



HOPE *for you*

JULY 2019

*The Great
Controversy*

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 hope this finds you doing well, and rejoicing in each new day as a gift from the hand of our loving Creator and Redeemer.

I hate confrontation and conflict. If there is ever a way to resolve a problem without confronting it head-on, I choose that route. As I consider the subject of this issue of *HOPE for you*, “The Great Controversy,” I am humbled by the conflict and confrontation God was willing to meet and triumph through on my behalf. He did not shun the hard road, the difficult path—the ultimate confrontation between absolute love and absolute hatred.

He could have taken the “easy” road, and blotted the fallen angels and sinful man out of existence before their rebellion cost Him His Son. Yet, He valued the free choice of all those whom He had created. He wanted all to choose to serve Him out of love, not out of fear. Because of the high value He puts on voluntary service, and because He is Love, He allowed the choice of fallen angels and sinful man to play out in the Theater of the Universe. He wanted all to see the end results of both obedience and disobedience to God’s perfect laws. In His infinite love, He gave His Son to give us an escape from this planet of destruction, should we so choose. While knowing that this is the only path to true joy and peace, He does not force us to follow Him. He stands, patiently knocking at our heart’s door, waiting our decision to ask Him to come in and to recreate our hearts to be ready for Heaven.

“Wonder, oh heavens! Be astonished, oh earth!” The love of God is unfathomable. His gift to mankind infinitely more than we can imagine. As you turn the pages of this magazine, I pray that you will be blessed. I pray that you will see in an even clearer light the incredible love God has for you. As you consider this “Great Controversy,” may you make the choice to be on the right side of the struggle—to give your willing service to the One who loves you unconditionally.

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.

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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.

—E. G. White

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.

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The Great Universal Conflict

by E. G. White

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

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

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

It was a being of wonderful power and glory that had set himself

against God. Of Lucifer the Lord says, "Thou sealest up the sum, full of wisdom, and perfect in beauty." Ezekiel 28:12. Lucifer had been the covering cherub. He had stood in the light of God's presence. He had been the highest of all created beings, and had been foremost in revealing God's purposes to the universe. After he had sinned, his power to deceive was the more deceptive, and the unveiling of his character was the more difficult, because of the exalted position he had held with the Father.

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

It was God's purpose to place things on an eternal basis of security, and in the councils of heaven it was

decided that time must be given for Satan to develop the principles which were the foundation of his system of government. He had claimed that these were superior to God's principles. Time was given for the working of Satan's principles, that they might be seen by the heavenly universe.

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

When Jesus came into the world, Satan's power was turned against Him. From the time when He appeared as a babe in Bethlehem, the usurper worked to bring about His destruction. In every possible way he sought to prevent Jesus from developing a perfect childhood, a faultless manhood, a holy ministry, and an unblemished sacrifice. But he was defeated. He could not lead Jesus into sin. He could not discourage Him, or drive Him from a work He had come on earth to do. From the

desert to Calvary, the storm of Satan's wrath beat upon Him, but the more mercilessly it fell, the more firmly did the Son of God cling to the hand of His Father, and press on in the bloodstained path. All the efforts of Satan to oppress and overcome Him only brought out in a purer light His spotless character.

All heaven and the unfallen worlds had been witnesses to the controversy. With what intense interest did they follow the closing scenes of the conflict. They beheld the Saviour enter the garden of Gethsemane, His soul bowed down with the horror of a great darkness. They heard His bitter cry, "Father, if it be possible, let this cup pass from Me." Matthew 26:39. As the Father's presence was withdrawn, they saw Him sorrowful with a bitterness of sorrow exceeding that of the last great struggle with death. The bloody sweat was forced from His pores, and fell in drops upon the ground. Thrice the prayer for deliverance was wrung from His lips. Heaven could no longer endure the sight, and a messenger of comfort was sent to the Son of God.

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

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

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

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

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

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

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

In the opening of the great controversy, Satan had declared that the law of God could not be obeyed, that justice was inconsistent with mercy, and that, should the

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

But even as a sinner, man was in a different position from that of Satan. Lucifer in heaven had sinned in the light of God's glory. To him as to no other created being was given a revelation of God's love. Understanding the character of God, knowing His goodness, Satan chose to follow his own selfish, independent will. This choice was final. There was no more that God could do to save him. But man was deceived; his mind was darkened by Satan's sophistry. The height and depth of the love of God he did not know. For him there was hope in a knowledge of God's love. By beholding His character he might be drawn back to God.

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

The law requires righteousness,—a righteous life, a perfect character; and this man has not to give. He cannot meet the claims of God's holy law. But Christ, coming to the earth as man, lived a holy life, and developed a perfect character. These He offers as a free gift to all who will receive them. His life stands for the life of men. Thus they have remission of sins that are past, through the forbearance of God. More than this, Christ imbues men with the attributes of God. He builds up the human character after the similitude of the divine character, a goodly fabric of spiritual strength and beauty. Thus the very righteousness of the law is fulfilled in the believer in Christ. God can "be just, and the justifier of him which believeth in Jesus." Romans 3:26.

God's love has been expressed in His justice no less than in His mercy. Justice is the foundation of His throne, and the fruit of His love. It had been Satan's purpose to divorce mercy from truth and justice. He sought to prove that the righteousness of God's law is an enemy to peace. But Christ shows that in God's plan they are indissolubly joined

together; the one cannot exist without the other. "Mercy and truth are met together; righteousness and peace have kissed each other." Psalm 85:10.

By His life and His death, Christ proved that God's justice did not destroy His mercy, but that sin could be forgiven, and that the law is righteous, and can be perfectly obeyed. Satan's charges were refuted. God had given man unmistakable evidence of His love.

Another deception was now to be brought forward. Satan declared that mercy destroyed justice, that the death of Christ abrogated the Father's law. Had it been possible for the law to be changed or abrogated, then Christ need not have died. But to abrogate the law would be to immortalize transgression, and place the world under Satan's control. It was because the law was changeless, because man could be saved only through obedience to its precepts, that Jesus was lifted up on the cross. Yet the very means by which Christ established the law Satan represented as destroying it. Here will come the last conflict of the great controversy between Christ and Satan.

That the law which was spoken by God's own voice is faulty, that some specification has been set aside, is the claim which Satan now puts forward. It is the last great deception that he will bring upon the world. He needs not to assail the whole law; if he can lead men to disregard one precept, his purpose is gained. For "whosoever shall keep the whole law, and yet offend in one point, he is guilty of all." James 2:10. By consenting to break one precept, men are brought under Satan's power. By substituting human law for God's law, Satan will seek to control the world. This work is foretold in prophecy. Of the great apostate power which is the representative of Satan, it is declared, "He shall speak great words against the Most High, and shall wear out the saints of the Most High, and think to change times and laws: and they shall be given into his hand." Daniel 7:25.

Men will surely set up their laws to counterwork the laws of God. They will seek to compel the consciences of others, and in their zeal to enforce these laws they will oppress their fellow men.

The warfare against God's law, which was begun in heaven, will be continued until the end of time. Every man will be tested. Obedience or disobedience is the question to be decided by the whole world. All will be called to choose between the law of God and the laws of men. Here the dividing line will be drawn. There will be but two classes. Every character will be fully developed; and all will show whether they have chosen the side of loyalty or that of rebellion.

—*The Desire of Ages*, pp. 758-763

“Come Unto Me”

*“Come unto Me all ye that labor and are heavy laden
and I will give you rest.” —Matthew 11:28*

“Come unto Me” O weary soul,
When waves of sorrow o’er thee roll
Cast down; on every side distressed,
“Come unto Me,” I’ll give you rest.

When in temptation’s darkest hour,
Surrounded by the tempter’s power,
No earthly friend to soothe thy grief;
“Come unto Me” and find relief.

When wearied with the cares of earth,
Its bitter woe and foolish mirth,
Oh, then retire and bow the knee,
The Saviour saith, “Come unto Me.”

Repenting soul, Oh, go to Him,
When wearied with thine own deep sin,
His life for you He freely gave,
Doubt not His willingness to save.

His easy yoke upon you take,
Cheerful endure for His dear sake,
Begin the work of close reform,
And resolutely labor on.

O weak and weary soul, be strong,
Our conflicts sore, will not be long.
If faithful, by and by we’ll win
A crown of life and reign with Him.

—S.N.L.

Originally published in *Review and Herald*, February, 1866.

Essicaps CA

Essicaps CA is a proprietary herbal formulation containing eight valuable botanicals. This combination of potent synergistic herbs is used for blood purification, gland stimulation, and for its powerful anti-inflammatory, anti-bacterial, and antioxidant properties! All of these qualities make it a great supplement to help promote healthy cell growth while relieving the pain, discomfort, and nausea related to many chronic conditions.

CAPSULES
120

PRICE
\$20.99

Suggested Adult Usage:

For those with major health concerns, we recommend: 3 capsules taken 3 times a day on an empty stomach. For preventative care, we recommend a maintenance amount of: 1 capsule taken 3 times a day on an empty stomach.



Ingredients:

Burdock Root

A member of the daisy family, burdock root has been used as a powerful health-aid for centuries! It is one of the most well-known herbs for helping prevent the growth of unhealthy cells and protect the body from many degenerative conditions. A highly nutritious plant, burdock contains many nutrients vital to the immune system and essential for optimum health, including: iron, amino acids, plant sterols, fatty oils, calcium, magnesium, phosphorus, zinc, folic acid, riboflavin, pyridoxine, niacin, vitamin E, and vitamin C. This nutrient powerhouse helps the body stave off infections, strengthens the nervous system, boosts the immune system, and protects against unhealthy cell growth. Burdock is also known as one of the best blood purifiers, as it contains certain diuretic principles, which help expel toxins from the blood through the urinary tract. A valuable source of many non-starch polysaccharides such as inulin, glucoside-lappin, and mucilage, burdock acts as a gentle laxative and supports the digestive system.

Sheep Sorrel

Sheep sorrel is known to be a cleansing and detoxifying diuretic that helps stimulate healthy cell regeneration and contains powerful antioxidants and free radical scavengers. Highly praised as a vermifuge, intestinal worms are said to have no resistance to the natural properties of this herb! Sheep sorrel is a rich source of oxalic acid, sodium, potassium, iron, manganese, phosphorus, beta-carotene, and vitamin C. The combination of these vitamins and minerals promote the glandular health of the entire body. Another notable property of this herb is its ability to help regulate digestive health, meaning that it can act as an anti-diarrhea agent as well as a laxative, depending on the health of the digestive tract.

Slippery Elm Bark

Contains high levels of anti-oxidants, supports immune function and healthy digestion, soothes the digestive tract, helps maintain normal elimination, absorbs and eliminates toxins from the bowel. Contains both beta-sitosterol and a polysaccharide which have been shown to destroy unhealthy cell growth. American settlers used slippery elm as a food due to its exceptional nutritional value. It is said that George Washington and his troops survived several days on slippery elm by making it into a gruel during the winter at Valley Forge.

Turkish Rhubarb Root

Has been shown to inhibit the growth of unhealthy cells. Supports normal bowel function and encourages a healthy digestion and appetite. Purges the body of bile, parasites, and stagnate food by stimulating the gall duct to expel toxic waste matter. Helps support the bowel's natural cleansing and detoxification process by cleansing the liver, spleen, and colon. Supports healthy breast cell formation. A natural diuretic, anti-inflammatory, and anti-bacterial, it has been used extensively to relieve constipation.

Blessed Thistle

Blessed thistle is used to stimulate secretion of gastric juices and saliva, to increase appetite and facilitate digestion, and to stimulate the flow of bile. It has been used as a component of many alternative therapies and also has antibacterial and anti-fungal activity.

Red Clover Blossom

Contains genistein, a valuable compound that prevents new blood vessels from forming within unhealthy cell growths. Since these unhealthy cells rely on new blood vessels to grow, genistein effectively starves them while allowing new blood vessels to grow only in healthy tissue! Red clover is a powerful blood cleanser, helps eliminate toxins from the body, reduces swelling and inflammation, promotes tissue repair, and relieves pain!

Kelp

Researchers at the University of California, Berkeley have found that a diet containing kelp seaweed lowered levels of the most powerful female sex hormone, oestradiol, in rats. These findings raise hopes that it might decrease the risk of oestrogen-dependent health problems. Used for centuries to re-mineralize the body, kelp is rich in many valuable nutrients, including: • Chlorophyll • Naturally-chelated minerals such as calcium, potassium, magnesium, iron, iodine, and sulfur • 25 vitamins, including: A, B12, folic acid, and D (ones often lacking in vegetarian diets) • Sodium alginate, which actively helps remove radioactive elements and heavy metals from the body.

Watercress

Watercress is rich in glucosilinate, a sulphuric compound that is useful for blocking many types of unhealthy cell growth and acts as a strong antioxidant. Watercress is particularly high in vitamin A and calcium, and regular use of this herb can enhance immune function and protect against harmful substances the body comes in contact with. It is widely believed to help defend against lung problems.



SUPPLEMENT FACTS

Serving Size: 1 capsule	
Servings Per Container: 120	
Amount Per Serving	%DV
Proprietary Blend	750 mg *
Burdock Root Extract 4:1, Sheep Sorrel Herb 4:1, Slippery Elm Bark Extract 4:1, Turkish Rhubarb Root Extract 4:1, Watercress Herb, Blessed Thistle Herb, Red Clover Blossom and Kelp.	
*Daily Value not established.	
Veggie Capsule Ingredient: Pine Tree Pulp	

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Healthy Cell Growth

by Dr. Kaye Olson, ND

Hope for Health has a resource available for your health of which you may not be aware. We have produced charts, or **Health Support Regimens**, for various areas of health. Featured below is the regimen concerning Healthy Cell Growth. We also have regimens for the following areas of health: • Allergies • Brain & Memory Support • Detox & Cleansing • Digestive System • Eyes & Vision • Heart Health • Immune Support • Joint Health • Kidney, Bladder & Urinary Tract • Lungs & Respiratory Health • Men's Health & Prostate • Mental Health • Pain • Pancreas Support • Skin, Hair & Nail Health • Sleep Difficulties • Weight Management & Energy • Women's Health.

If you are interested in any of the **Health Support Regimens**, please email hopeforhealth@hopeint.org and let us know which regimen or regimens you would like emailed to you. Our sincere desire is that this will be a useful tool for your health goals!

Health Support Regimen—Healthy Cell Growth

General Diet	<p>Avoid these foods: hydrogenated vegetable oils (including margarine), sugars of all kinds, caffeine, milk and all it's byproducts, animal products, food additives, alcoholic beverages, as well as fried, barbecued and smoked foods.</p> <p>Avoid excessive fat intake, especially animal fat and partially hydrogenated vegetable oils (commonly found in margarine and processed food).</p> <p>Sugar and white-flour products are believed to have a direct effect on unhealthy cell growth, as well as acting to nullify the positive effects of protective foods such as fiber.</p> <p>Regular, heavy consumption of alcohol is associated with an elevated risk of depleting the immune system and encouraging unhealthy cell growth. Excessive intake of caffeine is also detrimental. Avoid these things completely if possible.</p> <p>It is also important to drink only pure, filtered water, in order to avoid any unhealthy toxins such as chlorine and lead.</p>
Helpful Foods	<p>Eat a daily serving of vegetables from the cruciferous family. Cruciferous vegetables contain substances known as glucosinolates, which help the body neutralize and excrete certain toxins.</p> <p>These vegetables include: Broccoli, brussels sprouts, cabbage, cauliflower, kale and turnips. Broccoli also contains a substance called sulforaphane, which inhibits the growth of unhealthy cells. Include oils high in omega 3 fatty acids (pure expeller or cold pressed flaxseed oil is the highest in this nutrient).</p> <p>Consume generous amounts of ginger root, garlic, and onions, all shown to have immune boosting properties. Tomatoes contain lycopene, an excellent antioxidant that protects the body.</p> <p>Whole grains, psyllium husks, and other fiber-rich foods are essential to any diet, as fiber helps facilitate the prompt removal of toxins from the digestive tract.</p> <p>Spices: Curry powder, turmeric, garlic, ginger, cayenne, sage, thyme, rosemary and lemon peel are immune stimulating, antioxidant and cholesterol-lowering and exhibit a multitude of health-enhancing effects.</p> <p>Mushrooms have an immune-boosting effect, which helps reduce the risk of unhealthy cell growth and enhances heart health. Shiitake mushrooms are one of the most studied mushrooms and have been found to enhance the immune system, ward off infection and neutralize unhealthy cells.</p>
Vitamins & Minerals	<p>Beta Carotene – Demonstrated potent abilities to inhibit production of unhealthy cells</p> <p>Vitamin C – An antioxidant that converts free radicals to harmless waste and is said to detoxify.</p> <p>Vitamin E – An antioxidant and free-radical scavenger. It has been shown in studies to inhibit unhealthy cell growth and enhance the effects of cytotoxic drugs (drugs that block the growth of cells in the body), allowing a reduction of usage.</p> <p>Selenium – One of the antioxidants that protect cell membranes and enhance the immune system.</p> <p>Calcium, Potassium, Chromium and Zinc – Are necessary for healthy immune function.</p>

<p>Herbs</p>	<p>Astragalus – This herb helps stimulates the immune system.</p> <p>Cat's Claw – Helps encourage healthy cell growth while also helping to reduce inflammation and ease pain.</p> <p>Mistletoe – Extracts from this herb have been shown to promote healthy cell growth and to stimulate the immune system.</p> <p>Graviola – Assists the immune system in ridding or cleansing the body of abnormal cell/tissue growth.</p> <p>Wormwood – Promotes healthy cell growth</p> <p>Goldenseal – Boosts the immune system</p> <p>Astragalus – Promotes adrenal cortical function. It also helps improves bone marrow depression and gastrointestinal toxicity.</p> <p>Boswellia – Reduces unhealthy cell growth</p> <p>Burdock Root – Helps prevent the growth of unhealthy cells and protect the body from many degenerative conditions.</p> <p>Red Clover Blossom – Contains genistein, a valuable compound that prevents new blood vessels from forming within unhealthy cell growths.</p>
<p>Juicing</p>	<p>Include generous amounts of freshly made vegetable juices to feed the body with nutrient-dense food.</p> <p>Carrot, collard greens, kale, parsley and spinach – Sources of beta-carotene</p> <p>Kale, parsley, green pepper, collard greens and broccoli – Sources of vitamin C</p> <p>Spinach, asparagus and carrot – Sources of Vitamin E</p> <p>Turnip, garlic, red swiss chard and orange – Sources of Selenium</p> <p>Kale, collard greens, turnip greens, parsley, dandelion greens, watercress, beet greens, spinach and chard – Sources of Calcium</p> <p>Spinach, Swiss chard, brussels sprouts and tomatoes– Sources of Potassium</p> <p>Potato, green pepper, apple and spinach – Sources of Chromium</p>
<p>Exercise</p>	<p>In the past, people who were ill were often advised by their doctor to rest and reduce their physical activity. This may still be true if movement produces severe pain, rapid heart rate, or breathlessness. However, research has shown that exercise is not only safe and possible for the seriously ill, but it can improve physical functioning and quality of life. Regular exercise is an effective way to counteract the negative effects of inactivity in chronic illness. Too much rest may result in loss of function, strength, and range of motion in the person with a chronic illness. As a result, many health care providers are now encouraging their patients to be as physically active as possible. To make your exercise effort most effective, it is important that you work your heart. Pay attention to your heart rate, your breathing and the amount of fatigue in your muscles. If you get short of breath or very tired, rest for a few seconds and resume exercising as you are able. Start slowly and gradually increase the length of time you exercise. The goal is to help you maintain endurance, muscular strength, flexibility and level of functioning. The more you exercise, the more your ability to exercise can improve and your ability to function can improve. In addition, exercise helps strengthen the immune system.</p>
<p>Hope for Health Products</p>	<p><u>Swedish Bitters</u> helps aid in the detoxification process and improves digestion. It also helps boost the immune system.</p> <p><u>Anamu, Graviola, Apricot Seed, and Flaxseed</u> help improve immune system and promote healthy cell growth.</p> <p><u>A Green Clay cleanse</u> and <u>Colon Clear</u> will help remove toxic waste buildup and cleanse the body.</p> <p><u>C-Blast and Mega-Multi</u> contains powerful vitamins, nutrients, and antioxidants.</p> <p><u>Essicaps CA</u> is a combination of synergistic herbs used for blood purification, gland stimulation, and for its powerful anti-inflammatory, anti-bacterial, and antioxidant properties. It will help stimulate healthy cell growth.</p>
<p>Rest</p>	<p>During deep sleep, the production of growth hormone is at its peak. Growth hormone speeds the absorption of nutrients and amino acids into your cells and aids the healing of tissues throughout your body. The hormone also stimulates your bone marrow, where your immune system cells are born. Melatonin, often called the sleep hormone, is also produced during sleep. This hormone stimulates your immune system, increases antibodies in your saliva, has antioxidant properties and enhances the quality of sleep.</p>

Hope for Health's Apricot Seed is the raw seed of the apricot fruit, and is one of the richest sources of a glycoside known as amygdalin, sometimes called laetrile or "vitamin" B17. This nutrient encourages healthy cell growth, enhances immune response, and strengthens the cardiovascular system. Also known as bitter almonds, they provide abundant nutrition and support for the immune system! Our Apricot Seed is air-dried at low temperatures to preserve the many health benefits and to keep all the nutrients intact. A 100% raw product!!

Apricot Seed

CAPSULES
120

PRICE
\$17.99

Suggested Adult Usage:

Take 2-4 capsules, three times a day with food.



Naturally Occuring in Apricot Seed Are:

Omega-6 Fatty Acids

Omega-6 fatty acids are considered essential fatty acids (EFAs). Meaning, they are necessary, but the body can't make them - you have to get them through food. Along with omega-3's, omega-6's play a crucial role in brain function, normal growth and development, and help the immune system recognize healthy tissue versus non-healthy tissue and foreign invaders (which is particularly important for people dealing with auto-immune responses). EFAs are also needed by the immune system to help manufacture anti-inflammatory prostaglandins, which kill germs and invaders. As invaluable nutrients, EFAs also:

- Stimulate healthy skin and hair growth
- Maintain bone health
- Regulate metabolism
- Reduce aches and pains
- Protect the nervous system
- Maintain a healthy reproductive system

Plant Sterols

Plant sterols are healthy compounds found in plant-based foods best known for their ability to help promote healthy cholesterol levels. However, they provide a host of other benefits, including: bolstering the immune system, supporting healthy lung function, and helping to relieve menopausal symptoms.

- According to scientific studies, a synergistic relationship seems to exist between plant sterols and the immune system, meaning they complement each other and work together for enhanced performance.
- Important immune system cells, called T-Cells, exhibit increased effectiveness in the presence of plant sterols.
- Sterols may help reduce the likelihood of autoimmune responses.

Vitamin B17

Apricot kernels contain a glycoside known as vitamin B17, which is also known by the names laetrile and amygdalin. It is found in the seeds of apples, peaches, cherries, grapes, and apricots (among many other foods), however it appears that Apricot Seed has one of the highest levels found naturally on earth! But 'vitamin' B17 isn't really a vitamin at all. It's a compound of healthy substances that occur in nature and are beneficial to the human body (so you can see why it's referred to as a 'vitamin').

Studies have shown that B17 helps to increase the body's ability to fight illness and unwanted or unhealthy cells. One of the exciting things about this nutrient is it seems to target the unhealthy cells for destruction while actually nourishing the normal and healthy cells! It may also help to balance the pH of the body. Abnormal pH levels, caused by poor diet, stress, or a number of other factors, can result in a toxic internal environment, ultimately paving the way for a variety of health conditions. Consuming adequate levels of B17 assists the body in regulating the pH level, which is vital to maintaining health!

Vitamin B15

Another nutrient found in abundance in **Apricot Seed** is commonly called vitamin B15, although the proper names are dimethylglycine and pangamic acid. It has been proven to help a variety of health issues and/or bodily functions, including:

- Supports normal cholesterol levels
- Stimulating growth of healthy cells & tissues
- Improving blood circulation and oxygenation
- Enhancing immune response
- Reducing cravings
- Aiding hair growth/regrowth
- Absorbing and utilizing protein

Vitamin E

This important antioxidant and immune booster doesn't get as much press as vitamin C, yet it's critical for a healthy immune system! Vitamin E stimulates the production of the immune cells that seek out and destroy germs and unhealthy cells. It also enhances the production of immune cell antibodies that protect against foreign invaders. Maintaining a proper level of vitamin E may help reverse some of the decline in immune response commonly seen in aging and also help protect from free radicals that damage the body and lead to chronic illness. In addition, it is particularly important for keeping your skin, heart, brain, nerves, muscles, and red blood cells healthy!

Did you know?
Apricot Seed may also help expel mucus from the lungs and relieve coughing. Great for chest and lung ailments!

SUPPLEMENT FACTS		
Serving Size: 1 capsule		
Servings Per Container: 120		
Amount Per Serving		% DV*
Apricot Seed	500 mg	†
Armeniaca Vulgaris		
*Percent Daily Value based on a 2,000 calorie diet.		
†Percent Daily Value not established.		
Vegetarian Capsule Ingredient: Pine Tree Pulp		

The Moral Government of God

by F. A. Barnes

Mercy and truth are met together; righteousness and peace have kissed each other. Psalm 85:10.

Mercy is the character of God that spares us from what we deserve. Truth reveals that we are sinful, filthy, lost and without hope. Truth alone would leave us in that miserable condition Paul spoke of in Romans 7:24.

O wretched man that I am! who shall deliver me from the body of this death?

To fully understand the impact of Paul's words, it is helpful to know just what kind of analogy he was making. The expression, "body of this death," points back to a Roman practice of strapping the corpse of a murdered man to the back of the murderer. It would remain on his back until it rotted and took his life. Paul likens the death sentence that transgression brings to the sinner with this awful form of judgment. This helps us to understand how "exceeding sinful" sin is (Romans 7:13). Through the cross of Christ, the mercy of God and the truth meet together to give us hope of eternal life and an escape from "the body of this death."

Righteousness also reveals our shortcomings, for "all our righteousnesses are as filthy rags" (Isaiah 64:6). Up against God's measuring rods of truth and righteousness, we are found worse than wanting. We stand hopelessly condemned. "There is no peace, saith the LORD, unto the wicked." Isaiah 48:22. The opposite of peace is war and unrest, so without Christ we are at war with God as enemies of God. We march under the banner of Satan.

Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience. Ephesians 2:2.

And you, that were sometime alienated and enemies in your mind by wicked works, yet now hath he reconciled. Colossians 1:21.

Imagine the futility of remaining an enemy of God! But thanks be to God, there is a way to be reconciled to Him. Through faith in Christ we receive peace (Romans 5:1).

Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost. Titus 3:5.

Let's read Psalm 85:10 again. "Mercy and truth are met together; righteousness and peace have kissed each other." Jesus is the truth; He is our righteousness. In addition, He is our mercy and He is our peace (Isaiah, 9:6; Ephesians 2:14). And we are made righteous and brought into conformity with truth only by His indwelling presence (1 Corinthians 1:30).

We often think that God's love is expressed through His mercy, which it is; but it is equally expressed through His truth and justice. All these attributes combine to establish God's moral government.

Justice and judgment are the habitation of thy throne: mercy and truth shall go before thy face. Psalms 89:14.

This verse tells us that He who sits on the throne of the universe does not merely exercise arbitrary power, but his almighty power and sovereign authority are always exercised in perfect justice and wisdom, and in entire consistency with his mercy and truth; and these mark out the methods in which he deals with his people. He also expects His people to exercise the same mercy and judgment, especially those in leadership positions.

It is an abomination to kings to commit wickedness:
for the throne is established by righteousness.
Proverbs 16:12.

Abraham understood this well, even reminding God that these principles must be followed by Him in dealing with Sodom and Gomorrha.

That be far from thee to do after this manner, to slay the righteous with the wicked: and that the righteous should be as the wicked, that be far from thee: Shall not the Judge of all the earth do right?
Genesis 18:25.

Obviously, Abraham was not telling God what to do, but simply pleading with Him to act consistently with His character of justice and mercy. And right here we find a principle that the entire plan of salvation is based upon. Jehovah had to develop a plan whereby all His created beings could recognize His love and mercy and yet be justified when He should pass the sentence of destruction upon those who persist in rebellion. This plan would reveal the free will that God entrusted to His intelligent creatures that they might choose who they would serve and obey.

BALTHASAR HUBMAIER

During the Reformation, Calvin, Luther and many others looked upon sin as transgressions committed solely against God. They didn't appear to have a universal perspective. In other words, the universe with all its created beings, its seraphim, cherubim and innumerable angels, may not have been considered when the consequences of sin were weighed. They had no thought of God's character needing any vindication before the universe. He was sovereign and that's that! The end result was the doctrine of predestination, which basically meant that, in His sovereignty, God simply predestined some to be lost and others to be saved. In contrast, the Anabaptists taught that God gave to man a free will and that salvation was offered to all mankind.

In the 1520s, the Anabaptist theologian Balthasar Hubmaier wrote two treatises on the freedom of the will. In these works, he carefully avoided Pelagianism—the doctrine that human beings can save themselves through making good choices—and embraced fully the assessment that human nature was fallen and corrupt. Yet he still asserted that “whomever denies the freedom of the human will, denies and rejects more than half of the Holy Scriptures.” Hubmaier believed that the atonement God provided was intended for all humanity, not just the elect, as Calvin held. (Nicholas Miller, *The Reformation and the Remnant*, p. 38)

With the concept of a free will, the sovereignty of God was not diminished, but the fairness and love of God were realized along with His sovereignty. This, in turn, leaves in the minds of all beings the idea that their Creator is a loving, impartial and benevolent God. Miller goes on to write:

Belief in human free will and the adequacy of the atonement that God provided to meet the needs of all humanity came to characterize the evangelical Anabaptists. These Anabaptists were found in both Austria and the Netherlands, where Anabaptist leader Menno Simons expressed similar views. (Ibid.)

One cannot overestimate the far-reaching consequences of belief in a free will as opposed to strict predestination. With the latter, God is actually held responsible for sin since man really had no choice. Furthermore, how could the universe look upon a Creator who deliberately created some beings, both angels and men, with the purpose of destroying them in a lake of fire? Such a depiction of God is a threat to the stability of the universe!

In the infinite wisdom of the Godhead, the plan of salvation was devised before the foundation of the world. It was no mere afterthought to deal with the problem of sin after the fall of Adam and Eve. 1 Peter 1:18 tells us:

Forasmuch as ye know that ye were not redeemed with corruptible things, as silver and gold, from your vain conversation received by tradition from your fathers; But with the precious blood of Christ, as of a lamb without blemish and without spot: **Who verily was foreordained before the foundation of the world**, but was manifest in these last times for you.

The concept of the free will of man was a common doctrine among the Anabaptists. To be sure, there existed some variations on the subject. For example, some believed that man has always possessed a free will while others believed that Adam's fall resulted in a forfeiture of the free will until it was restored by the sacrifice of Christ. To some, the idea of bondage to sin was evidence that free will was lost until the cross, while others saw that, since the provision made by the cross was available from the foundation of the world, man has always had a free will. What they all had in common, however, was their opposition to the doctrine of predestination, so prominent among the Protestants.

Most of the Radical Reformation broke away from the Protestant pattern in a universalistic direction in abandoning or revising the doctrine of predestination and in holding that the work of Christ, in taking from mankind the burden of Adam's guilt, made possible the recovery, for all men everywhere... (G.H. Williams, *The Radical Reformation*, p. 839)

In a letter by Hubmaier to Count George of Brandenburg-Ansbach, a follower of Martin Luther, he exposed a couple of misconceptions of the will of man in the role of salvation.

Although for several years great earnestness and diligence has been expended so that the gospel was preached to all creatures, I, nevertheless, unfortunately, find many people who to this point have learned and grasped no more than two pieces from all the preaching. First, one says: "We believe; faith saves us." Second, "We can do nothing good. God works in us the desiring and the doing. We have no free will." Now, however, such remarks are only half-truths from which one can conclude no more than half-judgments. (Balthasar Hubmaier, *Theologian of Anabaptism*, Translated by H. Wayne Pipkin and John H. Yoder, Herald Press, pp. 427, 428)

Hubmaier went on to say that "a half-truth is more damaging than a whole lie" and that such were "doing patchwork with Scripture." He pointed out that those who hold these half-truths excuse themselves of the evil they do and for their failure to do that which is right. The end result of such philosophy is that God

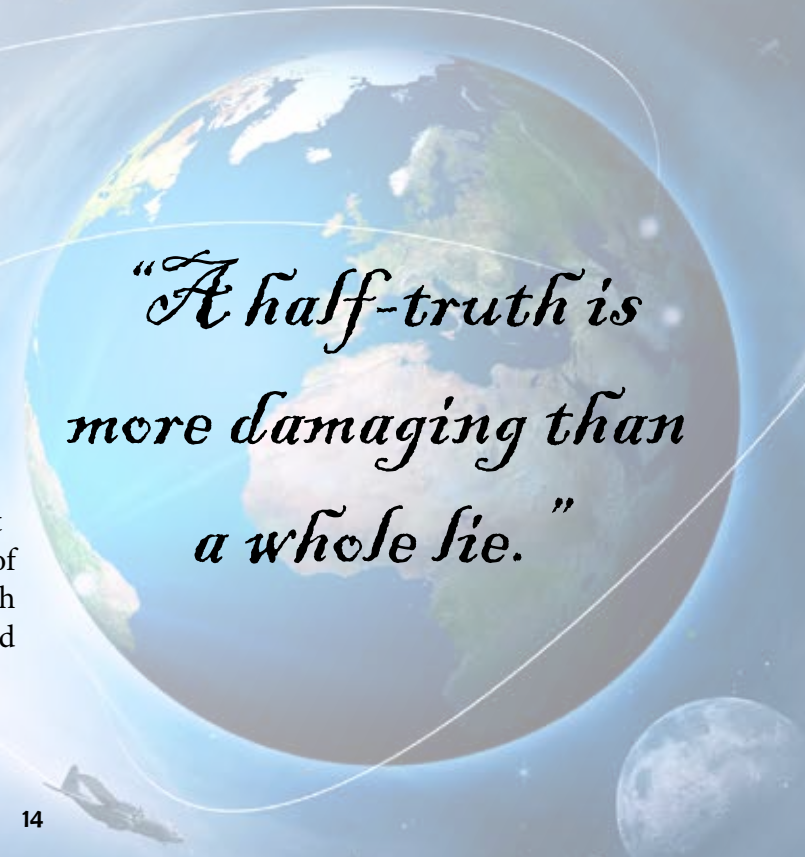
gets the blame for all the sins and works of the flesh committed by men, for they have no choice in the matter. To Hubmaier, such reasoning was blasphemy.

Yes, God must be responsible for all our vices, which is the greatest blasphemy on earth. (Ibid., p. 429)

Hubmaier is here pointing out a reason for low standards in the Church. If a professing Christian is convinced that his works have nothing to do with his salvation and that he does not possess the free will to do good, he will certainly not put any effort into denying his flesh. With such a belief, the Church would scarcely rise above the ways of the world.

ARMINIUS

This controversial idea of the free will arose to greater heights in the early part of the 17th century, and became known as the Arminian controversy, from James Arminius, professor of divinity in the university of Leyden, who was thought to be the originator of it. In reality, he was building upon the foundation that Hubmaier and the Anabaptists had laid nearly a century before. Nevertheless, after the debate heated up in the 17th century, those who embraced the free-will theology were tagged with the designation of *Arminian*, while those who taught predestination were called *Calvinists*.



*"A half-truth is
more damaging than
a whole lie."*

One fact that should never be overlooked is that neither Arminius nor the Anabaptists were solely concerned with the welfare of man and his ability to choose life or death. Another, and perhaps a greater concern for them, was the perception of the character of God that would inevitably result from believing either predestination or the free will of all His created beings.

A COSMIC CONFLICT

In Paul's letter to the Ephesians, he makes this revealing statement.

Unto me, who am less than the least of all saints, is this grace given, that I should preach among the Gentiles the unsearchable riches of Christ; And to make all men see what is the fellowship of the mystery, which from the beginning of the world hath been hid in God, who created all things by Jesus Christ: **To the intent that now unto the principalities and powers in heavenly places might be known by the church the manifold wisdom of God,** According to the **eternal purpose** which he purposed in Christ Jesus our Lord. Ephesians 3:8-11.

This truth deals a death-blow to the doctrine of strict predestination. Here the apostle tells us that this was all in the "eternal purpose" and planning of God.

The "principalities and powers in heavenly places" are observing what is taking place on this planet, especially within the Church, and recognizing the wisdom of God through this mystery of redemption offered to man by the gift of His Son. What wisdom would there be in offering His Son to die for sinners if mankind had no choice in the acceptance of that gift? Furthermore, what kind of demonstration would it be to the on-looking universe if mankind was simply predestined to do one thing or another? And what difference would the cross of Christ make in the believer's behavior if he was simply programmed to do whatever he does?

To put it simply, the character of God and His moral government are being vindicated before the universe, while the results of Satan's rebellion against that government are exposed. God's love, His wisdom, His self-denial and His justice are demonstrated by the cross of Calvary where "mercy and truth are met together." The freedom to accept that great sacrifice and to choose to walk in the light is essential in establishing stability and security for the entire universe. As believers choose to follow Jesus, He provides the power to carry out the choice. This combination of divinity with humanity is the great mystery that is to settle the great controversy between Christ and Satan—once and for all. "Choose you this day whom ye will serve."



The Origin of Evil

1. With whom did sin originate?

“He that committeth sin is of the devil; for the devil sinneth from the beginning.” 1 John 3:8.

NOTE.-Without the Bible, the question of the origin of evil would remain unexplained.

2. From what time has the devil been a murderer?

“Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him.” John 8:44.

3. What is the devil’s relationship to lying?

“When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it.” John 8:44.

4. Was Satan created sinful?

“Thou wast perfect in thy ways from the day that thou wast created, till iniquity was found in thee.” Eze. 28:15.

NOTE.-This, and the statement in John 8:44 that he “abode not in the truth,” show that Satan was once perfect, and in the truth. Peter speaks of “the angels that sinned” (2 Peter 2:4); and Jude refers to “the angels which kept not their first estate” (Jude 6); both of which show that these angels were once in a state of sinlessness and innocence.

5. What further statement that Christ made seems to lay the responsibility for the origin of sin upon Satan and his angels?

“Then shall He say also unto them on the left hand, Depart from Me, ye cursed, into everlasting fire, prepared for the devil and his angels.” Matt. 25:41.

6. What led to Satan’s sin, rebellion, and downfall?

“Thine heart was lifted up because of thy beauty, thou hast corrupted thy wisdom by reason of thy brightness.” Eze. 28:17. “Thou hast said in thine heart, I will ascend into heaven, I will exalt my throne above the stars of God: I will sit also upon the mount of the congregation, in the sides of the north: . . . I will be like the Most High.” Isa. 14:13,14.

NOTE.—In a word, pride and self-exaltation led to Satan’s downfall, and for these there is no justification or adequate excuse. “Pride goeth, before destruction, and a haughty spirit before a fall.” Prov. 16:18. Hence, while we may know of the origin, cause, character, and results of evil, no good or sufficient reason or excuse can be given for it. To excuse it is to justify it; and the moment it is justified it ceases to be sin. All sin is a manifestation of selfishness in some form, and its results are the opposite of those prompted by love. The experiment of sin will result finally in its utter abandonment and banishment forever, by all created intelligences, throughout the entire universe of God. Only those who foolishly and persistently cling to sin will be destroyed with it. The wicked will then “be as though they had not been” (Obadiah 16), and the righteous shall “shine as the brightness of the firmament,” and “as the stars forever and ever.” Dan. 12:3. “Affliction shall not rise up the second time.” Nahum 1:9.

7. In contrast with the pride and self-exaltation exhibited by Satan, what spirit did Christ manifest?

“Who, being in the form of God, thought it not robbery to be equal with God: but made Himself of no reputation, and took upon Him the form of a servant, and was made in the likeness of men: and being found in fashion as a man, He humbled Himself, and became obedient unto death, even the death of the cross.” Phil. 2:6-8.

8. After man had sinned, how did God show His love, and His willingness to forgive?

“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.

NOTE.—Inasmuch as God, who is love, who delights in mercy, and who changes not, offered pardon and granted a period of probation to man when he sinned, it is but reasonable to conclude that a like course was pursued toward the heavenly intelligences who first sinned, and that only those who persisted in sin, and took their stand in open revolt and rebellion against God and the government of heaven, were finally cast out of heaven. Rev. 12:7-9.

The Least of These

by Earnest Ivan Haney

*Inasmuch as ye have done it unto one
of the least of these My brethren,
ye have done it unto Me. —Matthew 25:40*

What does this mean? Who are “the least of these my brethren”? Some time ago, I was driving through a fairly large town with several stoplights and a lot of traffic. I was approaching an intersection as the light was turning from green to yellow and then to red. As I was coming to a stop, I noticed a man walking quickly toward the intersection. He was somewhat humped over, and as I watched him, I noticed that his face and hands were

deformed. The closer he came, the more I saw how disfigured he was. I found it hard to even look at him.

To make matters worse, there were children, probably around twelve or thirteen years old, who were following him, taunting and making faces at him. Where did they learn such behavior? Where did they learn to be so cruel? I wondered what it must be like to be him and to have people make fun of you wherever you went. I have seen people who were disfigured in an accident, and I know as much as I drive that it could happen to me at any time. Yet to be born that way and to grow up listening to the taunts of people would be extremely hard.



This brought back memories of when I was a child. I remember going to school, and there was a group of us who were poor. Our clothes were not new or fancy. We were isolated from the others and looked down upon. The other children would keep a distance and make fun of us, calling us things like “sweathogs”, and then run away squealing like pigs.

God hath shown me that I should not call any man common or unclean. —Acts 10:28

I have seen and talked to many through the years that others would label “common” or “unclean.” I’ve realized that they were just people like me, and that these were the types of people that Jesus spent a lot of time with.

But their scribes and pharisees murmured against His disciples, saying “Why do ye eat and drink with publicans and sinners?” —Luke 5:30

This text often comes to mind, and I wonder whether the same question could be asked of me. We are all called to go to the lost, wherever they are and whoever they are. If I say that isn’t my calling, then I am not truly following in the footsteps of Jesus. So many people avoid Christians because we, like those children I saw in the street, criticize, taunt, and shun others. When they enter a church, rather than feeling welcomed at our table, they feel like they are the main course at a knife and fork luncheon. We have to do better. I have do better. By my words and actions, I will either show people Jesus who abides in my heart, or I will show them the opposite.

By this shall all men know that ye are My disciples, if ye have love one to another. —John 13:35

In the days after I saw that man at the intersection, I pondered what I had seen. I then

decided that if I ever saw him again, I would speak to him and treat him like he should be treated. Sometime later, I walked into a place to get something to eat, and he was there, sitting at a table eating. I looked at him. His ears were huge, his lips were larger than normal, and his hands and face were all deformed. As I walked past him, I was speechless and could not utter a word, for he sat there eating his lunch as if he had not a care in the world. He was happy as could be. I ate my lunch, unable to say a word to him or anybody else. As I ate and marveled at his contentment, one question kept resounding in my mind: *What would Jesus do?*

I have not seen him since, but I learned a lesson about myself that day and that there are things that I, as a Christian, need to work on.

Inasmuch as ye have done it unto one of the least of these My brethren, ye have done it unto Me. —Matthew 25:40

What would it sound like if no unkind words were spoken and everybody was lifted up? What would it look like if love was in abundance and all were equal and beamed with joy? What would it feel like if there were no enemies and no strife? I guess that would be heaven. Could it happen here, now? Could it start with me and you?

Lord, help us to be like You.



Sometimes You Have to P.U.S.H.

by Kathleen Vess

I have been “formally” homeschooling my son this year. I will say it has brought its triumphs as well as its frustrations. Sometimes, we have had to step away from the schoolbooks and recapture the fun in childhood.

I had planned to do school all year round to make sure we got the number of days needed. Well, guess what? Ecclesiastes says there is a time for everything and a

season, and things change. Well, that is right — a time to cry, a time to laugh, etc. And, I will not stand here and lie and say homeschooling and parenthood in general has been nothing but roses and daisies. Homeschooling can be tiring, with nights spent in prayer because you not only want to see your kid succeed at this life, but also want to get them ready for the Kingdom to come.

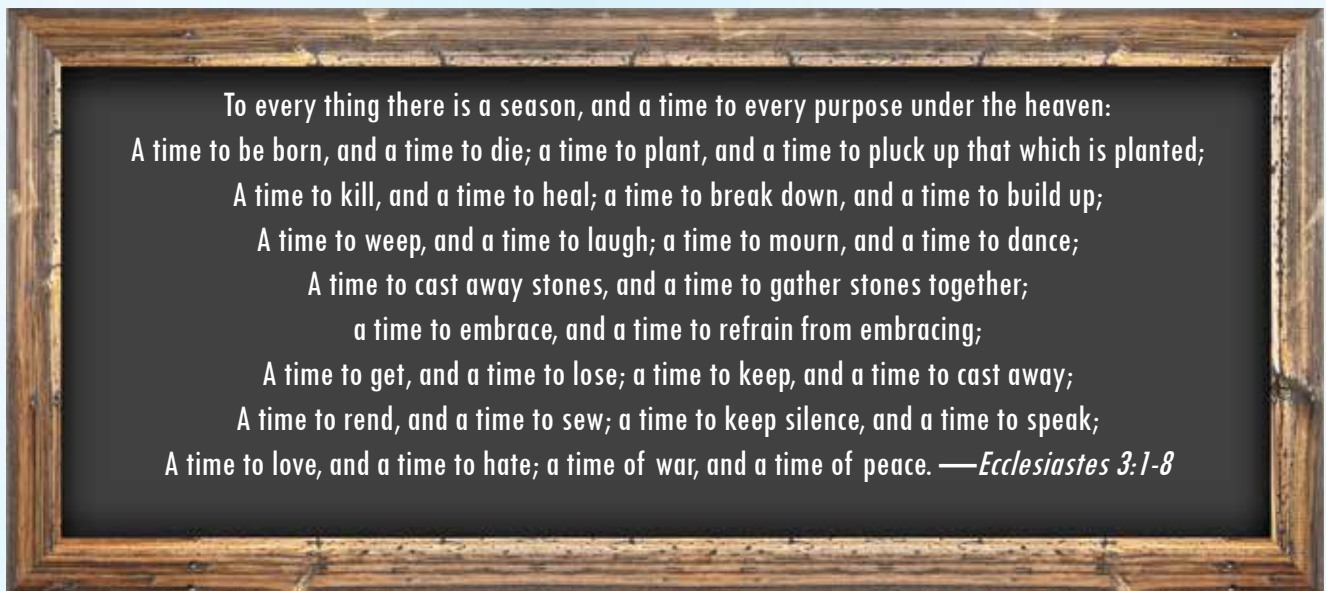


And, sometimes? You feel like a complete mess and a failure. I now speak to my reader. You aren't a failure. In due season, you will reap. Sometimes you have to say the ABC's a million times until the seed of "A" takes root in your child's mind. Sometimes, instead of book work, you can take your child outside to play and "trick" them into learning their ABC's. My son finally learned his colors a few months ago because we played a game with his little toy cars.

And, don't be afraid to PUSH — Pray Until Something Happens! God hears you, my sisters and brothers, and He gives wisdom liberally to all who ask Him.

It overjoys the Father when we ask Him for what we need, especially when it concerns the children He gave us. All we need to do is PUSH!

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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)*



## *Honesty the Best Policy*

Mary E. Ropes

EDITOR'S NOTE: *This story, published in the late 1800s, has a message that rings true for us today. While the language is a bit antiquated, we hope you will enjoy this "blast from the past", and appreciate the message this story brings into focus.*



~~~~~  
WANTED.—A man and his wife (*without encumbrances*) to take charge of a house for three months during the absence of the family, and to superintend spring cleaning. The highest references indispensable.”

“How would that do, Molly?”

“Nicely, so far as we are concerned, but we don’t know how we should suit the folks. Then as to the references, Sam; of course we can’t expect to get a situation without good testimonials. Why, think of poor Fred Wylde, how long he has been out of place, just because he was turned away for theft, and without a character.”

“For *supposed* theft, Molly, ’twasn’t ever proved. But there will be no difficulty about our characters, dear. Our clergyman, Mr. Parsons, and my old master, and your mistress, would each give us a character, or a letter of recommendation. Why, Molly, you know they would have secured me a good place long ago, if I hadn’t been too weak to work hard, after that long illness of mine. But this would suit if we can get it, and it would be something to be earning a trifle, and not to be paying rent.”

That same evening, taking with him the needful papers, Sam Preston went to the address indicated in the advertisement, saw the master of the house, and was fortunate enough to secure the situation.

We pass over all the preliminaries, suffice it to say, that the Prestons stored their small stock of cottage

furniture in a neighboring tradesman’s lumber room, and moved into Linton Lodge the same day that the family of Mr. Markham left it, establishing themselves as comfortably as circumstances would permit by night.

“The master said,” remarked Sam that evening as they sat at tea, “that any rubbish we find about the house, odds and ends left in holes and comers, we might keep.”

“There isn’t much that would be of use to us, Sam,” replied Molly, laughing. “Unless, indeed, it was waste paper, which, perhaps, we could send to the mills. There’s a quantity of that; indeed, there’s a room upstairs that seems just full of it. Old newspapers, wrappers, books of advertisements, and no end of circulars. We can look through them someday, and make up a sack or two, since Mr. Markham gives us leave.”

In a few days the Prestons had become accustomed to their temporary home. The kitchen and a bedroom downstairs had not been left in the dismantled condition of the rest of the house, and were quite comfortably furnished with all that was necessary.

Linton Lodge, too, was situated not so far from the Prestons’ former house but that Molly could still take in needlework for her old customers, and carry it home when finished, without the expense of a railway journey.

Of course, Sam and Molly could never leave the house at the same time, so that they were unable to go to church together, but this was the only thing that they at all minded.

Molly had a good deal of work in hand just now, and Sam was very busy doing odds and ends of carpentering and repairing about the house and out-buildings, and in working in the garden, which had

been greatly neglected of late, owing to the illness of the gardener. So, it was quite two weeks or more before they found time to look over and sort the heaps of paper in the lumber room—heaps which were apparently the accumulation of years, saved probably always in the hope that they would come in usefully someday.

Molly began with the work bright and early one morning, while Sam was downstairs cleaning his own boots and hers.

Suddenly, he heard an exclamation, or rather a cry of surprise, from his wife, and in a moment more she came running down with a flushed face and sparkling eyes, holding a paper in her hand, while in her apron she held some more folded sheets.

“Oh, Sam, what do you think?” and the little woman held up a ten-pound note before her husband’s astonished eyes. “Fancy, dear, I found it among these folded circulars. I was undoing them all, so as to be

sure to sort the paper properly, and this dropped out of one of them. Oh, I’m so glad, Sam, aren’t you? Now you can go down to the seaside for a week, and get quite strong and like your old self, and—and *perhaps* I could have a new dress; mine is so shabby for Sabbath wear; and—”

“Stop a bit, Molly, my wife, what are you talking about?” exclaimed Sam. “That money isn’t ours, you know.”

“Not ours? Why, Sam? The folks gave us the rubbish—all of it—and if we’ve found this among the rubbish, why, it’s ours of course. It seems to me plain enough.”

“Just think a minute, Molly dear. Do you suppose that Mr. Markham, when he told us we might do what we liked with the rubbish, knew that there was a ten-pound note in the waste paper? Now, be your own honest self, and answer my question truly.”

Molly glanced down at the tempting bit of paper in her hand, realizing to the full all that she and Sam should forfeit in giving it up. But with her husband’s honest eyes looking full into her face, and her husband’s faith in her warm at her heart, she said—somewhat reluctantly, it must be confessed— “Well, no, Sam, of course I couldn’t think that Mr. Markham knew of this note.”

“Good; then of course, too, it need hardly be said that not knowing, he did not intend us to have it; eh, Molly?”

“Yes,” murmured Molly.

“Then,” pursued Sam, “if we took what we were not intended to have, and therefore what we had no real right to, we should just be thieves—nothing more nor less.”

“Oh, Sam, not thieves!”

“Yes, dear, just that. There’s nothing for it, Molly, but to write a letter to Mr. Markham saying that we’ve found the note, and giving number. Then, whatever he says about it, we shall abide by.”

“Well, I suppose you’re right, Sam,” said Molly; “indeed you most always are. But I can’t help being disappointed, for when I found the note, I said to myself, ‘That’s a Special Providence;’ and it seemed as if God had sent it to help us afterwards, when our stay here was over, and we should be looking out for a new home.”



"Well, wifie, and I shouldn't wonder if it turned out a Special Providence after all," replied Sam, smiling. "Providence does not always work just as we expect, but it may be nonetheless special for that. Of one thing we may be sure," he added, speaking more solemnly; "that if we act up to our sense of right, and to the conscience that God has given us—without reckoning either what we have to give up, or what may come of our actions, God will overrule all for the best, and make things work together for good."

That very day Sam wrote a letter mentioning the finding of the note and the number of it. When the packet was dispatched, Molly began to feel more settled in her own mind, and surer than ever that her husband had taken the only right course.

Nor did the young wife have cause to regret, on any account, that Sam had been so firm about the money she had found.

A few days later came a most kind note from Mr. Markham, commending in cordial terms the conduct of the Prestons, expressing his pleasure at finding them such trustworthy, honorable people.

"But," he added, "you have unconsciously done a good turn to someone whom probably you do not at all know; for you give me the chance to make reparation for the suspicion and dismissal of a servant who, it now appears, was not guilty of the fault with which I charged him. Nine months ago, I engaged a butler, but before he had been with me long, I one day missed a ten-pound note, which I knew I had left on my library writing-table, when I was suddenly called out of the room. Quite unexpectedly, I was

absent from the library for some hours on that occasion, but when I returned the note was gone.

"No one had been in the room, it was proved, but the butler and the housemaid, and the latter was an old servant who had lived with us for twenty years, and who was above suspicion. So, I dismissed the butler, though he protested his innocence. Fortunately, I had the number of the note, and it corresponds exactly with what you gave me. I can now only imagine that the wind blowing in at the library window that day had blown the bank-note into the rubbish basket lying below, and that it had slipped into one of the circulars, of which I put a quantity into the basket pretty nearly every morning. The basket must have been emptied in the usual way into the lumber room, my housemaid having an old-fashioned prejudice against burning papers found in the rooms until they have been looked through.

"I shall now write to my former butler, telling him that I shall shortly be again in want of a servant, and that I should be glad to take him back, if he is willing to come.

"Now I think of it, he came from your part of the town; it is just possible you may know him. His name is Frederick Wylde."

At this Molly, who had been looking over Sam's shoulder, jumped up and clapped her hands.

"Frederick Wylde!" she cried, "poor Fred, my own cousin's husband! And he would never tell us the name of the people who had sent him away. Why, Sam, I can see his face now, and his poor wife's too, when he said to me, 'Cousin Molly, this is too great a trial for

me to speak of to most people, and I would rather not tell even *you*, who my master was. But I hope and earnestly pray that the Lord may make it plain some day that I didn't rob those whose bread I was eating."

"And the Lord *has*, you see, Molly dear," replied Sam, with joyful earnestness.

There was a moment's silence, during which Molly looked very grave. Then she said very humbly and sweetly, "Sam, if you hadn't been wiser and better than I, poor Fred would never have been cleared, and think how dreadful that would have been!"

"And what about your Special Providence, Molly?"

"Why, this *is* a Special Providence if ever there was one," replied Molly, emphatically.

In the course of the next week, the Prestons had a call one day from Frederick Wylde, who came to tell them of a letter he had received from Mr. Markham, containing the good news that his innocence was proved. His thankfulness and delight were so great that Sam and Molly were quite touched, and when Fred described how, when the good news came, he had said to his wife, "Well, Jenny, this *is* a Special Providence! An answer to our prayer has come in quite an unexpected way," Molly first glanced at her husband, then colored to the roots of her pretty hair, and ended by bursting into tears, thereby much astonishing poor Fred, until she explained the great temptation that had assailed her, and which she had called a Special Providence, and expressed her thankfulness that she had not followed her own wishes.

The house-cleaning occupied the last four weeks of the Prestons' sojourn at Linton Lodge; but all was completed in good time; and just two days before the rest of the family arrived, Mr. Markham came up from the country to town to give some orders, and see to a few arrangements in the house.

After sundry questions about things in general, he suddenly said,

"Tell me, Preston, have you a situation in prospect when you leave here?"

"No, sir, I'm sorry to say not."

"Would you have any objection to one at the seaside?"

"Oh dear no, sir; that's of all things what I should like best," replied Sam; "the doctor told me that sea air was what I needed."

"Because," continued Mr. Markham, "I have a house down at Fairtide, in Blankshire, and the man who took care of it has just passed away, and I want someone to put in his place. It is hardly necessary to say that I require a trustworthy person, and you have

proved yourself thoroughly so. Therefore, I cannot do better, I think, then offer you the place. It will be a permanent situation, if we are mutually satisfied, and your work will be to keep the house and take care of the garden, and when any of my family come down, as we do occasionally for a day or two, to wait on us. Your wife can cook, I suppose?"

"Yes, sir, I'm a pretty good cook," replied Molly, smiling and blushing.

"Well, then, we shall consider that settled," said Mr. Markham; "that is, if the terms suit you. I give thirty shillings a week, your fuel, and the use of the vegetables and fruit in the garden when none of us happen to be there. How will that do for you?"

"Thank you, sir, we could wish for nothing better," responded Sam; and so the matter ended.

"Well, this is a Special Providence, and no mistake!" exclaimed Molly, when Mr. Markham had gone. "How much more good that ten-

pound note has done us than if I'd spent it. First, there's the clearing of poor Fred's character, and giving him back his situation. Now it has given us a good home to go to straight from here, and enough to live on, and lay by too, and the sea air for you, which was just what you needed."

"Molly dear," replied Sam, gravely but tenderly, "all God's dealings with us are Special Providences. Special, because He makes each one of His children His special care, and is always working for their good. But, my dear wife, we have at least learned one great lesson from this ten-pound note; and it is that *to do right*, no matter at what apparent sacrifice, is not only the honest, Christian way, but the best policy in the long run. Don't you agree with me, Molly?"

And Molly, for very joy and gladness, and feeling to the full in her happy little heart the force and truth of Sam's words, threw her arms round her husband's neck, and whispered, as she kissed him, "*Indeed, Sam, I do.*"

Who is God?

—W. W. Prescott

It is the character of God that is on trial in the great controversy between Christ and Satan. The question to be settled is, Who is God? Lucifer said: "I will ascend into heaven, I will exalt my throne above the stars of God: I will sit also upon the mount of the congregation, in the sides of the north: I will ascend above the heights of the clouds; I will be like the Most High." Isa. 14:13, 14. In his effort to dethrone God and to put himself in the place of God, Satan has involved man in the rebellion, through misrepresentation of God's character. Fortunately, in the gospel, the good news of a Saviour, God has revealed His true character, and the whole world is now called upon to acknowledge that "the Lord is the true God, he is the living God, and an everlasting King."

The settlement of this question involves everything else. When the true God is known and acknowledged for what He really is, when He is given the place which belongs to Him in all things, and we take the place which belongs to us, then He is glorified and we are glorified in Him. This means our salvation from sin now and eternally.

When this gospel of the kingdom, the true kingship of God, has been proclaimed in all the world, and everyone has made his decision for or against God, then the Lord will come, bringing His reward with Him to give to every man according to his work. And so the message which is to prepare a people for the coming of the Lord, is to go to "every

nation, and kindred, and tongue, and people," calling upon them to "fear God, and give glory to Him; for the hour of His judgment is come: and worship Him that made heaven, and earth, and the sea, and the fountains of waters." Those who receive this message will say with David: "Thine, O Lord, is the greatness, and the power, and the glory, and the victory, and the majesty: for all that is in the heaven and in the earth is Thine; Thine is the kingdom, O Lord, and Thou art exalted as head above all." I Chron. 29:11. To recognize facts, as stated by God Himself and not as viewed by man, to believe in realities and not appearances, to accept the fact that God is everything and that man is nothing, will bring us into that relationship with God which means a sharing with Him to all eternity of all that He is and has. "Heirs of God, and joint heirs with Christ."

Thus the glory of God is the central thought of the gospel. Man was created for the glory of God (Isa. 43:6, 7), in his creation he was crowned with glory (Ps. 8:5), and thus he was made in the image of the "God of Glory." But all this was changed by sin, "for all have sinned, and come short of the glory of God." The gospel is "the gospel of the glory of Christ, who is the image of God," the good news that the glory of God is restored to man through Christ, and that the acceptance of Christ, "the brightness of His glory," will bring back to him all that was lost through sin.

The present message is simply the message of John the Baptist doing its closing work. He was the voice crying in the wilderness, "Prepare ye the way of the Lord, make straight in the desert a highway for our God. . . And the glory of the Lord shall be revealed, and all flesh shall see it together." He was instructed to proclaim: "All flesh is grass, and all the goodliness [or glory] thereof is as the flower of the field: the grass withereth, the flower fadeth: because the Spirit of the Lord bloweth upon it: surely the people is grass. The grass withereth, the flower fadeth: but the word of our God shall stand forever." Isa. 40: 6-8. And then the preacher of the gospel (the one who tells "good tidings to Zion," verse 9, *margin*) is commanded, "Lift up thy voice with strength; lift it up, be not afraid; say unto the cities of Judah, behold your God! Behold, the Lord God will come with strong hand, and His arm shall rule for Him: Behold, His reward is with Him, and His work before Him." It is evident that when this message has been fully given the Lord will come to give reward to His servants the prophets, and to the saints, and to them that fear His name. And so the way of the Lord is to be prepared now, as in the days of John the Baptist, by saying to the people both in word and deed, "Behold your God." It is not a new revelation of God's love and power that is needed, but the ability to recognize what has already been revealed. The gospel of the glory (*goodness, character, power*) of God is proclaimed to all the world in the things which God has made: "For the invisible things of Him from the creation of the world are clearly seen, being understood by the things that are made, even His eternal power and Godhead." "The heavens declare the glory of God; and the firmament showeth His handiwork," and "their sound went into all the earth, and their words unto the ends of the world." Blessed are the eyes which see, and the ears which hear.

From the very first time that man was led to doubt God, and to choose some other way in the place of God's way, there has been a determined effort to prevent him from acknowledging God, and from submitting to His will. That false spirit of independence, which culminated in the experience of Lucifer when he fully cast off his allegiance to God and openly rebelled against him, has been inspired in man; but God has made such a revelation of His true character (*glory*) by the gift of Jesus to be the Saviour of the world, as to win man back to loyalty to Him, if he will only yield to the drawing power of such infinite love.

And so the work of every man is to reveal the character of God in his daily life, and thus to bear witness that He is good. And by this revelation of God's character, the gospel of His glory will be preached, and the way of the Lord will be prepared. Then it will be seen and acknowledged that all flesh is grass, that the only glory in the world is God's glory, and that to seek first the kingdom of God and His righteousness is to glorify God and to obtain eternal salvation.

This message deals with facts and not with fancies, with realities and not with theories. "We have not followed cunningly devised fables." There is salvation in recognizing and accepting what has already been done. We are not called upon to invent new theories, nor to speculate over possibilities, but to deal with facts. These facts are clothed with visible forms, and appeal to us on every hand. "Surely through this His universal temple everything speaks of this glory." The sunshine is simply the light of the Father's countenance. The life which we receive from food, air, and water is His own life. All power, in whatever form it may be revealed, is His power for "power belongeth unto God," and is making known to us the reality of the power which saves. All the facts and operation of nature are the

revelation of spiritual truth, and are constantly proclaiming “His eternal power and Godhead.” By the very fact that it is necessary for man to eat and to drink in order to support life, God would teach man his entire dependence upon a Power outside of himself, emphasizing constantly the lesson that “all flesh is grass,” and that it is in God that “we live, and move and have our being.” If God is recognized in all His gifts, and we thus live by faith, the way is open for the Lord to continue these gifts as long as He Himself lives, which means eternal life to us. It is when we thus see God, that we have a right view of our own nothingness and sinfulness. So it was with Isaiah: “Woe is

me! for I am undone; because I am a man of unclean lips, and I dwell in the midst of a people of unclean lips: for mine eyes have seen the King, the Lord of Hosts.” So it was with Job: “I have heard of thee by the hearing of the ear: but now mine eye seeth thee. Wherefore I abhor myself, and repent in dust and ashes.”

And so the message is, “Behold your God.” “Fear God, and give glory to Him.” “Acknowledge that the Lord is God; it is He who has made us, and His we are.” “Worship Him that made heaven, and earth, and the sea, and the fountains of water.” Remember that He is the Creator and that we are

the creatures, and give to Him His rightful place in controlling what He has made. Let it be no empty form when we say to Him, “Thine is the kingdom,” but let Him bring “into captivity every thought to the obedience of Christ.”

Thus shall we be living exponents of the present message, and by letting the light of God shine forth in our lives, we shall bear our part in that work whereby the earth is to be lighted with the glory of God.

—*The General Conference
Bulletin, July, 1898.*



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Recent Graviola History & Discovered Benefits

In the U.S., the scientific studies of **Graviola** started in the 1940's and they are still underway today. The results of the early studies have proved the plant's antispasmodic properties (meaning that it can help prevent or relieve spasms or convulsions) and it's cardio-tonic properties (meaning it helps balance the functioning of heart). Other studies of **Graviola** extract have shown it to have excellent germ-killing properties as well!

But in 1976, when a plant screening program, initiated by a very prestigious institute, discovered the powerful action of **Graviola** leaves and stems in fighting unwanted cell growth, science and medicine took notice, and it began receiving much more attention. Additional research followed, and as a result, the scientists were able to isolate the set of chemicals in the plant which showed these effects. They are called annonaceous acetogenins.

Now, this may not sound like anything special to you, but by slowing down certain processes that take place only in unhealthy cells, **Graviola** has the unique ability to be "selectively" toxic! These chemicals, acetogenins, only destroy unwanted/unhealthy cells, but do not harm healthy ones one bit!! This is nearly unheard of in medicine!

You see, oftentimes scientists or chemists can come up with compounds that can kill bad cells (it's easy to kill cells - think of all the various poisons), but the tough part is that generally, these chemicals can't tell the difference between good and bad, and they end up taking many of the good cells with them as collateral damage! Often it is said that a patient died of the help rather than the condition itself. Meaning the compound or product that was trying to help them actually killed them in the process because it killed so many healthy cells!

This effect was so notable, that in 1997 the researchers from Purdue University published a statement saying that acetogenins even had the ability to kill unhealthy cells that did not respond to traditional methods! You read that right! **Graviola's** "annonaceous acetogenins" show positive results for combating unhealthy cell growth, even when their traditional counterparts failed!

The future has never looked more promising! Research shows that extracts from **Graviola** leaves truly do appear to work "miraculously"! In a day and age where it seems our bodies are becoming more and more toxic; our cells are mutating, age rapidly, and die unexpectedly, there is hope! This small plant from the Amazonian rainforest is proving that while there may not be a "fountain of youth", **Graviola** just may be the next best thing!

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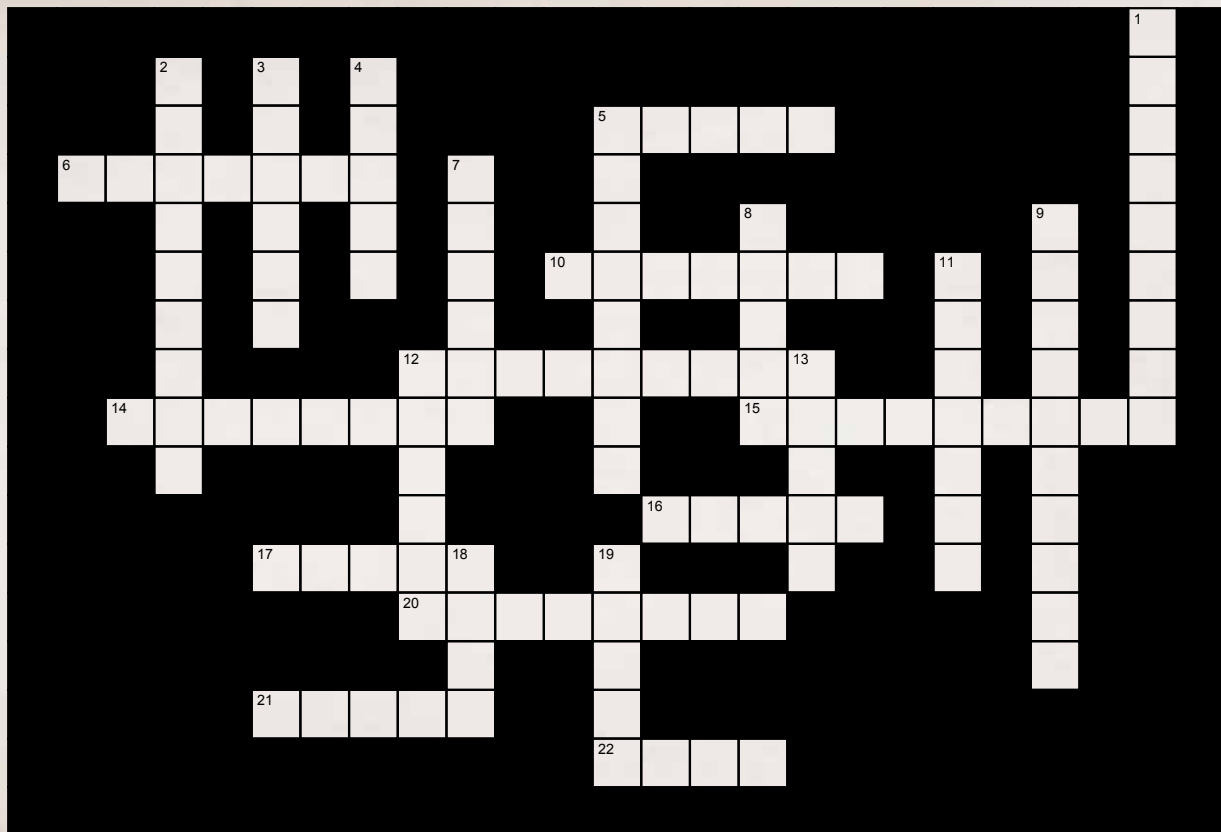
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A Puzzle for You...



You will find answers to the questions below in the book of Matthew.

Across

5. Where did Mary & Joseph take Jesus after his birth?
6. "Repent: for the _____ of heaven is at hand."
10. "No man can serve two _____."
12. "The harvest is plenteous, but the _____ are few."
14. How many generations from Abraham to David?
15. What is the surname of Lebbaeus?
16. John the Baptist ate locusts and wild _____.
17. Jesus took John, Peter and _____ to his transfiguration.
20. After Herod was dead where did Mary & Joseph live?
21. "Ye are the _____ of the world."
22. "Lord: yet the _____ eat of the crumbs."

Down

1. Who was Jesus eating with that caused the Pharisees to question him?
2. Whose faith caused Jesus to marvel?
3. Who is Peter's brother that Jesus first called?
4. "Thou shall not _____ the Lord thy God."
5. What name is interpreted, God with us?
7. What river did John use to baptize?
8. "This people's _____ is waxed gross."
9. Where was Jesus led to after his baptism?
11. Where did Jesus go after feeding the 4000?
12. "The Kingdom of Heaven is like unto _____."
13. "Go to the lost _____ of Israel."
18. "Ye are the _____ of the earth."
19. "Man shall not live by _____ alone."

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