

HOPE *for you*

JANUARY 2019



*“Ye must be
born again...”*

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!

We are thrilled to introduce you to the very first issue of our new magazine, *HOPE for you*. This magazine replaces both of our previous publications, Our Firm Foundation, and Good News. We are starting fresh with the goal of providing encouraging and timely material to encourage you in your walk with our Savior, and strengthen all who are striving for the Heavenly goal.

Our theme for this issue is “Ye Must Be Born Again.” As we look toward the new year, we believe it is appropriate to take inventory of our soul and the choices we have made. Being born again is a daily choice, and continual surrender of our will to God’s perfect will. May the articles in this issue strengthen you in your resolve to follow Jesus and give your all for His service.

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.

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"God is love" is written upon every opening bud, upon every spire of springing grass. The lovely birds making the air vocal with their happy songs, the delicately tinted flowers in their perfection perfuming the air, the lofty trees of the forest with their rich foliage of living green - all testify to the tender, fatherly care of our God and to His desire to make His children happy.

—E. G. White

God's Love for Man

Nature and revelation alike testify of God's love. Our Father in heaven is the source of life, of wisdom, and of joy. Look at the wonderful and beautiful things of nature. Think of their marvelous adaptation to the needs and happiness, not only of man, but of all living creatures. The sunshine and the rain, that gladden and refresh the earth, the hills and seas and plains, all speak to us of the Creator's love. It is God who supplies the daily needs of all His creatures. In the beautiful words of the psalmist—

“The eyes of all wait upon Thee;

And Thou givest them their meat in due season.

Thou openest Thine hand,

And satisfiest the desire of every living thing.” Psalm 145:15, 16.

God made man perfectly holy and happy; and the fair earth, as it came from the Creator's hand, bore no blight of decay or shadow of the curse. It is transgression of God's law--the law of love--that has brought woe and death. Yet even amid the suffering that results from sin, God's love is revealed. It is written that God cursed the ground for man's sake. Genesis 3:17. The thorn

and the thistle--the difficulties and trials that make his life one of toil and care--were appointed for his good as a part of the training needful in God's plan for his uplifting from the ruin and degradation that sin has wrought. The world, though fallen, is not all sorrow and misery. In nature itself are messages of hope and comfort. There are flowers upon the thistles, and the thorns are covered with roses.

“God is love” is written upon every opening bud, upon every spire of springing grass. The lovely birds making the air vocal with their happy songs, the delicately tinted flowers in their perfection perfuming the air, the lofty trees of the forest with their rich foliage of living green -- all testify to the tender, fatherly care of our God and to His desire to make His children happy.

The word of God reveals His character. He Himself has declared His infinite love and pity. When Moses prayed, “Show me Thy glory,” the Lord answered, “I will make all My goodness pass before thee.” Exodus 33:18, 19. This is His glory. The Lord passed before Moses, and proclaimed, “The Lord, The Lord God, merciful and gracious, long-suffering, and abundant in goodness

and truth, keeping mercy for thousands, forgiving iniquity and transgression and sin." Exodus 34:6, 7. He is "slow to anger, and of great kindness," "because He delighteth in mercy." Jonah 4:2; Micah 7:18.

God has bound our hearts to Him by unnumbered tokens in heaven and in earth. Through the things of nature, and the deepest and tenderest earthly ties that human hearts can know, He has sought to reveal Himself to us. Yet these but imperfectly represent His love. Though all these evidences have been given, the enemy of good blinded the minds of men, so that they looked upon God with fear; they thought of Him as severe and unforgiving. Satan led men to conceive of God as a being whose chief attribute is stern justice,--one who is a severe judge, a harsh, exacting creditor. He pictured the Creator as a being who is watching with jealous eye to discern the errors and mistakes of men, that He may visit judgments upon them. It was to remove this dark shadow, by revealing to the world the infinite love of God, that Jesus came to live among men.

The Son of God came from heaven to make manifest the Father. "No man hath seen God at any time; the only begotten Son, which is in the bosom of the Father, He hath declared Him." John 1:18. "Neither knoweth any man the Father, save the Son, and he to whomsoever the Son will reveal Him." Matthew 11:27. When one of the disciples made

the request, "Show us the Father," Jesus answered, "Have I been so long time with you, and yet hast thou not known Me, Philip? He that hath seen Me hath seen the Father; and how sayest thou then, Show us the Father?" John 14:8, 9.

In describing His earthly mission, Jesus said, The Lord "hath anointed Me to preach the gospel to the poor; He hath sent Me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised." Luke 4:18. This was His work. He went about doing good and healing all that were oppressed by Satan. There were whole villages where there was not a moan of sickness in any house, for He had passed through them and healed all their sick. His work gave evidence of His divine anointing. Love, mercy, and compassion were revealed in every act of His life; His heart went out in tender sympathy to the children of men. He took man's nature, that He might reach man's wants. The poorest and humblest were not afraid to approach Him. Even little children were attracted to Him. They loved to climb upon His knees and gaze into the pensive face, benignant with love.

Jesus did not suppress one word of truth, but He uttered it always in love. He exercised the greatest tact and thoughtful, kind attention in His intercourse with the people. He was never rude, never needlessly spoke a severe word, never gave needless pain

to a sensitive soul. He did not censure human weakness. He spoke the truth, but always in love. He denounced hypocrisy, unbelief, and iniquity; but tears were in His voice as He uttered His scathing rebukes. He wept over Jerusalem, the city He loved, which refused to receive Him, the way, the truth, and the life. They had rejected Him, the Saviour, but He regarded them with pitying tenderness. His life was one of self-denial and thoughtful care for others. Every soul was precious in His eyes. While He ever bore Himself with divine dignity, He bowed with the tenderest regard to every member of the family of God. In all men He saw fallen souls whom it was His mission to save.

Such is the character of Christ as revealed in His life. This is the character of God. It is from the Father's heart that the streams of divine compassion, manifest in Christ, flow out to the children of men. Jesus, the tender, pitying Saviour, was God "manifest in the flesh." 1 Timothy 3:16.

Free for the Asking!

This article is taken from a larger book, *Steps to Christ*.

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Under His Wing

*Safe in the Rock, 'neath His sheltering wing,
Guarded by holy ones, here I can sing,
Sing of His love and the blessings now given,
Sing of my hope in yon beautiful heaven.*

*Safe when the storm rages fiercely around,
Safe in this wonderful Rock I have found;
Here in this beautiful haven of rest
Safe He is keeping me, here I am blest.*

*Hid in this sheltering Rock, safe am I;
Storms may rage round me, yet they will pass by.
Guarded by holy ones, sweet is my rest.
Who, then, can harm me? Who can molest?*

*Under His wing, yea, close by His side,
Holy ones guarding me, what can betide?
I have surrendered all, all, to His will.
He has redeemed me, will cleanse me and fill.*

—M. C. Sollars

(Originally published in The Review and Herald, April 18, 1912)

Swedish Bitters



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*CONTAINS ALCOHOL

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

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

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

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

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

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- Reinforces your immune system to do its job of fighting off invaders

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- Constipation
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- Tremors or shakes
- Swelling or inflammation
- Skin problems
- Scars
- Burns
- Earaches
- Hearing loss
- Sore throat
- Indigestion
- Appetite loss
- Dizziness
- Painful joints
- Snoring

SUPPLEMENT FACTS		
Serving Size: 2 capsules		
Servings Per Container: 45		
Amount Per Serving		%DV
Proprietary Blend	1500 mg	*
Aloe, Senna Leaves, Rhubarb Root, Manna, Theriac Venezian, Angelica Root, Zedoary Root, Camphor, Myrrh, Carline Thistle Root, Saffron.		
*Daily Value not established.		
Veggie Capsule Ingredient: Pine Tree Pulp		

Suggested Adult Usage:

Extract Usage:

- For general health and well-being: 1 teaspoon 15 minutes before each meal and 30 minutes before bedtime (4 times a day).
- For serious concerns: May increase up to 1 tablespoon 15 minutes before each meal and 30 minutes before bedtime (4 times a day).
- For help sleeping/to stop snoring/for night-time relief of sickness or pain: 1 tablespoon 1 hour before bedtime.
- Externally - may be applied topically to: Cuts, burns, bites, stings, skin blemishes & conditions, or applied as a poultice to sprains and strains.

Capsule Usage:

- For general health and well-being: 1-2 capsules 30 minutes before each meal.
- For serious conditions: May increase up to 3 capsules 30 minutes before each meal and 30 minutes before bedtime (4 times a day).
- For help sleeping/to stop snoring/for night-time relief of sickness or pain: 2-3 capsules 1 hour before bedtime.

Concentrate Usage:

- For general health and well-being: Take 2-6 drops (in water or juice), 15 minutes before each meal and 30 minutes before bedtime. For serious concerns: May increase up to 6-10 drops (in water or juice), 15 minutes before each meal and 30 minutes before bedtime. For help sleeping/to stop snoring/for night-time relief of sickness or pain: 6-10 drops (in water or juice) 1 hour before bedtime.
- Externally - May be diluted or used full strength and applied topically to: Cuts, burns, bites, stings, skin blemishes and conditions, scars, or applied as a poultice to sprains, strains, or painful joints.

Tea Usage:

- Directions on bag.

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5 Tips to Keep Your Immune System Strong

"I hope I stay more healthy this winter!" "It's so hard between all the holiday stress and seasonal illnesses." Do these statements sound familiar? Are you hoping to avoid being "under the weather" during the winter months?

While many preventative measures are merely common sense, let's take some time to reconsider some important health habits and precautions during this winter season. Consider these five tips:

1. Wash Your Hands!

In a 2005 survey done by the American Society for Microbiology, 91% of adults say that they wash their hands after using a public restroom. Upon observation, it was found that only about 83% actually do wash their hands. Only 32% of people surveyed wash their hands after sneezing or coughing. Our hands come in contact with so many germs throughout the day that consistent hand-washing will help to keep those germs from affecting our health. Especially when shopping, going to church, or other social activities, make sure to wash your hands before touching your mouth, nose or eyes.¹

"It sounds so simple as to be innocuous," writes Tara Parker-Pope, of the **New York Times**, "one of the most powerful weapons against the viruses is summed up in a three-word phrase you first heard from your mother: **wash your hands.**"²

"The eyes appear to be a particularly vulnerable port of entry for viral infections," states Mark Nicas, professor of environmental health sciences at Berkeley. He estimates that hand to face contact account for at least one-third of seasonal illness infection risk.²

The moral of this common sense measure?

Keep washing those hands!

2. Drink Water!

"I never drink water," someone recently said to me. "I like soft drinks." This is the common refrain of many of America's citizens. However, water is one of the most important ingredients in supporting your body and preventing seasonal illnesses.

Two thirds of our body weight is water—we would die in a matter of days if we stopped drinking fluids. The brain is 95% water, blood 82% and lungs 90%. In order to effectually fight disease, we have to keep our brain in top condition—we must be able to make good decisions for eating and drinking. Approximately 75% of Americans have mild, chronic dehydration. Do not join this majority! Make sure to drink at least 8-12 cups of water daily.³

3. Eat Fresh Foods!

Citrus fruits contain a good amount of Vitamin C, an excellent seasonal illness preventative. They also contain flavonoids, found in their soft white skin, which have been shown to increase immune system activation.⁵

Look for brightly colored fruits and vegetables, and eat them fresh or as close to fresh as possible.⁴ The immune-strengthening properties of good, fresh foods are just what your body needs to stay healthy during this season.

Another nutrient that helps to strengthen the immune system is glutathione. It is a powerful antioxidant found in vegetables like collards, broccoli, cabbage and also in the red pulpy area of the watermelon right near the rind.⁵

Garlic has strong anti-viral properties that can help keep the viruses from settling in your system. While it may keep some of your friends away, consider adding garlic to steamed vegetables, and sauces.⁵

4. Exercise in the Fresh Air

Getting a daily dose of fresh air is vital to maintaining your health. Especially in the winter months when indoor air is circulated many times, it is important to get outside and take some deep breaths.

While breathing, try a little brisk walking. When you exercise, the circulation of your blood increases. The white blood cells, your infection fighters, travel more quickly through your body and are more able to respond to exposure to a virus.

5. Trust the Master

The economy, politics, jobs, family, money—the list of possible stressors seems to loom bigger with each passing day. When you consider that stress impairs the immune system and opens the body for disease, you can start getting stressed out about being stressed out!

There is another alternative: leave the stress and the worry up to the One who is willing to carry all our burdens for us. It is easy to forget that we have a Saviour who is perfectly capable of handling all our petty stresses and worries. If I just ask Him, He will give me peace in the midst of stress, calm in the midst of the storm.

God promises a gift of peace. He does

not promise that life will be easy, that He will remove us from every situation. No! His promise is bigger than that—He will keep us in peace in the midst of the stresses and situations.

A mind at peace is a mind free to pursue the right course to maintaining health and preventing disease. Accept the Saviour's promise of peace—today!

As you consider these simple tips to preventing seasonal illnesses, consider that each of these tips will also help prevent major illnesses. It is important that we make right choices every day and that we build a foundation of health.

Blessings to you as you build your health and improve the quality of your life!

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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.

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32 OZ. POWDER	\$65.99

Suggested Adult Usage:

Take 1 scoop or 6 capsules
once or twice a day with meals.

1 Tablespoon = 12 capsules

No time for breakfast? Need a nutritional start for your day? Don't delay! Start your morning with Living Green Super Food! Did you ever wonder, "Where has all my energy and mental clarity gone?" Have you lost your spunk and vigor? Are you tired, lifeless, and unable to lose weight? Increase and sustain your energy levels all day long, with no more ups and downs, by taking Living Green Super Food! Just one tablespoon in the morning mixed with 8 oz. of juice or water will kick-start your day like never before!

Ingredients:

Vitamin A - Helps vision, growth and development, skin, bones, and teeth.

Vitamin K - Helps prevent calcification of soft tissues such as blood vessels.

Vitamin B12 - Important for metabolism, formation of red blood cells and maintenance of the central nervous system.

Calcium - Helps growth and maintenance of bones and teeth.

Iron - Helps carry oxygen from the lungs to the muscles and organs.

Iodine (from kelp) - Helps to increase energy levels. Supports the liver and thyroid and boosts the immune system.

Magnesium - Aids the body's absorption of calcium.

Zinc - Supports the immune system, brain function, memory, and overall mental health.

Lecithin (powder) - Helps boost energy, physical performance, and cardiovascular health.

Spirulina (Hawaiian organic) - Helps rebuild healthy intestinal flora.

Alfalfa Juice - Helps relieve fluid retention and inflammation. Also cleanses and purifies the blood.

Wheat Grass Powder (organic) - Cleanses the liver, helps balance glucose levels in the body, and keeps hair from turning gray.

Plant Based Enzymes - Helps build healthy cells, tissues, and organs.

Alpha Lipoic Acid - Helps to slow the aging of the brain. Very powerful antioxidant.

Barley Grass Powder (organic) - Contains enzymes that provide potent antioxidant effects and energy for cells.

Carrot Powder - Helps maintain healthy skin, teeth, bones, and eyes. Boosts liver and immune function.

Barley Malt Powder - Contains enzymes which help provide natural, sustainable energy for the body.

Broccoli Powder - Full of vitamins, minerals and antioxidants that inhibit unhealthy cell growth and aids in healthy cell growth.

Brown Rice Bran - Boosts mood and improves cardiovascular health.

Apple Fiber - Aids digestion and is an effective detoxifier.

Apple Pectin - Helpful in maintaining good digestive health.

Oat Bran - Contains B complex vitamins, protein, fat, minerals, and heart healthy soluble fiber.

Chlorella Powder - Nourishes and detoxifies the blood. It also greatly improves mental function.

Red Beet Powder - Cleanses the kidneys and promotes regeneration of healthy liver cells.

Panax Ginseng Root Powder - Aids in normal glucose metabolism.

Eleuthero (root) - Has immune-enhancing & anti-inflammatory properties.

Peppermint Powder - Helps relieve gas and improves digestion.

Royal Jelly Powder - Provides essential amino acids.

Fructooligosaccharides - Enhances the performance of beneficial bacteria.

Trace Mineral Concentrate - Helps boost stamina and energy.

Milk Thistle Extract - Rejuvenates liver cells & supports liver function.

Kelp Powder - Helps support thyroid function.

Ginkgo Biloba Extract - Helps maintain healthy blood vessels.

Grapeseed Extract - Helps prevent the formation of plaque in the arteries.

Bilberry Extract - Improves circulation and supports strong capillaries.

Coenzyme Q-10 - Increases energy levels and enhances heart function.

Stevia Extract (leaves) - Natural sweetener. Has no calories and does not affect blood sugar like many other natural sweeteners.



Hope for Health's Living Green Super Food May Help:

- Strengthen the immune system
- Detoxify the intestinal tract
- Clean and purify the colon
- Relieve heartburn, acid reflux, and upset stomach
- Improve elimination of bodily wastes
- Oxygenate body cells
- Improve skin cell regeneration
- Maximize blood purification and detoxification
- Dramatically slow the aging process
- Aid in easy weight loss as it brings your body back into its natural balance

NUTRITIONAL FACTS

Serving Size: 1 tablespoon (3g) Servings Per Container: 31			
Amount Per Serving	%DV	Amount Per Serving	%DV
Calories 40		Apple Pectin	300 mg *
Calories from Fat 15		Oat Bran	300 mg *
Total Fat	0.5 g <1	Chlorella Powder	300 mg *
Saturated Fat	0 g	Red Beet Powder	300 mg *
Cholesterol	0 mg	Panax Ginseng Root Powder	250 mg *
Sodium	30 mg	(C.A. Mayer) (Imm. 3% Ginsenosides)	
Total Carbohydrate	6 g	Eleuthero	100 mg *
Dietary Fiber	1 g *	(Eleutherococcus senticosus Root)	
Sugars	1 g	Peppermint Powder	150 mg *
Protein	1 g		
Vitamin A (as Beta-Carotene)	4200 IU 125	Royal Jelly Powder	100 mg *
Vitamin K	150 mcg 200	(Imm. 5% 10-40A)	
Vitamin B12	3.1 mcg 35	Fructooligosaccharides	100 mg *
Calcium	40 mg	(Inulin) (TM FOS)	
Iron	1.8 mg	Trace Mineral Concentrate	100 mg†
Iodine (from Kelp)	150 mcg 100	Milk Thistle Extract	80 mg *
Magnesium	24 mg	(80% Silymarin)	
Zinc	900 mcg 6	Kelp Powder	50 mg *
Lecithin (Fine Powder)	2 g	Ginkgo Biloba Extract	20 mg *
Spirulina (Hawaiian Org.)	1 g	(24% Ginkgolide/Flavonoides)	
Alfalfa Juice Concentrate	700 mg	(Leaves)	
Wheat Grass Powder Org.	500 mg	Grapeseed Extract	10 mg *
Plant Based Enzymes	350 mg	(95% Polyphenols)	
Alpha Lipoic Acid	10 mg	Bilberry Extract	20 mg *
Barley Grass Powder Org.	500 mg	(25% Anthocyanidins)	
Carrot Powder	500 mg	Coenzyme Q10 (CoQ10)	10 mg *
Barley Malt Powder	400 mg	Stevia Extract Leaves	10 mg *
Broccoli Powder	350 mg	Apple Fiber	350 mg *
Brown Rice Bran	350 mg		

*Daily Value not established.

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Worthy Is the Lamb

It was a cool fall evening as Helkiah took up one of his family's little lambs in his arms. This cute, woolly little creature, affectionately called "Fluff" by the children, never even squirmed as the head of the house began his trek across the nearly three-quarter mile expanse of sand. Although Helkiah was not alone on that desert stretch between the tents of his tribe and the Sanctuary, he paid little attention to the dozens of others who were making the same pilgrimage. His mind was troubled...confused...wondering.

The sand was still warm from the sunbath it received all afternoon, and felt good in comparison to the chilly air that was settling in on the countryside. On the horizon, the sun was painting a red-orange sky behind the distant mountain peaks. Halfway to the Sanctuary, Helkiah stopped and lowered Fluff down to the ground. He knew they were far enough away that the little lamb would not be tempted by the children to run and play as he had so often done with them. The

family pet would now stay by the man's side as they continued the long hike to the Tabernacle.

Helkiah observed the beauty of the lamb as his short legs scurried along to keep pace. Not a blemish was to be seen in the little creature. This is why he was chosen over the poor family's other two lambs, for the law required a perfect lamb be offered. Yes, offered up as a sacrifice for the sins of the family of Helkiah. Peace had to be made with God, and only a blood atonement would suffice.

As he approached the gate of the Tabernacle, he bent over and wrapped an arm around Fluff, holding him momentarily still as another father entered the courtyard ahead of him, bearing his family's offering. A few short moments passed and it was Helkiah's turn to enter the courtyard. His heart began to ache as he spied the crimson fluid around the altar. Fire was consuming the flesh of previous sacrifices. In a brief



few minutes his own sacrifice would be sizzling in the flames. “Why did a God of love require such a gruesome ordeal?” he asked himself as he glanced down at his little woolly friend. “Was this the only way to find peace with God?”

Approaching the priest, Helkiah spotted the long, sharp knife in his right hand. He had been here before, a number of times, and was well acquainted with the service. Kneeling down, he confessed his sins along with those of his family, while placing his hands on the head of the lamb. The precious little pet did not move or make a sound. Looking up at the priest, he extended his right hand to receive the dagger. Haltingly, trembling almost uncontrollably, Helkiah pressed the razor edged blade to the throat of the helpless victim. It was Helkiah, not the priest, who must shed the innocent blood of the lamb.

One quick gaze into the evening sky, as if he wondered for a moment whether God—somewhere up there in the heavens—was even watching, and then he tensed his muscles for the life ending slice across the neck. It was over. The blood began to flow as the priest went into action, catching every drop and gathering up the sacrifice to complete the work of atonement.

The priest then disappeared into the Sanctuary with the blood to sprinkle it in the Holy Place. Returning shortly, the priest poured the blood upon the ground at the base of the altar.

Now Helkiah must cut away all the fat from the lamb. *“And he shall take away all the fat thereof, as the fat of the lamb is taken away from the sacrifice of the peace offerings; and the priest shall burn them upon the altar, according to the offerings*

made by fire unto the LORD: and the priest shall make an atonement for his sin that he hath committed, and it shall be forgiven him.” Leviticus 4:35.

Helkiah turned, passed out through the gate, and once more began to walk across the broad expanse of desert sand that separated him from his family. Soon he would be reunited with them, fully aware that he would spend the next hour or more comforting the children and explaining why such a sacrifice was necessary. It was the law! God required it. “But, why daddy?” was sure to be the response. Why? That was a good question—one that Helkiah himself was not really sure about. He was well acquainted with the story of Adam and Eve in the Garden of Eden, and how their sin had brought about their expulsion from the garden. He knew that death first took place as a result of that sin. The skin of that first sacrifice became the robes for Adam and Eve to cover their nakedness. Still, the question plagued Helkiah as to why God required this seemingly unending train of sacrifices, day after day.

Suddenly, as if a voice had spoken from somewhere around or above him, the Word of the Lord interrupted his thoughts. *“For the life of the flesh is in the blood: and I have given it to you upon the altar to make an atonement for your souls: for it is the blood that maketh an atonement for the soul.”* Deuteronomy 12:16. He had heard Moses and Aaron make this declaration on a number of occasions. This time, however, the words *“I have given it to you upon the altar,”* stopped him dead in his tracks. Spinning around, he gazed back at the sanctuary. He saw, in the twilight, the smoke from the altar rising up over the fence that surrounded the courtyard and tabernacle.

It was illumined by the flames beneath it. Billowing out and ascending up, the smoke arose until it almost covered the heavens.

“Could it be?” he wondered. “Could it be that these animal sacrifices were just a type, a symbol, a shadow of the real sacrifice? Had—or would God offer Himself—His own blood for us?”

An overwhelming flood of emotions broke upon him. There was a sudden strange mixture of remorse and joy, unworthiness and exultation. Revelations began sweeping across his mind. “That’s why the lamb had to be without a blemish or defect! That’s why it was an innocent victim. Yes! Yes!” he exclaimed. “I see it now. What a wonderful God of love!”

Then the realization struck. “I am the slayer. My sins required the life of God.”

Falling to his knees, he stretched out his arms toward heaven. With tears glistening in the distant firelight, he broke out in praise and adoration. “Worthy is the Lamb. Worthy is the true Lamb. Thank you Jehovah! Oh, thank you God!”

Just then he spotted the priest, no longer in his priestly garments, carrying the ashes from the altar away from the sanctuary. Helkiah remembered that the law required the ashes to be taken to a *clean spot*. Yet another revelation broke upon his now enlightened mind. The fat that was cut away represented the sin that God wanted cut away from his people’s lives. The ashes represented a final end of sin and sinners when this world would melt with fervent heat, leaving a clean earth. “*But the wicked shall perish, and the enemies of the LORD shall be as the **fat of lambs**: they shall consume; into smoke shall they consume away.*” Psalm 37:20.

“For, behold, the day cometh, that shall burn as an oven; and all the proud, yea, and all that do wickedly, shall be stubble: and the day that cometh shall burn them up, saith the LORD of hosts, that it shall leave them neither root nor branch. But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall. And ye shall tread down the wicked; for they shall be ashes under the soles of your feet in the day that I shall do this, saith the LORD of hosts.” Malachi 4:1-3.

“Seeing then that all these things shall be dissolved, what manner of persons ought ye to be in all holy conversation and godliness, Looking for and hasting unto the coming of the day of God, wherein the heavens being on fire shall be dissolved, and the elements shall melt with fervent heat? Nevertheless we, according to his promise, look for new heavens and a new earth, wherein dwelleth righteousness.” II Peter 3:11-13.



Of course, Helkiah is a fictional character, but he represents millions of people who have come to the startling revelation that God gave Himself for our sins in the person of Jesus Christ. *“To wit, that God was in Christ, reconciling the world unto himself, not imputing their trespasses unto them.”* II Corinthians 5:19. His mission was, and is, to save sinners. While we are to sorrow over our sins and desire to be free of them, we need not despair regardless how enormous and ugly they may be. *“Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool.”* Isaiah 1:18.

Imagine that! God invites us to come and reason with Him. He tells us that no matter how wretched we are, no matter how dreadful our sins may have been, He will make us white and clean. Who would turn down such a proposal? Sadly, the majority do refuse it. There are generally two reasons why people do not take up this wonderful offer of cleansing. One is because they are not willing to give up sin. Everyone is familiar with the verse in John 3:16, *“For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.”* Two verses later, however, we read this sad commentary: *“And this is the condemnation, that light is come into the world, and men loved darkness rather than light, because their deeds were evil. For every one that doeth evil hateth the light, neither cometh to the light, lest his deeds should be reproved.”*

If only the sinner could realize the joy of serving the Lord. If only they knew how Jesus is able to change a man's desires. All He asks is that we be willing. The presence

of Jesus in the life can bring unspeakable peace and happiness. He can turn you away from sin and replace it with something far better. The Apostle Peter said it this way, *“Unto you first God, having raised up his Son Jesus, sent him to bless you, in turning away every one of you from his iniquities.”* Acts 3:26.

The second reason people often shun this marvelous offer of cleansing is because they do not feel worthy. They somehow feel that their sins are just too many and too awful for God to pardon and forgive. The good news for you, if you are in this class, is that you are just who He is looking for. You are the very one He wants to reason with. *“Though your sins be as scarlet...”* In other words, if they are worthy of death (and all sins are), then God wants to help you. Even if your sins are of the worst kind, God wants to reason with you. He is inviting you to come for cleansing—make you whiter than snow. From the least sinner to the greatest sinner, the promise is extended: *“For I will be merciful to their unrighteousness, and their sins and their iniquities will I remember no more.”* Hebrews 8:12.

It matters not how many sins a person commits, nor how terrible they were—the result of a single sin is equal to that of a lifetime of sin. *“For the wages of sin is death.”* Romans 6:23. Jesus took those wages upon Himself. He voluntarily, out of unfathomable love, left His glorious place in Heaven to come and offer Himself for our sins. What a wonderful Savior!

—Adapted from the book, *Though Your Sins be as Scarlet*, by F. A. Barnes.

Words from God

The New Birth

1. How did Jesus emphasize the necessity of conversion?

“Verily I say unto you, *Except ye be converted*, and become as little children, *ye shall not enter into the kingdom of heaven.*” Matt. 18:3.

2. In what other statement did He teach the same truth?

“Verily, verily, I say unto thee, *Except a man be born again*, he cannot see the kingdom of God.” John 3:3.

3. How did he further explain the new birth?

“Jesus answered, Verily, verily, I say unto thee, *Except a man be born of water and of the Spirit*, he cannot enter into the kingdom of God.” Verse 5.

4. With what comparison did He illustrate the subject?

“*The wind* bloweth where it listeth, and thou hearest the sound thereof, but canst not tell whence it cometh, and whither it goeth: *so is every one that is born of the Spirit.*” Verse 8.

5. What change is wrought in conversion, or the new birth?

“Even when we were dead in sins, hath *quickened* us together with Christ, (by grace ye are saved).” Eph. 2:5.

6. What is one evidence of this change from death to life?

“We know that we have passed from death unto life, because *we love the brethren*. He that loveth not his brother abideth in death.” 1 John 3:14.

7. From what is a converted sinner saved?

“Let him know, that he which converteth the sinner from the error of his way shall save a soul from *death*, and shall hide a multitude of sins.” James 5:20. See Acts 26:14-18.

8. To whom are sinners brought by conversion?

“Create in me a clean heart, O God; and renew a right spirit within me. . . . Then will I teach transgressors Thy ways; and sinners shall be *converted unto Thee.*” Ps. 51:10-13.

9. In what words to Peter did Jesus indicate the kind of service a converted person should render to his brethren?

“And the Lord said, Simon, Simon, behold, Satan hath desired to have you, that he may sift you as wheat: but I have prayed for thee, that thy faith fail not: and *when thou art converted, strengthen thy brethren.*” Luke 22:31,32.

10. What other experience is associated with conversion?

“For this people’s heart is waxed gross, and their ears are dull of hearing, and their eyes they have closed; lest at any time they should see with their eyes, and hear with their ears, and should understand with their heart, and should be *converted*, and I should *heal them.*” Matt. 13:15.

11. What gracious promise does God make to His people?

"I will heal their backsliding, I will love them freely: for Mine anger is turned away from him." Hosea 14:4.

12. By what means is this healing accomplished?

"He [Christ] was wounded for our transgressions, He was bruised for our iniquities: the chastisement of our peace was upon Him; and *with His stripes we are healed.*" Isa. 53:5.

13. What takes place when one is converted to Christ?

"Wherefore if any man is in Christ, *he is a new creation*: the old things are passed away; behold, they are become new." 2 Cor. 5:17, R. V., margin. See Acts 9:1-22; 22:1-21; 26:1-23.

14. What is the value of merely outward forms?

"For in Christ Jesus *neither circumcision availeth anything, nor uncircumcision*, but a new creature." Gal. 6:15.

15. Through what was the original creation wrought?

"By the word of the Lord were the heavens made; and all the host of them by the breath of His mouth." Ps. 33:6.

16. Through what instrumentality is conversion wrought?

"Being born again, not of corruptible seed, but of incorruptible, *by the word of God*, which liveth and abideth forever." 1 Peter 1:23.

17. What change is wrought by beholding Jesus?

"But we all with open face beholding as in a glass the glory of the Lord, are *changed into the same image* from glory to glory, even as by the Spirit of the Lord." 2 Cor. 3:18.

NOTE. - A beautiful statue once stood in the market-place of an Italian city. It was the statue of a Greek slave girl. It represented the slave as tidy and well dressed. A ragged, uncombed little street child, coming across the statue in her play one day, stopped and gazed at it in admiration. She was captivated by it. She gazed long and lovingly. Moved by a sudden impulse, she went home and washed her face and combed her hair. Another day she stopped again before the statue and admired it, and got a new idea. Next day her tattered clothes were washed and mended. Each time she looked at the statue she found something in its beauties to admire and copy, until she was a transformed child. By beholding we become changed.

18. What are the evidences that one has been born of God?

"If ye know that He is righteous, ye know that *everyone that doeth righteousness is born of Him.*" "Beloved, let us love one another: for love is of God; and *everyone that loveth is born of God*, and knoweth God." 1 John 2:29; 4:7.

19. What is true of every one who believes in Jesus?

"Whosoever believeth that Jesus is the Christ is *born of God.*" 1 John 5:1.

20. What do those born of God not do?

"We know that *whosoever is born of God sinneth not*; but he that is begotten of God keepeth himself, and that wicked one toucheth him not." Verse 18.

21. What indwelling power keeps such from sinning?

"Whosoever is born of God doth not commit sin; for His seed remaineth in him: and he cannot sin, because he is born of God." 1 John 3:9. See I John 5:4; Gen. 39:9.

22. What will be the experience of those born of the Spirit?

"There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit." Rom. 8:1.

Shall it be Grace or Sin?

—A. T. Jones

It can never be repeated too often, that under the reign of grace it is just as easy to do right, as under the reign of sin it is easy to do wrong. This must be so; for if there is not more power in grace than there is in sin, then there can be no salvation from sin. But there is salvation from sin; this no one who believes in Christianity can deny.

Yet salvation from sin certainly depends upon there being more power in grace than there is in sin. Then, there being more power in grace than there is in sin, it cannot possibly be otherwise than that wherever the power of grace can have control, it will be just as easy to do right as without this it is easy to do wrong.

No man ever yet naturally found it difficult to do wrong. His great difficulty has always been to do right. But this is because man naturally is enslaved to a power—the power of sin—that is absolute in its reign. And so long as that power has sway, it is not only difficult but impossible to do the good that he knows and that he would. But let a mightier power than that have sway, then is it not plain enough that it will be just as easy to serve the will of the mightier power, when it reigns, as it was to serve the will of the other power when it reigned?

But grace is not simply more powerful than is sin. If this were indeed all, even then there would be fulness of hope and good cheer to every sinner in the world. But this, good as it would be, is not all; it is not nearly all. There is much more power in grace than there is in sin. For “where sin abounded, grace did much more abound.” And just as much more power in grace than there is in sin, just so much more hope and good cheer there are for every sinner in the world.

How much more power, then, is there in grace than there is in sin? Let me think a moment. Let me ask myself a question or two. Whence comes grace?—From God, to be sure. “Grace be unto you, and peace, from God our Father, and from the Lord Jesus Christ.” Whence comes sin?—From the devil, of course. Sin is of the devil; for the devil sinneth from the beginning. Well, then, how much more power is there in grace than there is in sin? It is as plain as A B C that there is just as much more power in grace than there is in sin, as there is more power in God than there is in the devil. It is therefore also perfectly plain that the reign of grace is the reign of God; and that the reign of sin is the reign

of Satan. And is it not therefore perfectly plain also, that it is just as easy to serve God by the power of God as it is to serve Satan with the power of Satan?

Where the difficulty comes in, in all this, is that so many people try to serve God with the power of Satan. But that can never be done. "Either make the tree good, and his fruit good; or else make the tree corrupt, and his fruit corrupt." Men cannot gather grapes of thorns, nor figs of thistles. The tree must be made good, root and branch. It must be made new. "Ye must be born again." "In Christ Jesus neither circumcision availeth anything, nor uncircumcision, but a new creature." Let no one ever attempt to serve God with anything but the present, living power of God, that makes him a new creature; with nothing but the much more abundant grace that condemns sin in the flesh, and reigns through righteousness unto eternal life by Jesus Christ our Lord. Then the service of God will indeed be in "newness of life;" then it will be found that his yoke is indeed "easy" and his burden "light;" then his service will be found indeed to be with "joy unspeakable and full of glory."

Let no one ever attempt to serve God with anything but the present, living power of God, that makes him a new creature; with nothing but the much more abundant grace that condemns sin in the flesh, and reigns through righteousness unto eternal life by Jesus Christ our Lord.

Did Jesus ever find it difficult to do right? Every one will instantly say, No. But why? he was just as human as we are. He took flesh and blood the same as ours. "The Word was made flesh, and dwelt among us." And the kind of flesh that he was made in this world, was precisely such as was in this world. "In all things it behooved him to be made like unto his brethren." "In all things"! It does not say, In all things but one. There is no exception. He was made in all things like as we are. He was of himself as weak as we are; for he said, "I can of mine own self do nothing."

Why, then, being in all things like as we are, did he find it always easy to do right? — Because he never trusted to himself, but his trust was always in God alone. All his dependence was upon the grace of God. zHe always sought to serve God, only with the power of God. And therefore the Father dwelt in him, and did the works of righteousness. Therefore it was always easy for him to do right. But as he is, so are we in this world. He has left us an example, that we should follow his steps. "It is God which worketh in you both to will and to do of his good pleasure," as well as in him. All power in heaven and in earth is given unto

him; and he desires that you may be strengthened with all might, according to his glorious power. "In him dwelleth all the fulness of the Godhead bodily;" and he strengthens you with might by his Spirit in the inner man, that Christ may dwell in your heart by faith, that you may be "filled with all the fulness of God."

True, Christ partook of the divine nature, and so do you if you are a child of promise, and not of the flesh; for by the promises ye are partakers of the divine nature. There was nothing given to him in this world,

and he had nothing in this world, that is not freely given to you, or that you may not have.

All this is in order that you may walk in newness of life; that henceforth you may not serve sin; that you may be the servant of righteousness only; that you may be freed from sin; that sin may not have dominion over you; that you may glorify God on the earth; and that you may be like Jesus. And therefore "unto every one of us is given grace according to the measure of the gift of Christ. . . . Till we all come

in the unity of the faith, and the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ." And I "beseech you also that ye receive not the grace of God in vain."

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# A Puzzle for You...



Repentance

Grace

Son

Doctrine

Baptism

Healing

Apostles

Salvation

Love

Prayer

Father

Prophecy

Forgiveness

Hope

Confession

Believe

Spirit

Faith

Reconciliation

Truth

## *I Was Born Again*

*by Kaye Olson, ND*

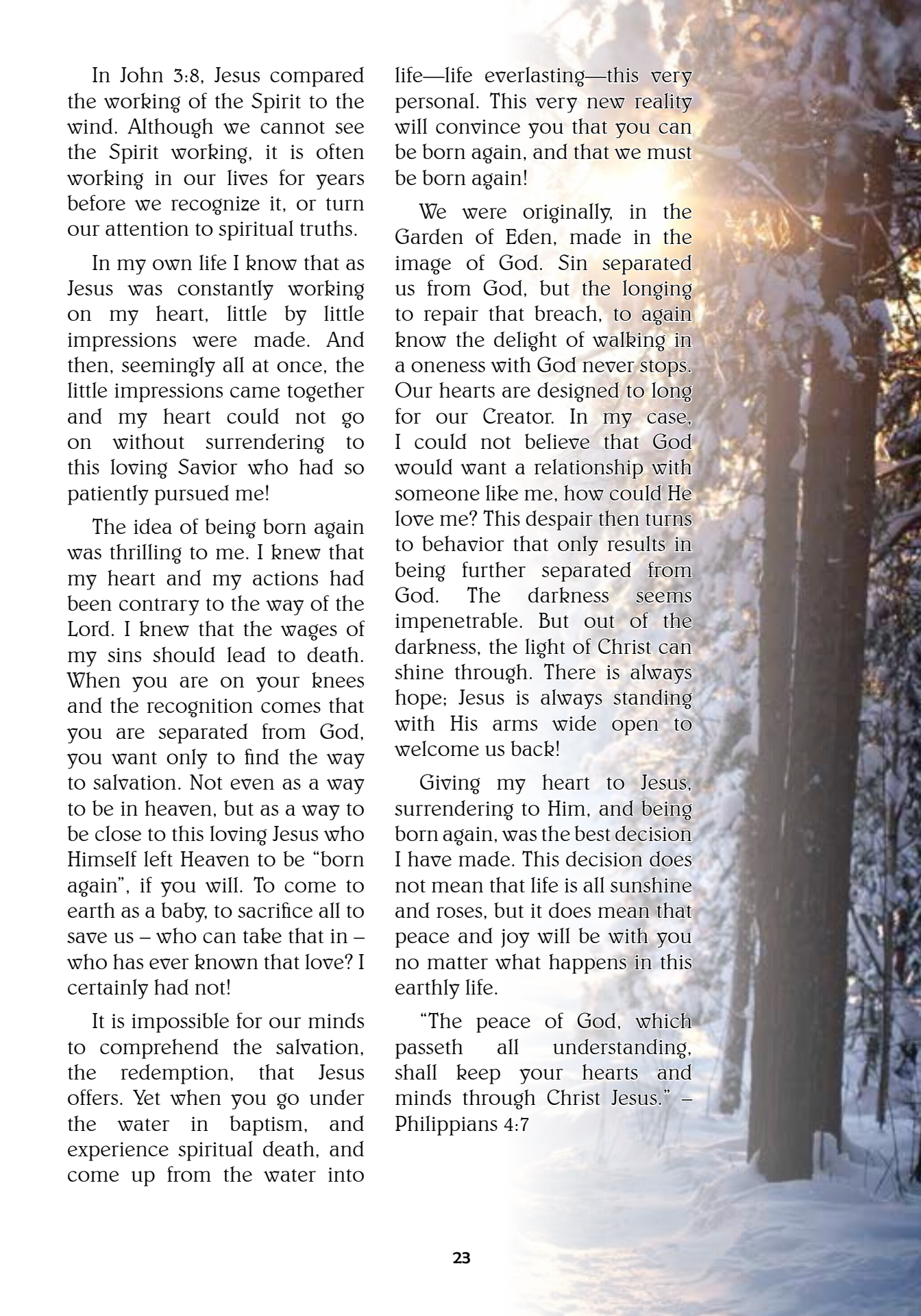
I usually write to you about herbs, your immune system and the importance of drinking more water. However, when it was decided that the theme for our first issue of our new magazine would be “Ye must be born again,” I felt I wanted to share some spiritual thoughts with you instead. What would be the point of having wonderfully healthy bodies if we did not have a healthy, loving relationship with the Lord?

Beginning in John 3:3, we read the account of a conversation between Nicodemus and Jesus. Jesus is telling Nicodemus that he must be born again, and this statement is met with confusion by Nicodemus. Is he really confused or was he hoping to hear something else? We can only speculate. When we desire to learn spiritual truths, we must humble ourselves and often let go of traditions and selfish perceptions. If we want to learn the truth, we must open our hearts and minds to possibly hear something completely contrary to what we have believed.

Over time as Nicodemus became bolder in his devotion to Jesus, he related this private conversation to John to be written down for all ages. The questions that he asked Jesus in private so that no one would know of his curiosity, have instructed millions and millions of people for thousands of years! Nicodemus would later suffer persecution as he aided the first church with his money. He had a rock-solid faith, and no longer spoke of Jesus in secrecy.







In John 3:8, Jesus compared the working of the Spirit to the wind. Although we cannot see the Spirit working, it is often working in our lives for years before we recognize it, or turn our attention to spiritual truths.

In my own life I know that as Jesus was constantly working on my heart, little by little impressions were made. And then, seemingly all at once, the little impressions came together and my heart could not go on without surrendering to this loving Savior who had so patiently pursued me!

The idea of being born again was thrilling to me. I knew that my heart and my actions had been contrary to the way of the Lord. I knew that the wages of my sins should lead to death. When you are on your knees and the recognition comes that you are separated from God, you want only to find the way to salvation. Not even as a way to be in heaven, but as a way to be close to this loving Jesus who Himself left Heaven to be “born again”, if you will. To come to earth as a baby, to sacrifice all to save us – who can take that in – who has ever known that love? I certainly had not!

It is impossible for our minds to comprehend the salvation, the redemption, that Jesus offers. Yet when you go under the water in baptism, and experience spiritual death, and come up from the water into

life—life everlasting—this very personal. This very new reality will convince you that you can be born again, and that we must be born again!

We were originally, in the Garden of Eden, made in the image of God. Sin separated us from God, but the longing to repair that breach, to again know the delight of walking in a oneness with God never stops. Our hearts are designed to long for our Creator. In my case, I could not believe that God would want a relationship with someone like me, how could He love me? This despair then turns to behavior that only results in being further separated from God. The darkness seems impenetrable. But out of the darkness, the light of Christ can shine through. There is always hope; Jesus is always standing with His arms wide open to welcome us back!

Giving my heart to Jesus, surrendering to Him, and being born again, was the best decision I have made. This decision does not mean that life is all sunshine and roses, but it does mean that peace and joy will be with you no matter what happens in this earthly life.

“The peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.” – Philippians 4:7



## *Turning the Other Cheek*

by Kathleen Vess

My son is a going to grow into a man of valor. If he had grown up during the days of King David, I imagine he would have been a man of action.

I am trying to raise my son to turn the other cheek and not return evil for evil. But, my son is a little man who will not meekly submit himself to be abused, and will strike out if he is struck. One time I let him and another little boy his age play together, and the child (I'll call him Simeon) kept bullying my child — taking toys away from him, pushing him, etc. Despite my attempts to enforce playing nicely together, these two little boys declared war with one another.

Simeon shoved my son and took a toy away and hit him. My son got up and walked up to the Simeon and grabbed him

and bit his cheek. Even though I knew my child was sorely provoked, I could not permit him to think such behavior was acceptable. I punished him and explained that we do not hurt others, and to turn the other cheek.

Time went by and similar instances happened with the same pattern. My son bit or hit, and I disciplined and explained. I began to ever despair in my son turning the other cheek. I kept trying because I knew the seed was planted, though, and I had prayed for my son and claimed the promise, "Holding forth the Word of Life that I may rejoice in the Day of Christ, that I have not run in vain, neither labored in vain," Philippians 2:16.

Well, time went by and I had a young relative come over and

visit. This little girl and my son got along pretty well — until my son was playing with a toy she wanted. She grabbed another toy and hit him on his head. He looked up and said, “Ow! That hurt. We don’t hit.”

With astonishment, I realized my son did not retaliate!!! He had turned the other cheek and returned kindness. I felt tears of thankfulness course down my cheeks. The other child was disciplined and made to apologize. My son embraced her and all was well.

I learned a lesson as well. Sometimes we must sow and keep sowing, even when we do not immediately see results.

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Kathleen Vess writes a monthly column for SDA Homeschool Moms. You can find more encouragement at [www.sdahomeschools.org](http://www.sdahomeschools.org).

*“And let us not be  
weary in well doing:  
for in due season we shall reap,  
if we faint not.”*  
—Galatians 6:9



## *The Story of John Three Sixteen*

There was once a boy, a wandering child of the city, homeless, houseless, friendless. From childhood to boyhood, he had been sinking into lower depths of misery, and it was ending in his becoming the associate of thieves. Weariness and terror often made him long for something else; but he was alone, hungry, and forlorn, and so he was becoming the slave of wicked men.

One dark cold night in November he was awaiting his accomplices; the hour had not yet struck when the evil deed should take place; they had planned to commit a burglary in a house where the boy kept watch. The moon gleamed forth at intervals from the heavy clouds, and the robbers must wait until all was dark before they could attain their wicked purpose.

Brighter and brighter the moon shone forth, so bright that it cast a dark shadow on the boy's path as he hid himself behind the portico of the house.

Someone was there! Was it one of the thieves to see if he was on watch? Was it the police, aware of their evil intentions?

No! A voice not unkind but with command in its tone inquired, "Boy! What are you doing here so late? Go home, and go to bed; lads like you have no business in the streets at such an hour as this!"

"Go home!" he repeated as the boy did not move.





"I have no home to go to; no bed," replied the young boy, and his voice trembled.

"Poor fellow," said the stranger compassionately; "would you go to a home and a bed if I procured you one?"

"That I would, gladly," replied the boy as the cold northeast wind swept over his shivering frame and carried the clouds away so that the full light fell on the face of a gentleman whose kindly smile shone brighter and warmer than moonlight on the heart of the wanderer. He gave the name of the street and the number, and the lad was hurrying off when the gentleman recalled him.

"But how are you going to get in, my boy? You must have a pass ticket as well as an invitation before you can be admitted. Take this; this is for you. Can you read?"

"No," replied the lad sadly. "I never learned."

"Well, remember on this ticket is 'John Three Sixteen.' Repeat it after me: 'John Three-Sixteen.'"

He eagerly repeated it.

"Now do not forget; this is to give you a home and a bed and is to do you good."

Off ran the lad with his precious ticket, repeating his lesson without a moment's cessation until he arrived breathlessly at the street door of the house indicated to him.

He rang the bell fearlessly, for had not that kind friend told him that John Three Sixteen would procure him a home and a bed and do him good? The night porter opened the door and in a gruff voice inquired, "Who's there?"

"It's me, please," gasped the boy. "Please, Sir, I'm John Three Sixteen."

"All right!" responded the porter; "that's the pass for tonight. Come in."

The poor fellow soon found himself in a comfortable bed, his heart running over with gratitude for the shelter not only from the cold night wind but from his evil companions, and again and again he repeated, "I'll always be John Three Sixteen; it be so lucky."

He slept soundly until morning when he reluctantly left the place which had so wonderfully afforded him rest, food, and shelter solely on the strength of his new name.

He was again on the streets. Who knows how soon his evil associates would have enticed him to be again a partaker of their evil deeds had not the Hand "mighty to save" snatched him from the mouth of the pit. In crossing a crowded thoroughfare he was run over by a cart and carried to the nearest hospital. Before taking him into the ward he was asked, "Are you a Protestant or Catholic?"

He did not understand anything about that; he only knew he was "John Three Sixteen."

“Well,” said the warder, “he’s very badly hurt; carry him in, John Three Sixteen, or whatever his name is. Poor lad! Poor lad!”

Men carried him into the accident ward, laid him down tenderly, and watched him till the surgeon came. Often he whispered to himself as he lay there, “How lucky I am since

I had my new name; I’ll always stick to it, that I am John Three Sixteen.”

But soon everything was forgotten in his pain; fever set in and delirium followed, but all night long at intervals he repeated: “John Three Sixteen; John Three Sixteen! It was to do me good, and so it has.”

Many a one in that ward, awakened by the ceaseless cry, stretched forth a feeble hand to turn the leaves of the Testament by their side to learn what the continued repetition of the text meant. The Holy Spirit blessed it that night to several souls for it was God’s own Word, and He has promised that His Word shall not return unto Him void.

Oh! how good it is that God’s Word cannot lie, that His promise can never change, and His Word endureth forever. Try it. Prove it. Believe Him.

Time went on. Our little lad awoke to new life. He gazed about him as he seemed to awake from a long sleep. Many eyes were fixed on him. At last a patient came from one of the beds

nearest to him and said, “John Three Sixteen! How are you?”

“How did you know my name?” inquired the boy eagerly.

“Know it, my lad! Why you have never ceased telling us of it; and I for one say, Blessed John Three Sixteen.”

The boy marveled how anyone could call him blessed, the poor child



of the city, for whom no one had ever cared before he had this new name. And then, for the first time in his life, he heard those life-giving words that had brought salvation to many and



were now ordained to bring life to him: “For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.”

“Yes! he—poor orphan boy who had early learned the bitter wages of sin—he, the companion of thieves, was saved, not condemned. “For God sent not His Son into the world to condemn the world; but that the world through Him might be saved.” Verse 17.

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*“For God so loved  
the world,  
that He gave  
His only begotten Son,  
that whosoever believeth in  
Him should not perish,  
but have everlasting life.”*

—John 3:16

# Anamú

Anamú is a flowering plant species of the pokeweed family native to many parts of South America, Mexico, Central America, Texas, Florida, and the Caribbean.

This perennial shrub is known for its strong garlic-like smell, as well as its powerful health-giving properties. While its botanical name is *Petiveria Alliacea*, it is commonly known as garlic weed, guinea hen weed, or gully root.

| CAPSULES | PRICE   |
|----------|---------|
| 100      | \$13.99 |
| 240      | \$26.99 |

## Suggested Adult Usage:

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

**WARNING:** Individuals with blood disorders or on blood thinning products should consult their doctor before taking this herbal supplement.



## SUPPLEMENT FACTS

| Serving Size: 1 capsule                             |          |
|-----------------------------------------------------|----------|
| Servings Per Container: 100                         |          |
| Amount Per Serving                                  | % DV*    |
| Anamú                                               | 625 mg 1 |
| *Percent Daily Value based on a 2,000 calorie diet. |          |
| †Percent Daily Value not established.               |          |
| Vegetarian Capsule Ingredient: Pine Tree Pulp       |          |

**Anamú is tried and true!!**  
Centuries of documented use have shown amazing health benefits! If you would like to give your immune system a boost like it's never known, try **Anamú** today!

## Some Of The Many Benefits of Anamú:

- **Anamú** helps dissolve the build-up of toxins and uric acid in the fluid that surrounds all cells; which if not removed regularly by the body, can produce an unhealthy internal environment that can lead to a variety of degenerative conditions.
- **Anamú** helps stimulate the production of interferon, an important factor in the protection and regeneration of cells, which inhibits damaging agents and prevents the growth and spread of unhealthy cells.
- **Anamú** fights unhealthy cell growth, however, unlike some conventional products, this herb has the unique ability to differentiate between healthy and unhealthy cells, violently attacking the unhealthy cells and abnormal tissues while leaving the healthy cells and tissues safe and unharmed.
- **Anamú** offers a mild sedative action, making it a good soothing herb for stress, anxiety, and irritability. It also helps reduce muscle spasms and nervous tension.
- **Anamú** acts as an antioxidant, reducing the free radical damage throughout the body that can cause your cells and tissues to "rust".

## Anamú & The Immune System

In a 1993 study with mice, a water extract of **Anamú** stimulated immune cell production (lymphocytes and Interleukin II). In the same year, another study with mice demonstrated that an **Anamú** extract increased natural killer cell activity by 100% and stimulated the production of even more types of immune cells (Interferon, Interleukin II, and Interleukin IV). Additional research from 1997 to 2001 further substantiated **Anamú's** immuno-stimulant actions in both animals and humans.

## Anamú - Used For Years Around The World!

**Anamú** has a long history of use in all the countries where it grows. Herbalists and natural health practitioners have traditionally used **Anamú** for a wide variety of health problems, including joint pain, digestive disorders, infections, chronic pain, lung problems, endocrine imbalances, and to counteract unhealthy cell growth. Many tribes throughout Latin America considered it one of the most powerful herbs on the planet!

- **Anamú** is commonly used throughout South and Central America to hasten recovery from colds, coughs, respiratory problems, and to support the immune system.
- In Guatemala **Anamú** tea is taken internally for digestive ailments and sluggish digestion, flatulence, and fever. It is also applied externally to relieve muscular pain and to improve skin health.
- In Brazil it is considered an antispasmodic, diuretic, energizer, and menstrual promoter. Herbalists there use **Anamú** for swelling, joint pain, poor memory, and topically as a pain reliever, anti-inflammatory, and for skin problems.

Over the last quarter of a century modern scientific research has studied **Anamú** intensively. Many biologically active compounds have been discovered in **Anamú** that now validate many of the historical uses of this herb. Researchers also found that of the 20 compounds isolated from the plant - several of which had never been identified in nature before - many were similar to compounds found in garlic, a plant revered for its beneficial properties.

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