins from the bloodstream.

Astragalus Root

This root is often combined with other herbs, such as in Ultra Fighter, to strengthen the body against illness. Astragalus is called an adaptogen, meaning that it helps to protect the body against various stresses, including physical, mental, or emotional stress. Astragalus has antibacterial, antiviral, and anti-inflammatory properties.

Pau d'Arco

Pau d'Arco is considered to be an analgesic, antioxidant, anti-parasitic, antimicrobial, antiviral, astringent, anti-inflammatory, antibacterial, anti-fungal, and laxative. It has a long tradition of helping with respiratory conditions, coughs, fevers, and various infectious health problems.

Goldenseal

Goldenseal has numerous uses that are attributed to its antibiotic, anti-inflammatory, and astringent properties. It soothes irritated mucous membranes, supporting the health of the eyes, ears, nose, and throat. Taken at the first signs of respiratory problems, goldenseal in Ultra Fighter may help to keep further symptoms from developing. It has also been used to help reduce fevers, and to relieve congestion and excess mucus.

We told you to be prepared to be amazed! Are you convinced that you need to support your immune system? We hope that you will seriously consider this all-natural, thoroughly-proven, easy-to-take, immune-strengthening, must-have tough fighter for you and your family!

Ultra Fighter is safe for your unique system—no risky side effects!

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.

Odorless Garlic

CAPSULES	PRICE
120	$14.99

Suggested Adult Usage:
Take 2 capsules twice a day with food.

Garlic may help calm the stomach, improve circulation, and support healthy cardiovascular function! In fact, more than 250 publications have shown that garlic supports and strengthens the cardiovascular system! This odorless formula is designed to give you the amazing health benefits of garlic without the offensive odor associated with it!

Amazing Garlic Facts:

- Garlic is considered both a vegetable and an herb and is a member of the lily family.
- Garlic has been used medicinally for thousands of years since ancient Greek and Roman times.
- Garlic contains 17 amino acids. Amino acids are essential to nearly every bodily function, and make up 75% of the human body. Every chemical reaction that takes place in your body depends on amino acids and the proteins that they build.
- Fresh garlic is an excellent source of allicin, a compound that causes blood vessels to open up so they can carry greater amounts of blood and oxygen to the heart.
- There are over 300 varieties of garlic grown worldwide. One of the most common varieties is American garlic, with white, papery skin and strong flavor. Italian and Mexican garlic have a pinkish-purple skins and slightly milder-flavored varieties.
- Compounds found in garlic also help to prevent platelet clumping. In this way, garlic acts as a natural blood thinner. This is why garlic compounds should be used with caution in people who are taking prescription blood thinners or aspirin.
- April 19th is National Garlic Day.
- Hippocrates, Aristotle and Pliny cited numerous therapeutic uses for garlic.
- Builders of the ancient pyramids were said to eat garlic daily for enhanced endurance and strength.
- Garlic provides sulfur compounds that are beneficial to the circulatory system and help maintain healthy cholesterol levels.
- Roman emperors couldn't eat enough garlic, as it was considered an antidote to poisons which were very popular in certain political circles of the time.
- If your rose garden is being attacked by aphids, an excellent home remedy to get rid of them is to spritz the leaves and blooms with a mixture of crushed garlic and water.

Our **Odorless Garlic** Can Help:

- Support healthy blood pressure & cholesterol levels
- Fight infections
- Maintain a healthy body weight
- Purify the blood
- Fight various illnesses
- Boost energy levels
- Regulate and improve intestinal health
- Fight and expel parasites and worms
- Maintain a healthy blood sugar level
- Reduce sensitivity to allergens and strengthen the body's defenses against allergies
- Boost the immune system by supporting the body's "natural killer" cells
- Garlic also promotes increased bile production to help reduce levels of fat in the liver

SUPPLEMENT FACTS

Serving Size: 2 capsules
Servings Per Container: 60

Amount Per Serving		% DV*
100% Garlic (Odorless)	1400 mg	†

*Percent Daily Values based on a 2,000 calorie diet
†Percent Daily Value not established

Vegetarian Capsule Ingredient: Pine Tree Pulp

Garlic & Weight Loss

Allicin is the most potent substance found in garlic and this has been shown to prevent weight gain in laboratory animals fed a sugar rich diet. A study published in the American Journal of Hypertension reported that animals were given either allicin or served as a control.

Although all of the animals consumed the same amount of food, weight rose only in the control group whereas the animals who were being supplemented with allicin maintained stable weight or a slight decrease was actually noticed.

Garlic & The Immune System

Research has proven that garlic can suppress the growth of unhealthy cells. Recently, researchers have published summaries of some of the positive data on garlic. They found that garlic is able to stimulate T-lymphocyte and macrophage action, promote interleukin-1 levels, and support natural killer cells. Strong activity of these key cells promotes healthy immune system function, and strengthens the body's defenses.

Garlic & The Heart

Garlic is regarded as one of the most effective remedies to help maintain a normal blood pressure. The positive effect of garlic on your circulatory system is extremely well documented and it has shown to calm the pulse, support normal heart rhythm, and relieve symptoms such as: dizziness, shortness of breath, and chest pain.

Natural Antibacterial

The Spanish have long used garlic as a preservative which helps to add credence to it's anti-bacterial properties and whole books have been devoted to the health benefits of this herb!

The Sabbath Memorial

by F. A. Barnes

"Thus the heavens and the earth were finished, and all the host of them. 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." Genesis 2:1-3.

With each day of this creation week we find the words, "And the evening and the morning were the first day…And the evening and the morning were the second day…And the evening and the morning were the third day," etc., right on down to the seventh day. All *Bible-believing* Christians agree that God created the world in six literal days and rested on the seventh.

"The works of the LORD are great, sought out of all them that have pleasure therein…He hath made his wonderful works to be remembered." Psalm 111:2, 4.

The greatest physical work on record is the creation of the heavens and the earth, and God has provided a way whereby this wonderful work is to be remembered. He blessed the seventh day and sanctified it. We are told that it was Jesus who created all things. "For by him were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities or powers: all things were created by him and for him." "God, who at sundry times and in divers manners spake in time past unto the fathers by the prophets, Hath in these last days spoken unto us by his Son, whom he hath appointed heir of all things, by whom also he made the worlds." Colossians 1:16; Hebrews 1:1, 2. Therefore, it was Jesus who rested with the Father on that first Sabbath day, and it was Jesus who blessed it and sanctified it. Christ could rightfully claim to be "Lord also of the Sabbath." Mark 2:28.

He did not rest because of weariness, for the Creator cannot be wearied (Isaiah 40:28). He made the seventh day His rest day in order that He might establish an everlasting memorial of His creation. He did not bless

the day that He was about to rest upon, but rather, He blessed the day because He had rested on it, thereby showing that it was not just that first seventh day that was blessed, but every seventh day from that time forward. Further, He did not sanctify (set apart for holy use) that first seventh day before he rested on it, but after He had rested on it. Now it is clearly seen that it makes no sense to sanctify something that is finished and gone, therefore it only follows that the seventh day of every successive week was thus sanctified. It should also be noted that there is nothing "shadowy" in this great memorial as it draws the mind back to God's wonderful creative work and His day of rest. Sabbath comes from the Hebrew word *shabbath,* which means rest, for God rested that day and calls on mankind to follow his example.

Many who oppose the Sabbath raise the objection that the commandment for its observance was not given until Sinai. They would have us believe that God blessed and sanctified the day, but then waited nearly 2,500 years before giving it to anyone. Everything God made was in full function and operation from the day He made it. The sun and moon ruled the day and night, stars and planets shined in the firmament. Herbs reproduced from seed after their own kind and provided food for all living creatures. Trees bore fruit, birds were winging through the air, the waters were teeming with fish reproducing after their own kind, and Adam and Eve were enjoying the pleasant task of keeping the garden—all this from the very time of creation. Are we to believe that God would make the Sabbath, establish it as a memorial of all this creation, but unlike everything else that was made, not reveal it to Adam and all those generations of people who lived before Moses?

Is a specific command needed prior to Sinai in order to believe the Sabbath was observed before that time? If this is true, we should also look for specific commands regarding the other nine commandments before Sinai. While it is evident that the people were aware that killing, stealing, adultery and dishonoring parents were wrong, there was no specific commandment given in writing that we can find.

When Jesus was asked about divorce, what did He say? "Moses because of the hardness of your hearts suffered you to put away your wives: but from the beginning it was not so." Matthew 19:8. There was no written law expressed in the beginning, but the law was understood by the very creation of the institution of marriage. Using

the same principle of going back to the beginning to establish truth, Jesus pointed to the origin of the Sabbath. "And He said unto them, The Sabbath was made for man, and not man for the Sabbath." Mark 2:27. The Sabbath institution followed the marriage institution by only one day, marriage coming on the sixth day of creation and the Sabbath on the seventh.

The lack of a written code does not mean that there was no law. Had there been no law there could have been no sin, "for by the law is the knowledge of sin" (Romans 3:20); and sin is defined as "transgression of the law" (I John 3:4). Furthermore, death is a result of sin (Rom. 6:23, Ezek. 18:4), and death reigned from Adam to Moses, "for that all have sinned" (Rom. 5:12,14).

Let us consider the patriarch Abraham. In Genesis 26:4 we read the wonderful blessing God pronounced upon this great man of faith. "And I will make thy seed to multiply as the stars of heaven, and will give unto thy seed all these countries; and in thy seed shall all nations of the earth be blessed." Now why did God honor Abraham this way? The next verse tells us. "Because that Abraham obeyed my voice, and kept my charge, my commandments, my statutes, and my laws." That sounds pretty detailed, doesn't it? Abraham knew the law of God down to specific commandments and statutes, and yet there is no record of those laws in the Genesis account.

It would be absolute negligence on the part of any parents to bring children into the world and not give them rules to abide by. Every parent, regardless how thorough, does teach his children to abide by laws in the home. Very seldom are these laws written down, but they are communicated directly to the children. Yet some would actually believe that our heavenly Father never gave to mankind laws to live by prior to the giving of the law at Sinai. Surely God made known to Adam His law. Now Adam lived 930 years. His good son Seth lived 912 years, Enos 905 years, Cainan 910 years, Mahalaleel 895 years, Jared 962 years, Enoch 365 years (before he was translated), and Methuselah 969 years. Each of these men and their families overlapped each other's lifespan by several hundred years. Surely the law of God was known to each generation, if by no other means than word of mouth.

After the flood, Noah was able to communicate the law of God to his descendants. Abraham was alive before Noah passed off the scene, and thus Abraham could have learned the commandments, statutes and laws of God directly from him or one of Noah's sons. In addition, God spoke directly to Abraham as He had probably spoken to many of the patriarchs.

There is clear evidence that the children of Israel were not ignorant of the law of God, including the Sabbath, prior to Sinai. A month before arriving at Sinai, God tested the Hebrews to see if they would obey His law. This is recorded in Exodus 16. God provided a double portion of manna on the sixth day and none on the seventh. The people were told not to go out to gather manna on the seventh day, but some did not listen and ventured out anyway. Then God responds by asking, "How long refuse ye to keep my commandments and my laws?" Verse 28. This tells us that for some time before Sinai, and before the falling of manna, they were aware of the law and the Sabbath. It would not be until Sinai, however, that the Ten Commandments would be given in tables of stone, with the addition of the ceremonial and civil laws, which would be documented in a book.

Some will point to Nehemiah 9:14, where it is stated that God made known unto Israel the Sabbath at Sinai, and conclude that only at that point did they observe it. As we have seen from the previous paragraph, this was not the case. But let us look at Nehemiah 9:14, which states, "And madest known unto them thy holy Sabbath, and commandedst them precepts, statutes, and laws, by the hand of Moses thy servant." This text surely cannot be introduced as proof that the Sabbath did not exist prior to this, for we read the same about God himself. "In the day

when I chose Israel, and lifted up mine hand unto the seed of the house of Jacob, *and made myself known unto them* in the land of Egypt, when I lifted up mine hand unto them, saying, I am the LORD your God." Ezekiel 20:5. That was not the beginning of God's existence, neither was Sinai the beginning of the Sabbath's existence. The children of Israel had lost much of their faith and knowledge while in Egypt, and now these called out people were being re-instructed in the ways of Jehovah, the true God. They were slow learners, as we see from their worship of the golden calf, but God bore very patiently with His people then, just as He does with us today.

It has been argued that the Sabbath was given to Israel as a memorial of their deliverance from Egypt. Deuteronomy 5:15 is cited which reads: "And remember that thou wast a servant in the land of Egypt, and that the LORD thy God brought thee out thence through a mighty hand and by a stretched out arm: therefore the LORD thy God commanded thee to keep the Sabbath day." Please take note that Moses spoke these words forty years after the law was proclaimed at Sinai, during which time the children of Israel had been in almost constant rebellion.

When God Himself spoke the commandment on Sinai, He did not establish a memorial of deliverance from Egypt, but a definite memorial of creation. "Remember the Sabbath day to keep it holy…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 20:8, 11.

We see that the Sabbath was blessed and hallowed as a memorial of creation and thus God commanded His people to keep it holy. Forty years later, Moses was appealing to their sense of gratitude as extra incentive to keep the Sabbath holy, for while in Egypt as slaves, they could not have easily kept the Sabbath. It is believed by many that Exodus 5:5 refers to the Sabbath, and while we cannot be absolutely certain from the text, it does make it clear that Pharaoh would not have tolerated a Sabbath rest. "And Pharaoh said, Behold, the people of the land now are many, and ye make them rest from their burdens." He then commanded extra work be given them.

On more than one occasion the Lord appealed to their sense of gratitude to encourage obedience. In Deuteronomy 24:17-18 we read, "Thou shalt not pervert the judgment of the stranger, nor of the fatherless; nor take a widow's raiment to pledge: But thou shalt remember that thou wast a bondman in Egypt, and the LORD thy God redeemed thee thence: therefore I command thee to do this thing." Certainly no one would argue that the commandment to care for the widows, orphans and strangers was merely a memorial of Egyptian deliverance, and neither should we believe that about the Sabbath.

As we consider the account in Genesis, when God rested from His work of creation, and as we consider the commandment as expressed by the Creator (Jesus) at Sinai, with His own voice and with His own handwriting, we find that the single most important aspect of the Sabbath is its function as a *memorial*. Obviously, there are more dimensions of the Sabbath, but it was originally blessed and sanctified on the grounds that it was the Creator's rest after the marvelous work of creating the heavens and the earth. Thus, the commandment to keep holy the day is a mandate to honor the Creator.

(Taken from the booklet, *The Sabbath from a Better Perspective*.)

God's Memorial

1. What is to endure throughout all generations?

"Thy name, O Lord, endureth forever; and Thy memorial, O Lord, throughout all generations." Ps. 135:13.

NOTE: Memorial: "Anything intended to preserve the memory of a person or event; something which serves to keep some person or thing in remembrance, as a monument or a practice."—*Webster.*

2. What illustration of this is given in the Bible?

"And these stones shall be for a memorial unto the children of Israel forever." Joshua 4:7.

3. What are these stones to commemorate?

"And he spake unto the children of Israel, saying, When your children shall ask their fathers in time to come, saying, What mean these stones? then ye shall let your children know, saying, Israel came over this Jordan on dry land." Joshua 4:21, 22.

NOTE.-These stones were to be a standing memorial, or reminder, of Israel's coming dry-shod over the Jordan.

4. What was another memorial instituted to commemorate another signal providence in behalf of the Israelites?

"And this day shall be unto you for a memorial; and ye shall keep it a feast to the Lord throughout your generations; ye shall keep it a feast by an ordinance forever." Ex. 12:14.

NOTE.-This, the Passover, was a periodical memorial, to be observed on the fourteenth day of the first month of each year, the day on which the Israelites were delivered from Egyptian bondage. Its celebration was to be, with the seven days' feast of unleavened bread following and connected with it, in commemoration of that event. See Ex. 13:3-9.

5. Does God design that His great work of creating the heavens and the earth shall be remembered?

"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." Ps. 111:2-4.

6. What has He commanded men to observe in memory of this great work?

"Remember the Sabbath day, to keep it holy; . . . 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." Ex. 20:8-11.

7. Of what was this memorial to be a sign?

"And hallow My Sabbaths; and they shall be a sign between Me and you, that ye may know that I am the Lord your God." Eze. 20:20.

8. How long was the Sabbath to be a sign of the true God?

"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." Ex. 31:17.

NOTE.-It is manifest that if the object of the Sabbath was to keep God as the Creator in mind, and it had been faithfully kept from the first, there would not now be a heathen or an idolater on the face of the earth.

9. What besides creation were Israel to remember when they kept the Sabbath?

"And remember that thou wast a servant in the land of Egypt, and that the Lord thy God brought thee out thence through a mighty hand and by a stretched-out arm: therefore the Lord thy God commanded thee to keep the Sabbath day." Deut. 5:15.

NOTE.-There is a deep significance to this scripture not apparent to those unacquainted with the facts. In Egypt, through oppression and idolatrous surroundings, the keeping of the Sabbath had become not only almost obsolete, but well-nigh impossible. Their deliverance from bondage was in order that they might keep God's law (Ps. 105:43-45), and particularly the Sabbath, the great seal, sign, and memorial-institution of the law. The recollection of their bondage and oppressed condition in Egypt was to be an additional incentive for keeping the Sabbath in the land of freedom. The Sabbath, therefore, besides being a memorial of creation, was to be to them a memorial of their deliverance from bondage, and of the great power of God as manifested in this deliverance. And as Egypt stands as a symbol of the condition of everyone in the world under the slavery of sin, so the Sabbath is to be kept by every saved soul as a memorial of the deliverance from this slavery by the mighty power of God through Christ.

10. Of what else does God say He gave the Sabbath to His people to be a sign, or reminder?

"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.

NOTE.-Sanctification is a work of redemption, of making holy sinful or unholy beings. Like the work of creation itself, this requires creative power. See Ps. 51:10; John 3:3,6; Eph. 2:10. And as the Sabbath is the appropriate sign or memorial of the creative power of God wherever displayed, whether in creation, deliverance from human bondage, or deliverance from the slavery of sin, it is to be kept as a sign of the work of sanctification. This will be one great reason for the saints' keeping it throughout eternity. It will remind them not only of their own creation and the creation of the universe, but also of their redemption.

11. Through whom do we have sanctification?

"But of Him are ye in Christ Jesus, who of God is made unto us wisdom, and righteousness, and sanctification, and redemption." 1 Cor. 1:30.

NOTE.-Then, as the Sabbath is a sign or memorial of sanctification, and as Christ is the one through whom the work of sanctification is accomplished, the Sabbath is a sign or memorial of what Christ is to the believer. Through the Sabbath, therefore, God designed that the believer and Christ should be very closely linked together.

12. What statement of the redeemed shows that they will remember God's creative power?

"Thou art worthy, O Lord, to receive glory and honor and power: for Thou hast created all things, and for Thy pleasure they are and were created." Rev. 4:11.

13. How often will they congregate to worship the Lord?

"For as the new heavens and the new earth, which I will make, shall remain before Me, saith the Lord, so shall your seed and your name remain. And it shall come to pass, that from one new moon to another, and from one Sabbath to another, shall all flesh come to worship before Me, saith the Lord." Isa. 66:22,23.

NOTE.-The Sabbath, which is the memorial of God's creative power, will never cease to exist. When this sinful state of things shall give way to the sinless new earth, the fact upon which the Sabbath institution is based will still remain; and those who shall be permitted to live in the new earth will still commemorate the creative power of God, while singing the song of Moses and the Lamb. Rev. 15:3. See Rev. 22:1,2.

O day of rest and gladness,
O day of joy and light,
O balm of care and sadness,
most beautiful, most bright;
on thee the high and lowly,
who bend before the throne
sing "Holy, holy, holy"
to the Eternal One.

Thou art a port protected
from storms that round us rise;
a garden intersected
with streams of paradise;
thou art a cooling fountain
in life's dry, dreary sand;
from thee, like Pisgah's mountain,
we view our promised land.

A day of sweet reflection,
thou art a day of love,
A day to raise affection
from earth to things above.
New graces ever gaining
from this our day of rest,
We reach the rest remaining
in mansions of the blessed.

— Christopher Wordsworth

Our Big God

by Dan Olson

During this season, we often find ourselves pushed for time—trying to get so much done, trying to reconnect with friends, and to spend special time with family. As you work through the next few weeks, with its frenetic amount of activity, I invite you to take a little time and consider how very fortunate we are to have a Father in Heaven who sustains and keeps all of us here on this planet.

Some people believe that after God created our world, He left it to its own devices. After He accomplished its creation, and set it all in motion, He simply walked away and said, "I'm done with that one."

Think about the ramifications of this line of logic for a moment. If it were true, this world would have destroyed itself many years ago. Consider this inspired thought: "The hand that sustains the worlds in space, the hand that holds in their orderly arrangement and tireless activity all things throughout the universe of God, is the hand that was nailed to the cross for us."

God created our world, sustains our world, and refuses to leave us alone even after we have blatantly disobeyed His direct commandments. His hand holds this world in its place. From the tiniest little insect to the biggest creatures on earth, He sustains life. Every morning He makes sure the sun rises. Every moment He makes sure that there is enough air for us to breathe. God is the One who gives life. God is the One who sustains life.

The great minds of today have been able to do some wonderful things. But they haven't figured out how to create life. God is the only One who can create life by simply speaking it into existence. God even gives the great minds of today the strength and intelligence to do their jobs. Without God, we can't do anything at all.

Remember the story of Jesus feeding the five thousand? Consider this thought from the book, *The Desire of Ages*: "In feeding the five thousand, Jesus lifts the veil from the world of nature, and reveals the power that is constantly exercised for our good. In the production of earth's harvests, God is working a miracle every day."

Take a moment to think about the world around you. Look at the mountains, the streams, the lakes, the beautiful waterfalls, the majestic trees, and the flowers. Look at the oceans. Consider all the different animals He has created on the land and in the sea. Look up at the stars. Let your mind be amazed by how big it all is. If you could travel at the speed of light *(that's 186,000 miles per second)* it would still take you 100,000 years just to cross our galaxy!

How about our bodies? Consider the unbelievable intricacy of the human eye. Scientists have said that they couldn't even begin to build a computer big enough to do what the human eye does. Although accounting for just one fourth-thousandth of an adult's weight, it processes 80% of the information received from the outside world. The eye can handle 500,000 messages simultaneously. It is kept clear by the ducts which produce just the right amount of fluid so that the lids can clean the eyes in one five-thousandth of a second. Think about the intelligence of our God who made the human eye. To even suggest that the eye, with all its intricacies, could have come about by chance and evolution takes more faith than I am willing to muster.

God, the great God who sustains countless worlds, says, "The very hairs of your head are all numbered" (Matthew 10:30). God loves us so much that He takes time to number our hairs while keeping everything else going in an orderly and organized fashion.

Even though we all have sinned, He continues to love us and to give us the very air that we breathe. Even though we continue to break the laws of nature, He continues to give us every heartbeat. Even though we refuse to listen to His words of wisdom, He continues to make sure we have what we need to live.

He does all this day and night purely out of love. He is in a battle for your very soul. Jesus gave His life to redeem us. He is with us every moment of every day, doing everything He can to help us see how very much He loves us.

He notices when we are hurting. He sees the pains that we are going through. He cares for each circumstance that challenges us. Seeing His care for me makes me want to do all I can to be with Him. He wants us to live with Him eternally, and He has prepared an amazing place for us to share with Him.

What a wonderful God we serve! In the new earth, He has promised that there will be no more hate, no more pain, no more sickness, no more death of any living thing. We will be united with loved ones that we lost here on this earth. Even the most terrifying beasts we know today will be our companions, for they too will have a new outlook on life.

One of my favorite quotes comes from the book, *The Great Controversy:*

"The great controversy is ended. Sin and sinners are no more. The entire universe is clean. One pulse of harmony and gladness beats through the vast creation. From Him who created all, flow life and light and gladness, throughout the realms of illimitable space. From the minutest atom to the greatest world, all things, animate and inanimate, in their unshadowed beauty and perfect joy, declare that God is love."

Are you ready for an eternal break from the stresses of this life? Are you ready to see the end of pain and suffering, of death and disease? All this is promised to us. All this is made possible because of the sacrifice that Jesus made in our behalf. Jesus, that precious Baby who came to our world over two thousand years ago, is the link between our sinful world and the promise of eternal life in Heaven. As we contemplate the amazing power of God, and the amazing love manifested in our behalf, may we take a moment to express our gratitude, and to re-commit our lives to the One who only wants our best. May you be blessed in this renewal of your commitment!

"It's Sabbath Again!"

by Beth Barnes

"What can I do?"

"I'm so bored!"

"When will Sabbath be over?"

Have you heard any of these sentiments from your children? While Sabbath is to be a day of rest, of time together as a family, and of extra time to spend contemplating the blessings that our heavenly Father gives us, sometimes it can prove to be a burden to our youngest members.

The blessing of not needing to work for remuneration, of keeping regular household chores to the very barest of essentials, and of refraining from typical amusements or shopping, can sometimes seem like a list of "Don'ts", rather than an empowering list of "Do's".

How can you, as a parent, teacher, or friend, help to make the Sabbath a blessing for young people? Are there ways to make these precious hours something that is looked forward to all week long?

As we usher in the Sabbath on Friday evening at sunset, making the Friday evening menu special can help to set the tone for a successful Sabbath celebration. In our home, we like to have rolls and soup. While not elaborate, the smell of fresh bread and bubbling soup makes home feel even more "homey." As you think of a menu for your family, consider what dishes are especially enticing to your children. Would it be possible to incorporate them into a Friday evening meal? A friend of mine recently studied the Hebrew traditions with her children in their homeschool. One of the things they did was to make the Challah bread, a traditional bread that is often eaten on Sabbath. She found a vegan recipe, and included her children as they made the special bread to enjoy for their sundown meal (you can find the recipe: https://www.thespruceeats.com/vegan-water-challah-2121423). Including your children in the process of making the special meal helps add excitement and ownership to the Friday evening celebration.

Another Friday night tradition is to light candles and sing a special song as the sun sets. A family we know and love sings the song, "*Sabbath is a Happy Day*" at sundown. (Find a version of this at: https://youtu.be/wneM3ZkVvxM).

These activities help to set the stage for making the Sabbath a joyful family celebration—a special time with each other and a time to worship God.

Sabbath morning breakfast is another meal that can be made special by serving foods not commonly served during the week. I remember my mother often made sticky buns, or date bread, for us to enjoy. Another family made lemon millet pudding for Sabbath morning breakfast.

Getting ready for and arriving at church on time can be challenging, so it's vital to prepare ahead of time to make it as stress-free as possible. By using some time on Thursday or Friday to pick out special Sabbath clothes, make Sabbath lunch ahead, and prepare for any church responsibilities, families can work together to get to church in a calm and peaceful way.

Celebrating the Sabbath in church with fellow believers is such a privilege. Using the sacred hours to share the joy of Jesus with others is truly a blessing.

Many churches have a meal after the service, and it gives more time to share with believers and enjoy Christian fellowship. If your family plans to come home to eat, this is another opportunity to make the menu special and enjoyable for the family.

Sabbath afternoon is a time to continue the fellowship with family, friends, and to use this special time to draw closer to Jesus. There are so many wholesome and fun things that can be done on Sabbath. It is exciting to plan ahead to make sure the hours are filled with activities that will bless the family and be a blessing to others.

In our home, I have started a "Sabbath Box". Right now, with a two-year-old and an infant, this box contains special toys that only come out on Sabbath. As our children grow, the items in the box will change to suit their interests and development. My hope is to make the Sabbath so special that it will be a delight, and will be a day that my children will be excited to celebrate each week.

As you consider how to make the Sabbath special for your family, know that God and holy angels will come close to enlighten and encourage you. We are fighting a battle for the minds and hearts of our children. God wants to win their souls, and He wants to give us the tools to help them make the right choices. It is a daily, weekly challenge of instruction and loving counsel. May God strengthen us to share with our children, by precept and example, the amazing gift of the Sabbath day!

What Can We Do... on Sabbath?

- Visit a church member or friend who is in the hospital
- Visit a nursing home to sing or pass out crafts that you have made
- Use salt dough or clay to construct a scene from the Bible
- Put a nature or Bible puzzle together as a family
- Listen to a Bible Story
- Share as a family what each person learned in Sabbath School
- Look at the calendar and find someone who has a birthday next week—make them a birthday card
- Play 20 questions with different Bible characters
- Go for a walk and enjoy looking at God's beautiful creation
- Decorate a card for someone who wasn't at church today—put in the mail on Monday
- Have each person in the family pick a favorite song to sing
- Make a collage from magazine cutouts to illustrate God's love
- Act out Bible Charades —Have your family guess what Bible story you're acting out
- Work on learning next week's memory verse—make it into a song
- Have a contest to see who remembers the most Commandments. Can you say them all?
- Use construction paper, scissors, and glue to make a Bible story picture
- Decorate a special jar for your Mission Offerings
- Read a story about a missionary
- Sing a books of the Bible song—practice finding the books in your Bible

  (This is a link to the song I learned as a child. I still sing it in my mind as I find the books in my Bible: https://www.wholesomewords.org/family/kjvbkssong.html)
- Go to www.adventistmission.org to read mission stories, and to watch videos of missionaries
- Study the Bible with your family—draw a picture to represent what you've studied
- "Adopt" an elderly person at church—make something special to give them next Sabbath
- Color a Bible picture or work on a Bible word search
- Play Sabbath Music with instruments or listen to a CD

Bobby's Thanksgiving

Note: This story was originally published in the 1920's, as a Thanksgiving story. While we have just celebrated Thanksgiving, the message is just as applicable for the entire holiday season. I pray you will be blessed by its message!

Miss Downing was tired and discouraged as she walked home from services on this particular Sabbath morning. In fact, she was so preoccupied that she passed Bobby Brown, a member of her Sabbath school class, without a smile or word of greeting, and this was so unusual that he turned with a stare of amazement and looked after her as she passed down the street. This class was in fact the real cause of her discouragement. She had prayed and planned so much for today's lesson, and now it had ended in seeming failure.

It was the Sabbath before Thanksgiving, and she had been so anxious to impress upon the minds of the boys in her class the meaning of the true Thanksgiving spirit. But they had listened with apparent indifference to the incidents she gave illustrating the blessing received by giving to others. And after Walter Lane had at her request read that beautiful verse, *"Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again,"* he closed

the book emphatically, and with a pencil, punched the back of the boy in front of him.

While praying and planning for the teaching of this lesson, Miss Downing had caught a new vision of what Thanksgiving Day should really mean to those who walk in the footsteps of Him who gladly gave His life that we might receive life, and that more abundantly. She had tried to arouse a longing in her pupils for something beyond a holiday of feasting and frolic, but she felt that she had utterly failed. The boys had been irrepressible. According to a homely saying, they had allowed the lesson to "go in one ear and out the other." When asked to take this class, Miss Downing had accepted it as a charge from the Master, but now she wondered if it had not been a mistake, and almost decided to ask someone else to take her place.

Could she only have read Bobby's thoughts as he passed out of sight down the street, she would have known that some seed from the lesson had found lodgment, for he still wore a sober, thoughtful expression when he reached home, and was so quiet during supper that his mother remarked about it.

The day before Thanksgiving everyone at Bobby's house was very busy, for there was to be a family reunion there the next day. A twelve-year-old boy could do many helpful things, and Bobby was glad to help. His eager feet hurried here and there on errands for the older folk, for he was very happy. It seemed there were so many things to be thankful for. Did he not have two whole silver dollars to spend just as he wished — a gift from one of his uncles? For a year he had longed to have a flashlight of his very own, and mother had promised him that when he finished his work he might go to the store and buy one.

Bobby had never had so much money of his very own before, so do you wonder that he was happy and thankful? Just before dinner he was telling little Jack about his treasure, and the small boy demanded a sight of the money in proof that he actually had so much. Bobby reached into his pocket, and, to his dismay, found it empty. He hastily searched every pocket, but could not find the missing money. Then the whole family joined in the hunt — mother, sister May, uncles, aunts, cousins, and even grandparents too, but in vain. Those two silver dollars seemed to have taken wings

and flown away. Bobby was now finding it very hard to be thankful. He could not eat his dinner, and finally asked to be excused from the table. He ran down the street to the grocery store to inquire if he had lost it there, and at the corner, collided with Jamie Miller, a small, pale little boy who was just recovering from a long illness. Bobby stopped to inquire whether or not he had been hurt, and at once noticed his radiant face. "Why, Jamie, how are you, and what's happened to make you so glad?"

"Oh, I'm doing fine now, and in a week shall be back at work doing errands for the laundry. And I'm glad about a Thanksgiving dinner for mother and Beth. You see, since I've been sick mother has had a hard time to keep us going, and it seemed as if there would be no Thanksgiving dinner for us except bread and potatoes. I tried so hard to get some odd chores to do so that I could earn a little money, but we just couldn't afford it anyway. And then as I was going home from the store this morning, I happened to see something under those old boards there, and stopped to look, and saw that it was money. I took up the boards, and it was two dollars!" Jamie rattled the money in his pocket as he spoke. "I went back and asked Mr. Blake at the store if he knew anything about it, and I've been asking the

folks who live near here, and none of them know anything about it. Mr. Blake says it may have been there for some time, and he thinks it's mine if I can't find the owner. So, I'm just planning what I'll buy for mother and Beth, for I want this to be the best Thanksgiving dinner they have ever had. Of course, I want to find the fellow who lost the money if I can. If I ever do find him afterward, I'll pay him when I get to work again. I just wondered if this could be an answer to Beth's prayer for a Thanksgiving dinner. You remember the story Miss Downing told us in class last Sabbath."

Yes, Bobby remembered, and as Jamie talked he remembered much more. He thought of poor Mrs. Miller and her struggle to care for her little family and keep up the home. Boy though he was, he thought of the expensive illness of Jamie's older sister, who had died a few months before; of Jamie's own sickness; and of how pleased the tired mother had seemed when he called to inquire after his playmate. Again he seemed to hear Miss Downing say, *"Give, and it shall be given unto you." "Inasmuch as ye have done it unto one of the least of these My brethren, ye have done it unto Me."* He thought again of the flashlight he wanted so much. Could he give it up? While Jamie talked on and on, Bobby stood there very quietly. He wore no uniform, and carried no sword, yet he was fighting a battle. And finally when Jamie asked, "Do you suppose I'll ever find the fellow who lost the money?" the victory was assured by his reply: "No, I don't believe you'll ever find him. I wouldn't worry about it, and I hope you have a jolly Thanksgiving." And then he turned and ran home. Mother was surprised when he rushed into the kitchen where she was taking the steaming pumpkin pies from the oven.

"Why, Bobby, did you find your money?"

"No, I didn't. Yes, I suppose I did too," was the perplexing reply. "You see I didn't really find it myself, mother;" and then in answer to further queries he told her the whole story. How proud she was when she knew of his unselfishness! They talked it all over and decided that it would be their very own secret, and that Jamie would never hear of his friend's loss. Later Miss Downing heard the story from Bobby's mother, who had guessed that the faithful teacher needed some word of encouragement.

Just before dinner Thanksgiving Day, Bobby was sent on an errand to the Miller home, and saw with his own eyes the joy that his two dollars had brought to that unfortunate family. All the flashlights in town could not have made him more truly happy and thankful. That is how Bobby Brown really learned that *"it is more blessed to give than to receive."*

—Zula Myer Simpson,
Originally Published in *The Youth's Instructor,* November 30, 1920

The Sabbath and the Early Fathers

—J. N. Andrews

With respect to the Sabbath, the religious world may be divided into three classes:

1. Those who retain the ancient seventh-day Sabbath.
2. Those who observe the first-day Sabbath.
3. Those who deny the existence of any Sabbath.

It is inevitable that controversy should exist between these parties. Their first appeal is to the Bible, and this should decide the case; for it reveals man's whole duty. But there is an appeal by the second party, and sometimes by the third, to another authority, the early fathers of the church, for the decision of the question.

The controversy stands thus: The second and third parties agree with the first that God did anciently require the observance of the seventh day; but both deny the doctrine of the first, that he still requires men to hallow that day; the second asserting that he has changed the Sabbath to the first day of the week; and the third declaring that he has totally abolished the institution itself.

The first class plant themselves upon the plain letter of the law of God, and adduce those scriptures which teach the perpetuity and immutability of the moral law, and which show that the new covenant does not abrogate that law, but puts it into the heart of every Christian.

The second class attempt to prove the change of the Sabbath by quoting those texts which mention the first day of the week, and also those which are said to refer to it. The first day is, on such authority, called by this party the Christian Sabbath, and the fourth commandment is used by them to enforce this new Sabbath.

The third class adduce those texts which assert the dissolution of the old covenant; and those which teach the abolition of the ceremonial law with all its distinction of days, as new moons, feast days, and annual sabbaths; and also those texts which declare that men cannot be justified by that law which condemns sin; and from all these contend that the law and the Sabbath are both abolished.

But the first class answer to the second that the texts which they bring forward do not meet the case, inasmuch as they say nothing respecting the change of the Sabbath; and that it is not honest to use the fourth commandment to enforce the observance of a day not therein commanded. And the third class assent to this answer as truthful and just.

To the position of the third class, the first make this answer: That the old covenant was made between God and his people concerning his law; that it ceased because the people failed in its conditions, the keeping of the commandments; that the new covenant does not abrogate the law of God, but secures obedience to it by putting it into the heart of every Christian; that there are two systems of law, one being made up of typical and ceremonial precepts, and the other consisting of moral principles only; that those texts which speak of the abrogation of the handwriting of ordinances and of the distinction in meats, drinks, and days, pertain alone to this shadowy system, and never to the moral law which contains the Sabbath of the Lord; and that it is not the fault of the law, but of sinners, that they are condemned by it; and that justification being attained only by the sacrifice of Christ as a sin-offering, is in itself a most powerful attestation to the perpetuity, immutability, and perfection, of that law which reveals sin. And to this answer the second class heartily assent.

But the second class have something further to say. The Bible, indeed, fails to assert the change of the Sabbath, but these persons have something else to offer, in their estimation, equally as good as the Scriptures. The early fathers of the church, who conversed with the apostles, or who conversed with some who had conversed with them, and those who followed for several generations,

are by this class presented as authority, and their testimony is used to establish the so-called Christian Sabbath on a firm basis. And this is what they assert respecting the fathers: That they distinctly teach the change of the Sabbath from the seventh to the first day of the week, and that the first day is by divine authority the Christian Sabbath.

But the third class squarely deny this statement, and affirm that the fathers held the Sabbath as an institution made for the Jews when they came out of Egypt, and that Christ abolished it at his death. They also assert that the fathers held the first day, not as a Sabbath in which men must not labor lest they break a divine precept, but as an ecclesiastical institution, which they called the Lord's day, and which was the proper day for religious assemblies because custom and tradition thus concurred. And so the third class answer the second by an explicit denial of its alleged facts. They also aim a blow at the first by the assertion, that the early fathers taught the no-Sabbath doctrine, which must therefore be acknowledged as the real doctrine of the New Testament.

And now the first class respond to these conflicting statements of the second and the third. And here is its response:—

1. That our duty respecting the Sabbath, and respecting every other thing, can be learned only from the Scriptures.
2. That the first three hundred years after the apostles, nearly accomplished the complete development of the great apostasy, which had commenced even in Paul's time; and this age of apostatizing cannot be good authority for making changes in the law of God.
3. That only a small proportion of the ministers and teachers of this period have transmitted any writings to our time; and these are generally fragments of the original works, and they have come down to us mainly through the hands of the Romanists, who have never scrupled to destroy, or to corrupt, that which witnesses against themselves, whenever it has been in their power to do it.
4. But, inasmuch as these two classes, viz., those who maintain the first-day Sabbath, and those who deny the existence of any Sabbath, both appeal to these fathers for testimony with which to sustain themselves, and to put down the first class, viz., those who hallow the ancient Sabbath, it becomes necessary that the exact truth respecting the writings of that age, which now exist, should be shown. There is but one method of doing this which will effectually end the controversy. This is to give every one of their testimonies concerning the Sabbath and first-day in their own words.

In doing this the following facts will appear:-

1. That in some important particulars there is a marked disagreement on this subject among them. For while some teach that the Sabbath originated at creation and should be hallowed even now, others assert that it began with the fall of the manna, and ended with the death of Christ. And while one class represent Christ as a violator of the Sabbath, another class represent him as sacredly hallowing it, and a third class declare that he certainly did violate it, and that he certainly never did, but always observed it! Some of them also affirm that the Sabbath was abolished, and in other places positively affirm that it is perpetuated and made more sacred than it formerly was. Moreover some assert that the ten commandments are absolutely abolished, whilst others declare that they are perpetuated, and are the tests of Christian character in this dispensation. Some call the day of Christ's resurrection the first day of the week; others call it the day of the sun, and the eighth day; and a larger number call it the Lord's day, but there are no examples of this application till the close of the second century. Some enjoin the observance of both the Sabbath and the first day, while others treat the seventh day as despicable.
2. But in several things of great importance there is perfect unity of sentiment. They always distinguish between the Sabbath and the first day of the week. The change of the Sabbath from the seventh day to the first is never mentioned in a single instance. They never term the first day the Christian Sabbath, nor do they treat it as a Sabbath of any kind. Nor is there a single declaration in any of them that labor on the first day of the week is sinful; the utmost that can be found being one or two vague expressions which do not necessarily have any such sense.
3. Many of the fathers call the first day of the week the Lord's day. But none of them claim for it any Scriptural authority, and some expressly state that it has none whatever, but rests solely upon custom and tradition.
4. But the writings of the fathers furnish positive proof that the Sabbath was observed in the

Christian church down to the time when they wrote, and by no inconsiderable part of that body. For some of them expressly enjoin its observance, and even some of those who held that it was abolished speak of Christians who observed it, whom they would consent to fellowship if they would not make it a test.

5. And now mark the work of apostasy: This work never begins by thrusting out God's institutions, but always by bringing in those of men and at first only asking that they may be tolerated, while yet the ones ordained of God are sacredly observed. This, in time, being effected, the next effort is to make them equal with the divine. When this has been accomplished, the third stage of the process is to honor them above those divinely commanded; and this is speedily succeeded by the fourth, in which the divine institution is thrust out with contempt, and the whole ground given to its human rival.

6. Before the first three centuries had expired, apostasy concerning the Sabbath had, with many of the fathers, advanced to the third stage, and with a considerable number had already entered upon the fourth. For those fathers who hallow the Sabbath do generally associate with it the festival called by them the Lord's day. And though they speak of the Sabbath as a divine institution, and never speak thus of the so-called Lord's day, they do, nevertheless, give the greater honor to this human festival. So far had the apostasy progressed before the end of the third century, that only one thing more was needed to accomplish the work as far as the Sabbath was concerned, and this was to discard it, and to honor the Sunday festival alone. Some of the fathers had already gone thus far; and the work became general within five centuries after Christ.

7. The modern church historians make very conflicting statements respecting the Sabbath during the first centuries. Some pass over it almost in silence, or indicate that it was, at most, observed only by Jewish Christians. Others, however, testify to its general observance by the Gentile Christians; yet some of these assert that the Sabbath was observed as a matter of expediency and not of moral obligation, because those who kept it did not believe the commandments were binding. (This is a great error, as will appear in due time.) What is said, however, by these modern historians is comparatively unimportant inasmuch as their sources of information were of necessity the very writings which are about to be quoted.

8. In the following pages *[of the book referenced below]* will be found in their own words, every statement which the fathers of the first three centuries make by way of defining their views of the Sabbath and first-day. And even when they merely allude to either day in giving their views of other subjects, the nature of the allusion is stated, and, where practicable, the sentence or phrase containing it is quoted. The different writings are cited in the order in which they purport to have been written. A considerable number were not written by the persons to whom they were ascribed, but at a later date. As these have been largely quoted by first-day writers, they are here given in full. And even these writings possess a certain historical value. For though not written by the ones whose names they bear, they are known to have been in existence from the second or third century, and they give some idea of the views which then prevailed.

(Taken from: *The Complete Testimony of the Fathers of the First Three Centuries Concerning the Sabbath and First Day*, by J. N. Andrews, accessible in the Pioneers section of the Ellen G. White Comprehensive Research Edition CD-ROM, available from the White Estates.)

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Our Organic Beet Powder is a wonderful cleansing and nourishing tonic that builds the blood, particularly improving the blood quality for menstruating women. It also normalizes the pH balance of the blood (reducing acidity) and purifies the blood by flushing away fatty deposits and improving circulation. Further supporting its role as a blood purifier, Beet Powder has been used to detoxify and strengthen the liver and spleen.

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Beet Powder- provides a wide range of important vitamins, minerals and micronutrients including: iron, postassium, calcium, magnesium, A, C, B1, B2, B3, B6, copper, phosphorous, sodium, iodine, boron, carbohydrates, protein, and both soluble and insoluable fiber.

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Saturated Fat	0	0%
Trans Fat	0	0%
Cholesterol	0 mg	0%
Sodium	38 mg	1%
Total Carbohydrate	5 g	1%
Dietary Fiber	0 g	0%
Sugars	3 g	
Other Carbohydrates	2 g	<1%
Protein	1 g	2%
Vitamin A	11 IU	0%
Vitamin C	6 mg	10%
Vitamin E	0 IU	0%
Calcium	8 mg	1%
Folate	40 mcg	12%
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A Puzzle for You...The Sabbath

Find the following words in the puzzle. Words are hidden ↑ ↓ → ← and ↘ .

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

BLESSED
COMMANDMENT

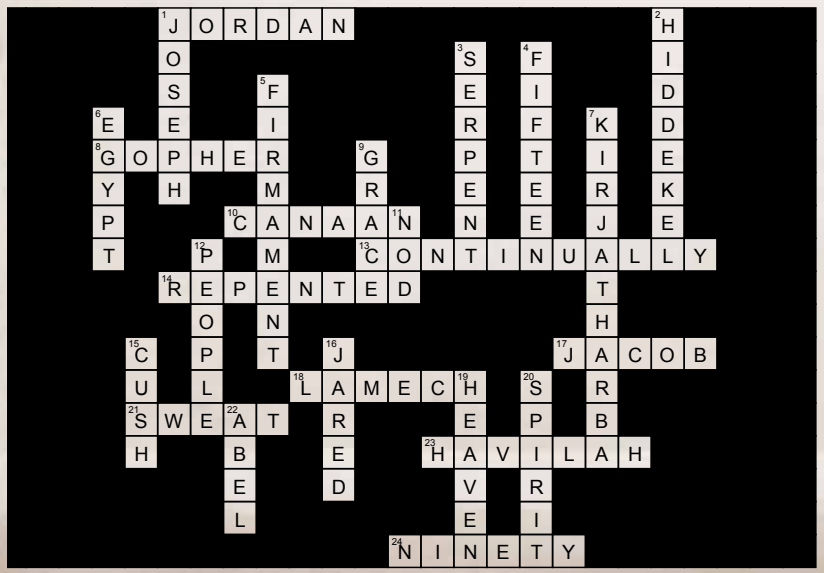
COMMUNION
CREATION

DAY
EVENING

EVERLASTING
FOUNDATION

GENESIS
HALLOWED
HEALING
HOLY
JEHOVAH
LAW
MEMORIAL
MORNING
NATURE
POWER
REDEMPTION
REMEMBER
REST
RIGHTEOUSNESS
SABBATH
SANCTIFICATION
SEAL
SEVENTH
SIGN
TEST
WEEK
WORSHIP

Answers to November 2019 Crossword Puzzle...



Across

1. Where did Lot choose to live? [JORDAN]
8. What kind of wood was used to build the ark? [GOPHER]
10. Where did Joseph want to bury Jacob? [CANAAN]
13. The thoughts of men were evil _____. [CONTINUALLY]
14. "It ____ the Lord that he had made man on the earth." [REPENTED]
17. Who received a blessing by deception? [JACOB]
18. Who is Noah's father? [LAMECH]
21. "In the _____ of thy face shalt thou eat bread." [SWEAT]
23. In what land is there gold? [HAVILAH]
24. How old was Abraham when he was circumcised? [NINETY]

Down

1. Who received a coat of many colors? [JOSEPH]
2. What is the name of the third river in Eden? [HIDDEKEL]
3. Who was more subtil than any beast of the field? [SERPENT]
4. How many cubits upward did the waters prevail? [FIFTEEN]
5. "Let there be a _____ in the midst of the waters." [FIRMAMENT]
6. Where did Abram go when there was a famine? [EGYPT]
7. Where did Sarah die? [KIRJATHARBA]
9. "Noah found _____ in the eyes of the Lord." [GRACE]
11. In what land did Cain settle? [NOD]
12. God took the evil of Joseph's brothers to save much _____ alive. [PEOPLE]
15. Who begat Nimrod? [CUSH]
16. Who was the son of Mahalaleel? [JARED]
19. "God called the firmament _____." [HEAVEN]

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