

HOPE *for you*

JUNE 2019



*“As Many
As I Love...”*

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 enjoying the longer days, warmer weather, and wonderful variety of fresh fruits and vegetables that summer brings our way. While warm, it certainly is a delight to see things planted in the spring growing up and bearing fruit!

I don't know how old I was when I read the story of the "Emperor's New Clothes." The basic storyline is of a proud Emperor who hired some tailors to design a dazzling suit for him to wear to a public event. The tailors worked in the public marketplace—long and hard—and, though no one could see what they were working on, they pretended to have sewn a suit of amazing quality and outstanding design. When they brought this suit to the Emperor, he was afraid to admit that he could see nothing. They clothed him in their creation, and sent him to the public event. As he came out in public, his subjects were aghast to see him without a fine suit, but as the tailors were on hand to proclaim how stunning his clothing was, no one dared to say differently. Until—and don't you just love the honesty of a child—a little child said, "Mommy, he doesn't have any clothes on!" With that the emperor realized that his tailors had worked an amazing scam on him—he had paid them to do nothing, and to embarrass him in royal fashion!

I can't help but think of myself when I consider this story. Jesus holds out a robe of righteousness to me, asking me to put it on, to wear it with dignity, and to share His love with others. Instead, how often do I stubbornly refuse? How often do I insist that I have a dazzling suit—made by the tailors of this world? What if my eyes could be opened to see the nakedness I am proudly displaying? What if eternity could be made clear, and I could see that the things I'm holding on to are merely rubbish compared to what Jesus is offering me? Like the Emperor, what will it take to wake me up to see how craftily I've been duped into thinking I am "rich, and increased with goods, and in need of nothing," not realizing I am really "poor, and blind, and naked."

As you read this issue of *HOPE for you*, focusing on the message Jesus sent to those of our day, "*The Message to Laodicea*," may you search your heart and ensure that you have accepted the robe of Christ's righteousness, and are not being deceived by the "*Emperor's New Clothes*."

Blessings, *The Hope International Team*

About Hope for You...

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

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

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

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

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

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It is the privilege of every Christian, not only to look for, but to hasten the coming of our Lord Jesus Christ. Were all who profess His name bearing fruit to His glory, how quickly the whole world would be sown with the seed of the gospel. Quickly the last harvest would be ripened, and Christ would come to gather the precious grain.

—E. G. White

Applying the Message to Laodicea

by E. G. White

Wonderfully has the Lord wrought for the advancement of the cause of truth. By constant manifestations of His interest and power, and by the pleadings of His Spirit, He is calling for the co-operation of the church in finishing His work in the earth. But His people do not respond as they should to His call. By indifference and selfishness they are placing limitations to the advancement of the message. Content with the degree of light and blessing they have received, many act as if there were no need for further effort. Thus the years pass by, bringing to them no gain in spirituality, and no blessing to those who through their efforts might be won to Christ.

“These things saith the faithful and true Witness, ... I know thy works, that thou art neither cold nor hot: I would thou wert cold or hot. So then because thou art lukewarm, and neither cold nor hot, I will spue thee out of My mouth. Because thou sayest, I am rich, and increased with goods, and have need of nothing; and knowest not that thou art wretched, and miserable, and poor, and blind, and naked: I counsel thee to buy of Me gold tried in the fire, that thou

mayest be rich; and white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear; and anoint thine eyes with eyesalve, that thou mayest see.”

The Laodicean message has its application in conditions that exist in the church of God today. Many of God's people have strengthened themselves in their own way, followed the impulses of their own minds, and have grown indifferent to the admonitions of the Lord. Many who were once firm believers in the truth have become careless in regard to their spiritual welfare, and are yielding without opposition to Satan's well-laid plots.

As the people of God approach the perils of the last days, Satan holds earnest consultation with his angels as to the most successful plans of overthrowing their faith. He sees that the popular churches are lulled to sleep by his deceptive power. By pleasing sophistry and lying wonders he can continue to hold them under his control. Therefore he directs his angels to lay their snares especially for those who are looking for the second advent of Christ, and endeavoring to keep all the commandments of Jesus.

Says the deceiver: “We must exert all our wisdom and subtlety to deceive and ensnare those who honor the true Sabbath. We can separate many from Christ by worldliness, lust, and pride. They may think themselves safe because they believe the truth, but indulgence of appetite and the lower passions, which confuse judgment and destroy discrimination, will cause them to fall.

“Through those who have a form of godliness, but know not the power, we may gain many. Those who are lovers of pleasure more than lovers of God will be our most effective helpers. Those of this class who are apt and intelligent will draw others into their snares. Many will not fear their influence, because they profess the same faith. We will lead them to conclude that the requirements of God are less strict than they once believed, and that by conforming to the world they will exert a greater influence with worldlings. Thus they will separate from Christ. Then they will have no strength to resist our power; and ere long they will be ready to ridicule their former zeal and devotion.

"We must cause distraction and division. We must destroy their anxiety for their own souls, and lead them to criticize, to judge and accuse and condemn one another, and to cherish selfishness and enmity. For these sins God banished us from His presence, and all who follow our example will meet a similar fate.

"Go, make the possessors of lands and money drunk with the cares of this life. Present the world before them in its most attractive light, that they may lay up their treasure here, and fix their affections on earthly things. We must do our utmost to prevent those who labor in God's cause from obtaining means to use against us. Keep the money in our own ranks. The more means they obtain, the more they will injure our kingdom by taking from us our subjects. Make them care more for money than for the building up of Christ's kingdom and the spread of the truths we hate, and we need not fear their influence; for we know that every selfish, covetous person will fall under our power, and will be separated finally from God's people."

So subtle and untiring are the efforts of the enemy of souls, that God's people need to be very watchful, and to labor earnestly and unceasingly to counterwork evil in the church and in the world. Satan and his agencies are laying out special lines of labor for those who are controlled by his power. Deceptions of every kind and degree are arising, so that if possible he would deceive the very elect. With the same subtle power that he plotted for the rebellion of holy beings in heaven before the fall, Satan is working today to operate through human beings for the fulfillment of his purposes of evil. ...

The desire to obtain money is a snare of Satan, and one that is most popular in these last days. The selfishness which the desire for gain begets, removes the favor of God from the church, and deadens spirituality. To live for self is to perish. Covetousness, the desire for benefit for self's sake, cuts the soul off from life. It is the spirit of Satan to get, to draw to self. It is the spirit of Christ to give, to sacrifice self for the good of others. Wherefore He says "Take heed, and beware of covetousness; for a man's life consisteth not in the abundance of the things which he possesseth."

God has made men channels through which His gifts are to flow to sustain the work that He would have carried in the world. He has given them property to be wisely used, not selfishly hoarded, or extravagantly expended. He has entrusted them with means with which to support His servants in their labors as missionaries, and to sustain the institutions He has established among us. Those who

rejoice in the pure light of truth should feel an intense desire to send this truth everywhere.

I am instructed to write to our churches, laying before them the importance of consecrated individual effort. The burden of giving to the world the truth for this time is not to rest upon a few men and women. Upon every church member in every place rests the responsibility of acting a part in the closing work of this earth's history. Believers everywhere are to pray earnestly and work diligently for the advancement of the third angel's message in the earth.

We are living in the time of the end, when the judgments of God are in the land. Signs on every hand show that the agencies of evil are strengthening. Lucifer and his servants are working with unceasing activity. In this time of peril the people who keep the Sabbath of the fourth commandment are to be awake to the situation, prepared to resist the attacks of the enemy. While wickedness abounds on every hand, God's people are to be fully controlled by the Holy Spirit. Greater solemnity and earnestness should be brought into the work. All light and trifling words should be left unspoken. Believers should speak and act as a people who realize the solemn meaning of the events taking place.

Precious light, clear evidence regarding the testing truths for this time, is to go forth from those to whom the Lord has given a knowledge of the third angel's message. Every church should awake to its responsibilities, and work wisely in co-operation with heavenly agencies, for the extension of Christ's kingdom in the earth. There is no time to lose. Let them pray constantly for increased talents and greater ability with which to serve.

My brethren and sisters, draw near to God, and work intelligently for the advancement of His cause. Use with faithfulness the talents entrusted to you. The truths of the divine Word are best appreciated by those who are walking in the path of obedience to every known duty. Through His providences, and through the agency of divine instrumentality God will open ways before His people that they may ever be gaining a deeper knowledge of His will, and increased usefulness in His cause. All who study His Word with a sincere desire to know His will, will receive the higher education. To those who are meek and lowly in heart, and who are willing to be taught of God, He will reveal more and more fully the mysteries of redemption. The Lord is keeping before His people a definite, individual work to be done in receiving the truth, and practicing its principles. I ask you to study the eighteenth chapter of Matthew, that you may understand the spirit that must take possession of every follower of Christ.

If men and women would consecrate themselves to the work of the Master, every hand would be engaged in service. Every one would be standing at his post of duty, working with heart and soul as a missionary of the cross of Christ. The spirit of the Redeemer would abide in the hearts of the laborers, and works of righteousness would be wrought. The workers would carry with them into their service the prayers and sympathy of an awakened church.

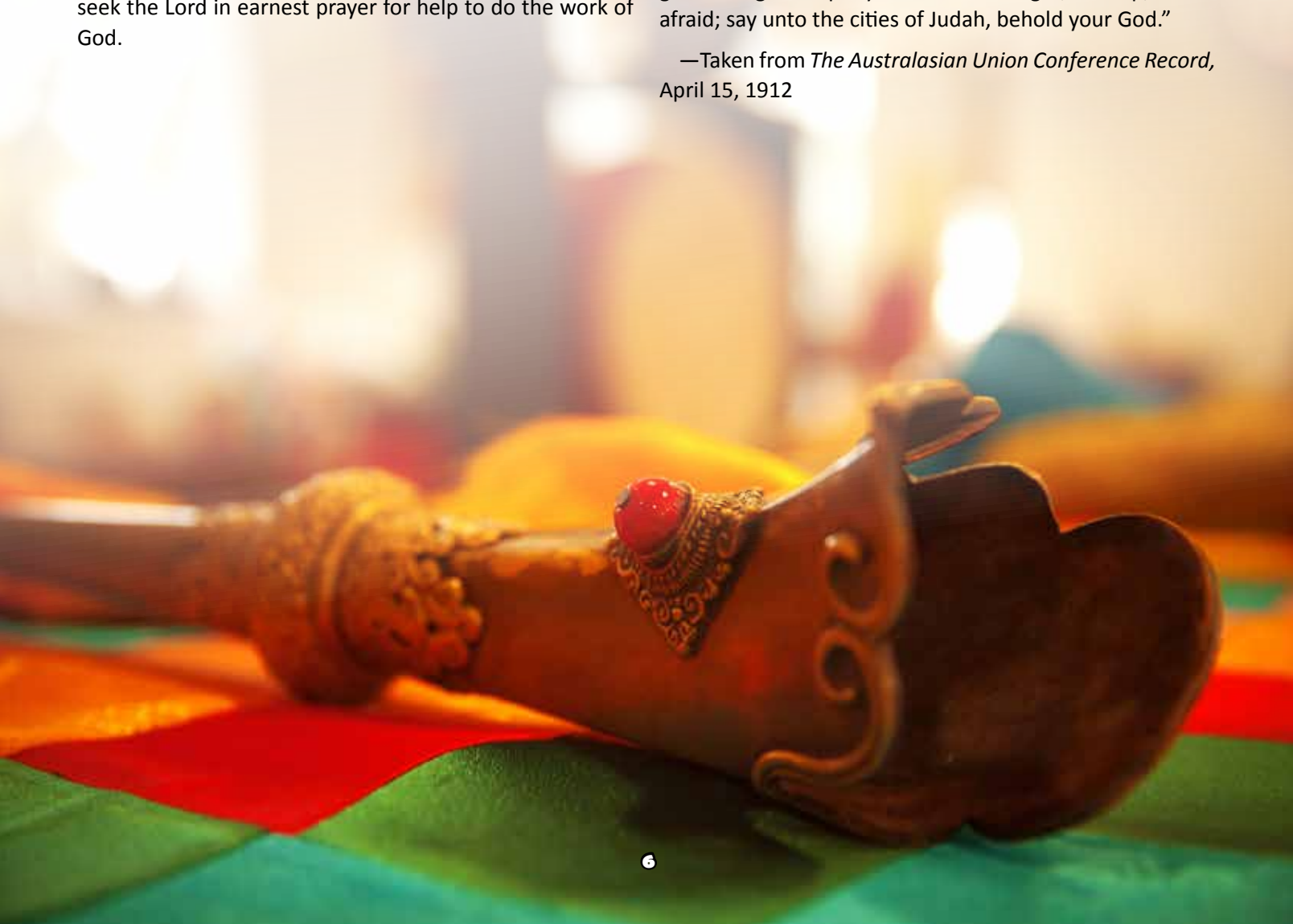
My brethren and sisters, study your plans. Grasp every opportunity of speaking of the truth to your neighbors and associates, or of reading something to them from books that contain present truth. Show that you regard as of first importance the salvation of the souls for whom Christ has made so great a sacrifice.

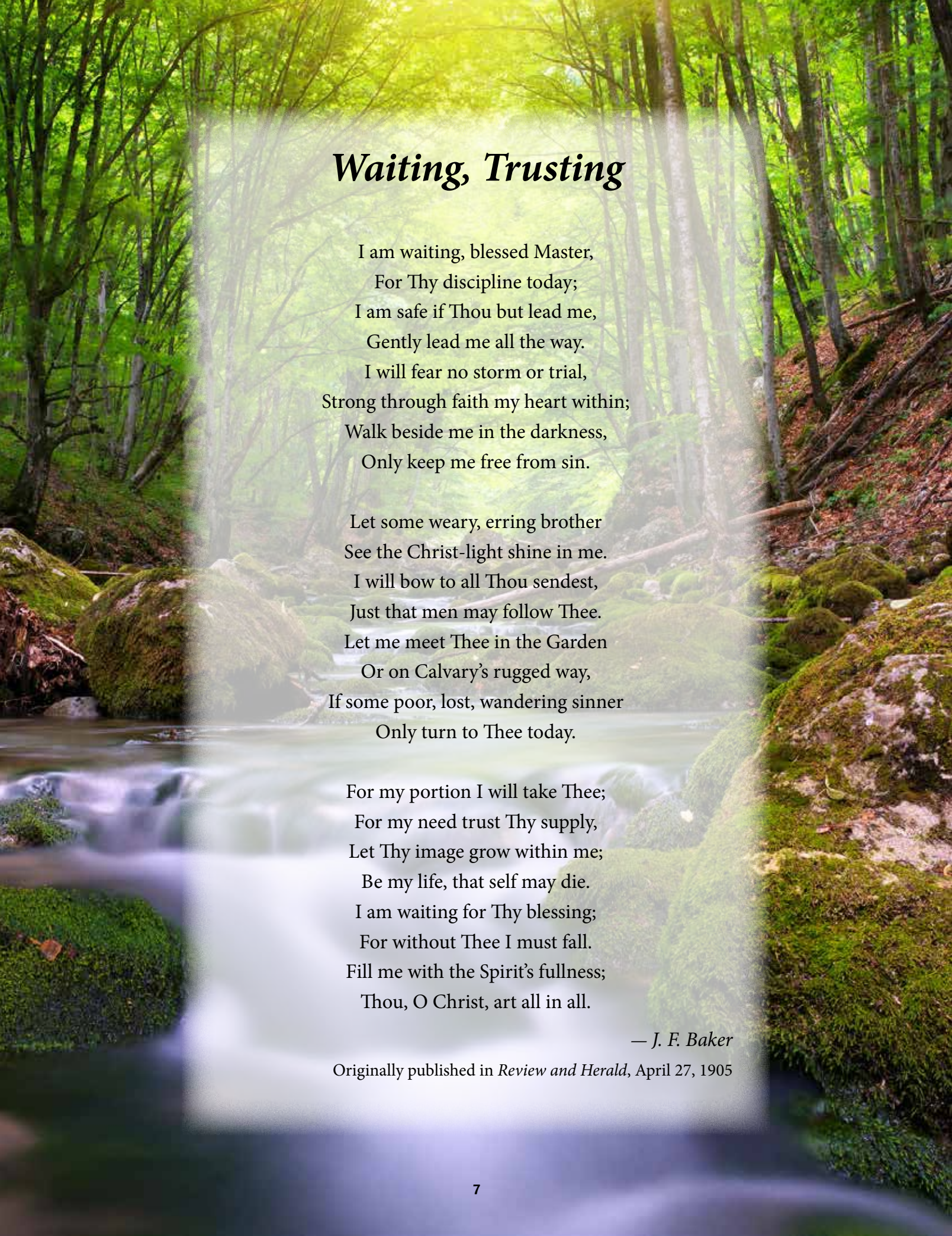
In working for perishing souls, you have the companionship of angels. Thousands upon thousands, and ten thousand times ten thousand angels are waiting to cooperate with members of our churches in communicating the light that God has graciously given, that a people may be prepared for the coming of Christ. "Now is the accepted time; behold, now is the day of salvation." Let every family seek the Lord in earnest prayer for help to do the work of God.

Who among this people will be baptized with the Holy Spirit, and seek to walk in holy zeal before the Lord? The Lord bids us, Cry aloud. My brethren and sisters, lift up your voices to warn the people of the solemn events of the future. Bring forth the evidence that the coming of the Lord is near. God will impress hearts with the importance of the message if the workers will labor in dependence on Him. The lives of those who are true to the faith will carry a power of conviction that nothing else can; God works through these lives to carry out His eternal purpose.

If our people realized how soon the inhabitants of the world are to be arraigned before the judgment seat of God, to answer for the deeds done in the body, how earnestly they would work together with God to present the truth! How untiringly they would labor to advance God's cause in the world, proclaiming in word and deed, "The end of all things is at hand!" My brethren and sisters, arouse your sleeping energies to take hold of the work that is waiting to be done. Let your testimony bear with it the incense of correct representation. To many the truths of the third angel's message have become a dry theory. The message comes, Wake up the watchmen. "O Jerusalem that bringest good tidings: lift up thy voice with strength; lift it up; be not afraid; say unto the cities of Judah, behold your God."

—Taken from *The Australasian Union Conference Record*, April 15, 1912





Waiting, Trusting

I am waiting, blessed Master,
For Thy discipline today;
I am safe if Thou but lead me,
Gently lead me all the way.
I will fear no storm or trial,
Strong through faith my heart within;
Walk beside me in the darkness,
Only keep me free from sin.

Let some weary, erring brother
See the Christ-light shine in me.
I will bow to all Thou sendest,
Just that men may follow Thee.
Let me meet Thee in the Garden
Or on Calvary's rugged way,
If some poor, lost, wandering sinner
Only turn to Thee today.

For my portion I will take Thee;
For my need trust Thy supply,
Let Thy image grow within me;
Be my life, that self may die.
I am waiting for Thy blessing;
For without Thee I must fall.
Fill me with the Spirit's fullness;
Thou, O Christ, art all in all.

— J. F. Baker

Originally published in *Review and Herald*, April 27, 1905

Did you know? A properly functioning immune system destroys up to 10,000 unhealthy cells EVERY DAY! Everyone knows that vitamin C is essential for its powerful immune-boosting properties. But all vitamin C products are not created equal! Most vitamin C products out there contain only synthetic ascorbic acid (yet even natural ascorbic acid is just 1/7th of what is in whole-food vitamin C). The most effective form of vitamin C comes from whole-food sources. C-Blast is a potent, whole-food vitamin C blend!

C-Blast

CAPLETS	PRICE
90	\$17.99
180	\$28.99

Suggested Usage:

Adult: Normal dose to increase immune function: Take 1 caplet with each meal (3 per day).

To fight current problem: Take 2-4 caplets every 4 hours until symptoms subside.

Children should use half this amount.



Ingredients:

Acerola Cherry - Packed full of vitamin C, this cherry promotes a strong immune system that can fight off infection more efficiently.

Camu Camu - Supports the immune system and helps maintain optimal health; especially under conditions of stress and anxiety, which tend to deplete the immune system.

Indian Goose Berry - With 20 times the Vitamin C of an orange, this little berry packs a punch. Supports a strong immune system, which can fight off infection effectively.

Whole Grapefruit - High in vitamin C and bioflavonoids that boost the immune system and help promote healthy cell growth while inhibiting unhealthy cell replication.

Whole Lemon Fruit - Restores acid-alkali balance. Helps maintain the body's internal "climate" at a pH which supports healthy bacteria instead of the viruses and harmful bacteria which thrive in more acidic environments. Fights infections & purifies the blood.

Whole Lime Fruit - Very high in Vitamin C, lime fruit aids in fever reduction and supports the immune system. It helps maintain respiratory health.

Whole Orange Fruit - Rich in vitamin C, orange fruit helps to boost the immune function. Full of vitamins & minerals that help keep the body healthy & strong.

Alfalfa Grass Juice - Improves vitality and stimulates the immune system. It contains ALL the known vitamins, and a plethora of other key minerals and nutrients.

Wheat Grass Juice - Is a complete food and an excellent source of vitamin C, E, K and B complex (including B12). In the minerals department, it is rich in calcium, cobalt, germanium, iron, magnesium, phosphorus, potassium, protein, sodium, sulphur, and zinc.

Oat Grass Juice - Strengthens a weak constitution. Packed with nutrients, oat grass juice: is full of vitamins and minerals, is very high in protein, and contains all the essential amino acids along with chlorophyll, flavonoids, lecithin, and enzymes.

Barley Grass Juice - Contains immune-boosting properties and protects the body from unhealthy cell formation.

Red Grape Juice - A natural antioxidant and anti-inflammatory, it boosts immunity.

Raspberry Juice - Rich in vitamins A and C, raspberry juice enhances the immune system during the winter season when immunity is down.

Blueberry Juice - Called a "super food," blueberry juice enhances the effectiveness of vitamin C on the immune system and reduces inflammation.

Blackberry Juice - A rich source of vitamin C, blackberry juice helps to stimulate the immune system and prevent infections.

Some Of The Many Benefits Of Our Whole Food C-Blast Include:

- Regulated stress and energy levels
- Strengthened immune system
- Improved skin tone and suppleness
- Support of the gastrointestinal tract
- Enhanced ability to repair wounds
- Improved ability to maintain healthy cholesterol and blood pressure



NUTRITIONAL FACTS

Serving Size: 3 caplets	
Servings Per Container: 30	
Amount Per Serving	%DV
Calories	15
Sodium	25 mg 1%
Total Carbohydrate	3g 1%
Dietary Fiber	1g 4%
Vitamin C*	500 mg 833%
Bioflavonoids	50 mg *
*Daily Value not Established.	
Whole Food Vitamin C Blend	3,180 mg
Acerola Cherry, Camu Camu (Myrciaria dubia) and Indian Goose Berry (Embelia officinalis).	
Whole Citrus Blend	300 mg
Orange (whole fruit), Grapefruit (whole fruit), Lemon (whole fruit), and Lime (whole fruit).	
Green Blend	150 mg
Alfalfa Grass Juice, Wheat Grass Juice, Oat Grass Juice, and Barley Grass Juice.	
Organic Fermented Fruit Blend	75 mg
Red Grape Juice, Raspberry Juice, Blueberry Juice, and Blackberry Juice.	

Vitamin C Fact:

People who smoke need on average an additional 35 mg. of vitamin C every day than people who don't smoke.

You Could Be Deficient In Vitamin C If You Are Suffering From:

- Muscle and joint pain
- Loose teeth, swollen, sore, or bleeding gums
- Low resistance to illness
- Fragile bones, easy bruising, or difficulty repairing body
- Exhaustion/weakness/feeling extra tired
- Dry and splitting hair, rough, dry, scaly skin

Our **C-Blast** is formulated with only the finest, purest, whole-food ingredients that will give your immune system a **BLAST** of power!

For Your Health: Trust in God!

by Dr. Kaye Olson, ND

I recently read that having a lack of faith, or trust, in God is as bad for your health as smoking a pack of cigarettes for 40 years! I'm not sure how this was tested, but it follows with what I know to be true. The health of our bodies is improved by trusting in God. If we rely on Him, if we bring all our burdens to Him, does it not follow that our health will be better? Stress is directly linked with major illnesses that cause death, if we are trusting God, what do we have to stress about?

Here is a chart from the Mayo Clinic, see if you find your health problems listed:

Common Effects of Stress

On your body	On your mood	On your behavior
Headache	Anxiety	Overeating or undereating
Muscle tension or pain	Restlessness	Angry outbursts
Chest pain	Lack of motivation or focus	Drug or alcohol misuse
Fatigue	Feeling overwhelmed	Tobacco use
Change in sex drive	Irritability or anger	Social withdrawal
Stomach upset	Sadness or depression	Exercising less often
Sleep problems		

It is so sad that we allow these stresses to ruin our health when we have these abundant promises from the Lord that He will help us:

Proverbs 3:5-6 tells us to, “Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”

Jesus is described as the Good Shepard in John 10. In John 10:10, Jesus says, “I have come that they might have life, and that they might have it more abundantly.”

What a promise! Abundant life can be ours! The Good Shepherd watches over His flock, we are in His complete care! He died, that we might have life!

“They that trust in the Lord shall be as Mount Zion, which cannot be removed, but abideth forever. As the mountains are round about Jerusalem, so the Lord is round about His people from henceforth even forever.” “He shall redeem their soul from deceit and violence: and precious shall their blood be in His sight.” Psalm 125:1-3; 72:14 (*Acts of the Apostles*, 86).

“Help and grace sufficient for every circumstance are promised by Him whose word is truth. His everlasting arms encircle the soul that turns to Him for aid. In His care we may rest safely, saying, “What time I am afraid, I will trust in Thee.” Psalm 56:3. To all who put their trust in Him, God will fulfill His promise” (*Acts of the Apostles*, 467).

A vegan diet, exercise, drinking water, temperance, rest, sunlight and fresh air are important elements for a healthy body. I will continue to counsel you in these areas, and I will continue to recommend that you take the herbs that God has provided for our health. All these elements, while crucial for good health, should always be used in combination with trust in God.

Trust is not easy. Satan whispers to us every day that we cannot trust God to keep His word. To thwart his efforts, we must read God’s word every day. We must pray, pray, and pray some more! Never stop believing!

We had a lovely young elder at our church that was diagnosed with cancer. He immediately sought out every natural remedy he could find, and kept strict attention to his health. As a congregation, we all fasted and prayed on his behalf. He trusted His Lord with his last breath, and now we wait as he rests, to see him again.

Did his death decrease our faith? Did it cause us to not trust God? God’s way is not always our way. However, “As for God, His way is perfect.” Psalms 18:30.

I will conclude this article with my favorite passage in the Bible. I keep it close to my heart and recite it often in my mind. I pray this article has blessed you; it blessed me as I wrote it. If your trust ever wavers, if you ever need a reminder, call me. I will, with God’s guidance, light your path and strengthen you to carry on. (828-649-0278)

*“If God be for us, who can be against us?
He that spared not his own Son, but delivered Him up
for us all, how shall He not with Him also freely give
us all things? Who shall lay any thing to the charge of
God’s elect? It is God that justifieth.
Who is he that condemneth? It is Christ that died, yea
rather, that is risen again, who is even at the right hand
of God, who also maketh intercession for us.*

*“Who shall separate us from the love of Christ?
Shall tribulation, or distress, or persecution, or famine,
or nakedness, or peril, or sword?
As it is written, For thy sake we are killed all the day
long; we are accounted as sheep for the slaughter.
Nay, in all these things we are more than conquerors
through Him that loved us.*

*“For I am persuaded, that neither death, nor life,
nor angels, nor principalities, nor powers, nor things
present, nor things to come, nor height, nor depth, nor
any other creature, shall be able to separate us from the
love of God, which is in Christ Jesus our Lord”
Romans 8:31-39.*

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• fill out the order sheet at the back of this publication. •
•
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Fruitilicious



POWDER	PRICE
10 OZ.	\$28.99
32 OZ.	\$70.99

Suggested Usage:

Adult: Take 1 scoop in 8 oz. of water or juice once or twice a day. Can also be used as a meal replacement.

Child: Take ¼ to ½ scoop in water or juice once or twice a day.

*Would you like to get more fruit in your diet? Tired of wasting money on fruit that goes bad before you get a chance to eat it? If so, try Fruitilicious! Our amazing nutrient-rich Fruitilicious is **PACKED** with fruits, berries, and a variety of nutrients! Berries, more than any other food, are associated with a remarkably long list of health benefits. This is why we included as many berries as we could squeeze in the bottle.*

Ingredients:

Acerola - Promotes a strong immune system and helps prevent infections.

Blackberries - High in vitamin C, enhance immune response.

Black Currants - Full of vitamin C and other properties that support immunity.

Blood Oranges - Support cardiovascular health.

Black Raspberries - Contain powerful antioxidants that fight free radicals.

Blueberries - Improve skin complexion and support urinary tract health.

Cherries - Enhance immune function, support heart health and relieve pain.

Cranberries - Support good circulation and strong immune function.

Gogi Berries - Superfood with over 18 amino acids and 21 trace minerals!!

Mangos - Contain digestive aids that help soothe and protect the stomach.

Apple Pectin - Helpful in maintaining good digestive health.

Peaches - Supports and protects the respiratory system and urinary tract.

Pears - Loaded with vitamins and minerals, they provide essential nutrients.

Papayas - Contain digestive enzymes that help soothe the stomach.

Japanese Knotweed - Nutrient-rich, provides many vital minerals.

Red Plums - Cleanse the blood and protect the heart. Very high in vitamin C.

Oat Bran - Encourages normal healthy cholesterol levels.

Rice Bran - Supports healthy blood pressure, blood sugar, and immunity.

Lycopene - Powerful antioxidant that helps reduce free radical damage.

Nectarines - Very strong antioxidant properties that reduce oxidative damage.

Pomegranates - Super antioxidant, pomegranates support heart, circulatory, brain, prostate and breast health. They also aid weight loss!

Strawberries - Contain a plethora of nutrients, including vitamin C, phytonutrients, and antioxidants.

Watermelon - Packed with some of the most important antioxidants in nature, it is a great source of vitamins A, B6, B1 and C.

Bilberries - Contain strong antioxidants and are very helpful for the eyes.

Lutein - Necessary for healthy eyes and eyesight.

Grapeseed Extract - Fights the effects of aging, improves eye and heart health.

Astaxanthin - Increases strength and endurance. Protects cells, boosts the immune system and prevents unhealthy cell growth.

ORAC Blend - An extremely potent blend of super-antioxidants that helps fight cell damage.

Carrot Powder - A power antioxidant that helps maintain whole body health. Provides special nutrition for the eyes & skin. Helps prevent signs of aging.

Flax Seeds - Relieve constipation, clear up skin problems, improve brain health, reduce inflammation, and can help improve mood.

Lecithin - Necessary to every cell and organ, lecithin aids in balancing overall health by helping repair and maintain the health of all cells and organs, supporting liver function and detoxification and improving the look and tone of skin!

Resveratrol - A potent and unique antioxidant that is often referred to as a "fountain of youth" that may extend lifespan. The benefits are wide reaching including: protecting cells from free radical damage, inhibiting unhealthy cell growth and keeping your heart healthy.

NUTRITION FACTS

Serving Size: 8.5 g (1 rounded scoop)	
Servings Per Container: 30	
Amount Per Serving	% DV*
Calories	16
Calories from Fat	0 g
Total Fat	0 g 0%
Saturated Fat	0 g 0%
Total Carbohydrates	4 g 1%
Sugars	0 g †
Fiber	2 g 8%
Protein	0 g 0%
Whole Food	6675 mg †
Proprietary Blend	
Blackberries, Acerola, Black Raspberries, Blueberries, Cherries, Nectarines, Peaches, Pears, Gogi Berries, Mangos, Pomegranates, Papayas, Black Currants, Blood Oranges, Cranberries, Red Plums, Strawberries, and Watermelon.	

Amount Per Serving	% DV*
Carrot Powder	600 mg †
Apple Pectin	250 mg †
Flax Seed	250 mg †
Oat Bran	175 mg †
Lecithin (from soy bean)	150 mg †
Rice Bran	100 mg †
Whole Food ORAC Blend	50 mg †
Japanese Knotweed	40 mg †
Bilberry Std. Extract 25%	40 mg †
Grape Seed Extract	30 mg †
Resveratrol	5 mg †
Lycopene (Carotene)	250 mcg †
Lutein (Marigold flowers)	250 mcg †
Astaxanthin (Chlorophylla Algae)	20 mcg †

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

It is recommended that we should be eating at least 5 pieces of fruit every day in order to gain the full health benefits of eating fruit. Are you getting this much? Need some help? Try Fruitilicious!

Fruitilicious is delicious AND nutritious. With only 16 calories per scoop, you can enjoy all the benefits of the power-packed nutrient blend without worrying about your waistline!

Heeding the Counsel of the True Witness

by Ron Duffield

The following is an excerpt from the book *Wounded in the House of His Friends*, pp. 107-112, by Ron Duffield. The setting is the 1893 General Conference session. We heartily recommend the entire book along with Duffield's first volume of *Return of the Latter Rain*. Both books contain a wealth of information on what transpired in 1888 and the few years following. *These books are available for purchase at Amazon.com.*

On Monday evening, February 6, A. T. Jones took up once again all the evidences showing that they were standing in the very presence of the events that would bring about Christ's return. Evidences had been shown time and again from the Bible and the Testimonies, that at that very time they "must have the power by which alone the message may be given to the world." Yet, Jones proposed that the greatest danger with the congregation and with Adventist people everywhere, was that they would not see the things which concerned them individually as of greatest importance—that their own hearts were to be right with God—and would instead focus on "the things that are without." There was also danger that they would "look more at these things as a sort of theory" than that they would seek "to have a living Christ within."

But as Jones took up the subject of his next two talks, he approached them cautiously: "To me this lesson and the next one are the most fearful of all that I have been brought to yet. I have not chosen them, and I dread them." Jones as well was seeking to lead his listeners to the counsel of the True Witness to the Laodiceans. He would seek to emphasize the need for repentance in order for the full promise of the latter rain and the loud cry to be fulfilled. He would also connect God's call for repentance to the events of Minneapolis and subsequent rejection of the outpouring of the most precious message of righteousness by faith. This would be a monumental task. But as Jones began, even being one of the messengers through whom God was

knocking on the door, he did not remove himself from his brethren. He would seek repentance with them:

I ask you, now to start with, do not place me up here as one who is separated from you, and above you, and as talking down to you, and excluding myself from the things that may be presented. I am with you in all these things. I, with you, just as certainly, and just as much, need to be prepared to receive what God has to give us, as anybody else on earth. So I beg of you not to separate me from you in this matter. And if you see faults that you have committed, I shall see faults that I have committed, and please do not blame me if things are brought forth that expose faults that you have committed; please do not blame me as though I were judging you, or finding fault with you. I shall simply state facts, and you who have a part in these things will each one know that it is a fact for himself; as when it concerns me and myself in these things, I shall know that it concerns me as a fact. What I want, brethren, is simply to seek God with you, with all the heart, (Congregation—"Amen.") and to have everything out of the way, that God may give us what He has for us. —"The Third Angel's Messages, No. 8," *General Conference Daily Bulletin*, Feb. 6, 1893, 164, 165.

Jones reminded them that the thought had been before them in the meetings, that the time had come "when God has promised to give the early and the latter rain. The time has come when we are to ask for it and to expect it." But the latter rain and the loud cry would only be given when they were "of one heart and mind." Therefore, Jones instructed, "if there are any differences at all between you and any of the people on this earth—whether they are at this institute or not—it is time for you and me to get them out of the way."

Such preparation would enable God to fulfill His promises. This is what the disciples had done before Pentecost and what the Laodicean message was calling for. But back-biting and war against the brethren was the work of the devil and should be left to him alone. They were to love the brethren and defend the brethren, lest they separate themselves from God by turning their weapons of warfare against each other. It was now time for Seventh-day Adventists to confess their condition:

Well, then, brethren, the thing for us to do is to come square up to that Laodicean message, and say that every word He says is so. When He says you and I are wretched, tell Him, "It is so, I am wretched; miserable, it is so, I am miserable; poor, it is so; I am poor, a perfect beggar, I shall never be anything else in the world; blind, I am blind, and shall never be anything else; naked, that is so; and I do not know it; that is so, too. I do not know it at all, as I ought to know it." And then I will say to Him every day and every hour, "Lord, that is all so; but, oh, instead of my wretchedness, give me Thine own satisfaction; instead of my misery, give me Thine own comfort; instead of my poverty, supply all Thine own riches; instead of my blindness, be Thou my sight; instead of my nakedness, oh do Thou clothe me with Thine own righteousness; and what I know not, Lord, teach Thou me." (Congregation: "Amen.") —Ibid., 165, 166.

Jones concluded his sermon by calling upon all to "stand together today, for it is God's work that He wants to do with us." Ambition for the highest place in the Conference or the Conference committee was not to be the focus of their hearts, but rather, "Who shall do most to win souls to righteousness?" This was the mind of the early church when the

Holy Spirit was poured out upon them, "*The Spirit of Christ made them one*. This is the fruit of abiding in Christ. But if dissension, envy, jealousy, and strife are the fruit we bear, it is not possible that we are abiding in Christ." —Ibid., 169, emphasis in original.

The following evening, Tuesday, February 6, R. C. Porter continued his series on the mind of Christ, and he too directed his listeners to the Laodicean message in light of the great controversy: "In the statements I have read is unfolded the controversy between Christ and Satan. And, brethren, the principles underlying the third angel's message are the principles God had in the very beginning. I wish I could make you all see it as God has unfolded it to my mind. If I could do it, there would not be a soul here but would say, 'I can see that that applies to me.' He says, 'I know thy works.' What kind of works are they? Poor, wretched, blind, and naked. Does He know our condition? Yes. Would it not be well for us to say, 'I am full of sin, and there is no good thing in me'? What *He* says is true, even though I, in my blindness, fail to see it." Porter himself had been studying this topic in the light of Christ's righteousness, in the light of His love, and he now saw all his past life as "a failure, that what I have done was done from a wrong principle, a wrong motive. I want to tell you that everything the faithful and true witness has said is true in my case, and I did not know it."

After comparing the power of force used by Satan's kingdom and the power of love used by Christ's kingdom, Porter ended his lecture by turning to the events of Minneapolis:

What are we doing in this Conference? God has said that it is time we were getting together and praying and pleading with God for His blessing. It is time we were seeking God with all our heart. I would that you all could see it as I now see it. Satan was an accuser of the brethren. Go back

to Minneapolis. Were there accusations made against the brethren? I ask you in the name of my God of love, what kind of counsels have you been holding? It is time we were holding counsels of peace. Let us let the mind that dwelt in Christ dwell in us.

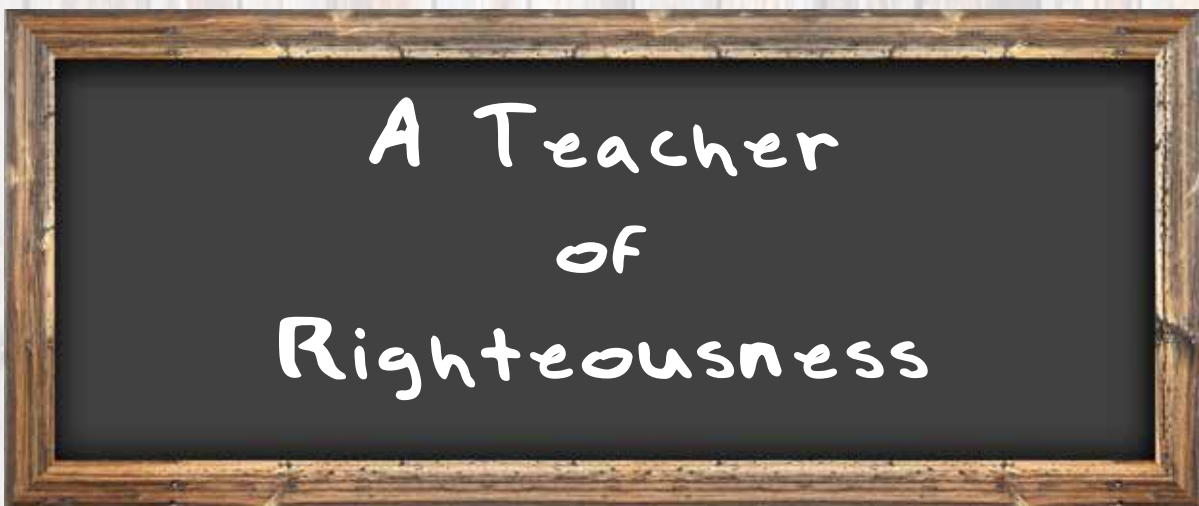
I thank God I see the cloud rising; that we are beginning to see that we are poor and wretched and blind and naked. When He shows us the worst of our cases, He does it in connection with blessed words of help and salvation. When He describes our nakedness, He holds out the blessed garment of righteousness to cover all our sins. He does not want to make us ashamed. He puts beneath us the everlasting arms. O, if we could only see what God wants to do for us! May God open to us the counsels of peace. It is time to make acknowledgment of faults one to another. There is work for us to do, and may God give us wisdom for the discharge of every duty. O, my brethren, my brethren! Hold counsels of peace before the time shall pass, and it will be too late. —R. C. Porter, “The Mind of Christ, No. 6,” *General Conference Daily Bulletin*, Feb. 7, 1893, 176, 178.

The same evening, Jones continued his lecture where he had left off the night before. Some had obviously been questioning some of his comments from that lecture, for they wanted to know how someone could acknowledge himself miserable, poor, blind and naked and yet “at the same time be rejoicing in the Lord?” Jones responded: “I would like to know how anyone else can,” unless he recognizes his true condition. To bring out his point more clearly, Jones

quoted Ellen White’s statement from Testimony 31: “Are you in Christ? Not if you do not acknowledge yourselves erring, helpless, condemned sinners.” Jones then drew this conclusion: “That is what some of the brethren say they can’t see. They say, ‘I can’t see how, if I am in Christ, I am to acknowledge myself a helpless, undone sinner; I thought if I was in Christ, then I could thank the Lord I was good, sinless, entirely perfect, sanctified, and all that.’ Why no. *He* is. When you are in Christ, *He* is perfect, *He* is righteous, *He* is holy and never errs, and *His holiness is imputed to you*—is given to you. His faithfulness, His perfection is *mine*, but *I* am not *that*.” ...

Jones now turned to the Minneapolis message and compared it to the latter rain prophecy in the book of Joel, yet noted the sad reception the message received:

You remember the other evening when I was reading that second chapter of Joel,... Now all of you turn and read that margin. The 23rd verse says: ‘Be glad, then, ye children of Zion, and rejoice in the Lord your God: for He hath given you *the former rain*, moderately.’ What is the margin? ‘A teacher of righteousness.’ He hath given you ‘a teacher of righteousness.’ How? ‘According to righteousness.’ And He will cause to come down for you the rain;’ then what will that be? When He gave the former rain, what was it? ‘A teacher of righteousness.’ And when He gives the latter rain what will it be? ‘A teacher of righteousness.’ How? ‘According to righteousness.’ Then is not that just what the testimony has told us in that article that has been read to you several times? ‘The loud cry of the third angel,’ the latter rain has already



begun, ‘in the message of *the righteousness of Christ*.’ Is not that what Joel told us long ago? Has not our eye been held that we did not see?...

Well then the latter rain—the loud cry—according to the testimony, and according to the Scripture, is ‘the teaching of righteousness,’ and ‘according to righteousness,’ too. Now brethren, when did that message of the righteousness of Christ, begin with us as a people? (One or two in the audience: ‘Three or four years ago.’) Which was it, three? or four? (Congregation: ‘Four.’) Yes, four. *Where* was it? (Congregation: ‘Minneapolis.’) What then did the brethren reject at Minneapolis? (Some in the congregation: ‘The Loud cry.’) What is that message of righteousness? The Testimony has told us what it is; the loud cry—the latter rain. Then what did the brethren in that fearful position in which they stood, reject at Minneapolis? They rejected the latter rain—the loud cry of the third angel’s message.

Brethren, isn’t it too bad? Of course the brethren did not know they were doing this, but the Spirit of the Lord was there to tell them they were doing it, was it not? But when they were rejecting the loud cry, ‘the teaching of righteousness,’ and then the Spirit of the Lord, by His prophet, stood there and told us what they were doing,—what then? Oh, then they simply set this prophet aside with all the rest. That was the next thing. Brethren, it is time to think of these things. It is time to think soberly, to think carefully. —Ibid., 183, emphasis original.

EDITOR’S NOTE: *There is apparently, even today, a refusal to accept that message of righteousness by faith as presented in 1888 and several years following. Indeed, “It is time to think soberly, to think carefully.” Perhaps many of us have never truly understood that message, but think that we have. Let us heed the counsel of the True Witness to Laodicea.*

It is time to
think soberly,
to
think carefully.

The Outpouring of the Spirit

1. For what did Christ, just before His ascension, tell His disciples to wait?

“And, behold, I send the promise of My Father upon you: but tarry ye in the city of Jerusalem, *until ye be endued with power from on high.*” Luke 24:49.

2. With what did He say they would be baptized?

“Ye shall be baptized *with the Holy Ghost* not many days hence.” Acts 1:5.

NOTE.-John the Baptist had foretold this baptism. He said: “I indeed baptize you with water unto repentance: but He that cometh after me is mightier than I, whose shoes I am not worthy to bear: He shall baptize you with the Holy Ghost, and with fire.” Matt. 3:11.

3. For what work was this baptism to prepare them?

“But ye shall receive power, after that the Holy Ghost is come upon you: and *ye shall be witnesses unto Me* both in Jerusalem, and in all Judea, and in Samaria, and unto the uttermost part of the earth.” Acts 1:8.

4. What were some of the results of the preaching of the gospel under the outpouring of the Spirit?

“Now when they heard this, *they were pricked in their heart*, and said . . . Men and brethren, what shall we do? Then Peter said unto them, Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost. . . . Then they that gladly received his word were baptized: and *the same day there were added unto them about three thousand souls.*” Acts 2:37-41. “And by the hands of the apostles were many signs and wonders wrought among the people; *...and believers were the more added to the Lord*, multitudes both of men and women.” Acts 5:12-14. “And the word of

God increased; and *the number of the disciples multiplied in Jerusalem greatly*; and a great company of the priests were obedient to the faith.” Acts 6:7.

5. How did persecution affect the preaching of the gospel?

“And at that time there was a great persecution against the church which was at Jerusalem; and they were all scattered abroad throughout the regions of Judea and Samaria, except the apostles. . . . Therefore *they that were scattered abroad went everywhere preaching the word.*” Acts 8:1-4.

NOTE.-“Persecution has only had a tendency to extend and establish the faith which it was designed to destroy. . . . There is no lesson which men have been so slow to learn as that to oppose and persecute men is the very way to confirm them in their opinions, and to spread their doctrines.”-Dr. Albert Barnes, on Acts 4:4.

6. What words of Peter seem to indicate another outpouring of the Spirit?

“Repent ye therefore, and be converted, that your sins may be blotted out, *when the times of refreshing shall come* from the presence of the Lord.” Acts 3:19.

7. What event does he speak of as immediately following these times of refreshing?

“*And He shall send Jesus Christ*, which before was preached unto you: whom the heaven must receive [Syriac, retain] until the times of restitution of all things, which God hath spoken by the mouth of all His holy prophets since the world began.” Verses 20,21.

NOTE.-From this it seems evident that we may look for another outpouring of the Spirit for a final proclamation of the gospel to all the world just before Christ's second advent and the restitution of all things.

8. What prophecy was fulfilled in the Pentecostal outpouring of the Spirit in the time of the apostles?

“But Peter, standing up with the eleven, lifted up his voice, and said, . . . These are not drunken, as ye suppose, . . . but *this is that which was spoken by the prophet Joel*; And it shall come to pass in the last days, saith God, I will pour out My Spirit upon all flesh: and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams: and on my servants and on my handmaidens I will pour out in those days of My Spirit, and they shall prophesy.” Acts 2:14-18. See Joel 2:28, 29.

9. What expressions in the prophecy of Joel seem to imply a double fulfillment of this outpouring of the Spirit?

“Be glad then, ye children of Zion, and rejoice in the Lord your God: for He hath given you the *former rain* moderately, and He will cause to come down for you the rain, the *former rain*, and the *latter rain* in the first month.” Joel 2:23. See also Hosea 6:3.

NOTE: In Palestine, the early rains prepare the soil for the seed sowing, and the latter rains ripen the grain for the harvest. So the early outpouring of the Spirit prepared the world for the extensive sowing of the gospel seed, and the final outpouring will come to ripen the golden grain for the harvest of the earth, which Christ says is “the end of the world.” Matt. 13:37-39; Rev. 14:14, 15.

10. For what are we told to pray at this time?

“Ask ye of the Lord rain in the time of the *latter rain*; so the Lord shall make bright clouds, and give them showers of rain to everyone grass in the field.” Zech. 10:1.

NOTE: Before the apostles received the baptism of the Spirit in the early rain on the day of Pentecost, they all “continued *with one accord* in prayer and supplication.” Acts 1:14. During this time they confessed their faults, put away their differences, ceased their selfish ambitions and contentions for place and power, so that when the time for the outpouring came, “they were all *with one accord* in one place,” ready for its reception. To be prepared for the final outpouring of the Spirit, all sin and selfish ambition must again be put away, and a like work of grace wrought upon the hearts of God’s people.

11. How is the closing work of the gospel under the outpouring of the Spirit described by the revelator?

“After these things I saw another angel come down from heaven, having great power; and *the earth was lightened with his glory*.” Rev. 18:1.

12. What does this angel say?

“And he cried mightily with a strong voice, saying, *Babylon the great is fallen, is fallen*, and is become the habitation of devils, and the hold of every foul spirit, and a cage of every unclean and hateful bird.” Verse 2.

NOTE: The religious world will then be in much the same condition as was the Jewish nation after it had rejected Christ at His first advent. See 2 Tim. 3:1-5

13. What did Peter on the day of Pentecost tell his hearers to do?

“And with many other words did he testify and exhort, saying, *Save yourselves from this untoward generation*.” Acts 2:40.

14. What similar call and appeal will be made under the final outpouring of the Spirit?

“And I heard another voice from heaven, saying, *Come out of her, My people*, that ye be not partakers of her sins, and that ye receive not of her plagues. For her sins have reached unto heaven, and God hath remembered her iniquities.” Rev. 18:4, 5.

NOTES: A great work will be accomplished in a short time under the final outpouring of the Spirit. Many voices all over the earth will sound the warning cry. Signs and wonders will be wrought by the believers, and, as at Pentecost, thousands will be converted in a day.

Those who fail to heed this final gospel call, like the unbelieving Jews, will be doomed to destruction. The seven last plagues will overtake them, as war, famine, death, and destruction overtook the Jews, who, not believing in Christ, failed to heed His call to flee, and shut themselves up in Jerusalem to their doom. Those who heed the call, and separate themselves from sin and from sinners, will be saved.

Come, Holy Spirit, come,
Let Thy bright beams arise,
Dispel the sorrow from our minds,
The darkness from our eyes.

Convince us all of sin,
Then lead to Jesus’ blood,
And to our wondering view reveal
The mercies of our God.

Revive our drooping faith,
Our doubts and fears remove,
And kindle in our breasts the flame
Of never-dying love.

’Tis Thine to cleanse the heart,
To sanctify the soul,
To pour fresh life in every part,
And new-create the whole.

Come, Holy Spirit, come,
Our minds from bondage free;
Then shall we know, and praise, and love
The Father, Son, and Thee.

Joseph Hart

Right Through the Heart

by Kenny Williams

AUTHOR'S NOTE: God works in mysterious ways. It was over 12 years ago that my wife told our pastor that one day I would be preaching a sermon. I was newly baptized, and both our pastor and I kind of laughed it off. Recently, I was asked to share a sermon. As I prepared my thoughts, I remembered that day so long ago, and acknowledged God's work in my life to bring me to this point. This article shares what God gave me for a sermon for my church family. I pray it may be a blessing.

In the next few pages, the thoughts that I will share I take as a personal letter from God. My name is written all over it, and perhaps yours is as well. You see, I have a heart problem. I often ask myself how we are to worship God truthfully.

Imagine what the Christian church would be like if more careful attention were given to the heart that produces the words we speak.

In Ephesians 4:29, Paul warns believers of the nature of their words, and how they can spread treachery. In the same verse, he gives hope that words can also spread goodness: "Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers."

James agrees: "Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: for the wrath of man worketh not the righteousness of God. Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls." Bible writers often share how the mind, or heart, is the center and source of anything that is spoken.

Take a moment to remember a conversation you recently had. If your conversations tend to be short and superficial, what does that say about your heart? It may not mean that you are superficial, but it could reveal how busy or shy you are.

If your words tend to find problems, or you are always pointing out things that are inconsistent or not correct, what does that say about your heart?

Perhaps you know people who tend to see everything as if it's broken. Part of this trait is a blessing in that the person is very analytical. However, it can also be a very discouraging characteristic. You may also observe that people who criticize more often than they edify are wrestling in their own hearts with more than meets the eye.



To be sure, those who have deep convictions are often people who recognize how keenly the heart is connected to what people say or do. However, no one is more familiar with the way of the heart than the One who designed it—our living God.

What Your Complaints Reveal About Your Heart

Do you ever find yourself grumbling or complaining about something? You try not to be negative, but it often happens so easily. Perhaps you don't even know when it started, but you notice that you have become pretty good at complaining.

No one likes a complainer; I know I don't. And yet we all slide down that slippery slope more often than we like to admit.

So what's going on?

Complaints are very telling. What do our complaints reveal about our heart?

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### *We Feel Entitled*

As part of my job, I drive a delivery truck. One day, as I was on my way to make a pick up for work, I was searching the radio for something to listen to. As I tuned in to a Christian radio station, the announcer said, "And when we come back, we will discuss the subject of people who irritate you."

"Oh," I thought, "this should be good!" We all have people that irritate us.

What I didn't expect was what the announcer came back to share: "If people irritate you a lot, your problem isn't those people; your problem is pride." At this point, he had my attention!

Often, when we believe that we should be treated a certain way, we take the position of being above another person. Feeling entitled is a manifestation of pride. When we feel entitled, we are also feeling superior. It is as if what's before us is fine for others, but not for us.



Consider the story in John 13 of Jesus washing the disciples' feet. The King of all humbled Himself and did what a servant should have done, what one of the disciples should have done. He gave us an example of how we should treat others, even when they are not acting in a kind way towards us.

### *We Feel Impatient*

We are all impatient at one time or another. We bring our prayer requests to the Lord, and then we wait, wait, and wait some more. While we should respond with patience as we wait, the truth is that sometimes we don't like being left in the "waiting room." We not only lay our requests before God, but we also have a desired timetable in which we would like to see God answer our prayers.

I have asked myself from time to time, "Am I waiting well?" When God doesn't answer my prayers, am I thankful, or do I arrogantly wonder what is taking Him so long?

Galatians 5:25 admonishes, "If we live in the Spirit, let us also walk in the Spirit." The longer we know the Lord, the more we learn about His character. We learn to trust that God only does what is for our good. His timing is always perfect.



## *We Hold Onto Resentment*

Sometimes, when God answers our prayers, we grumble anyway. Perhaps it is because we've held onto resentment about the issue for so long that we're unwilling to give it up.

In 1 Thessalonians 5:18, God tells us when we are to be thankful: "In *every thing* give thanks: for this is the will of God in Christ Jesus concerning you."

Grumbling and thankfulness cannot co-exist. Thankfulness leaves no room for anything else.

Resentment never gets us anywhere. It grows best in the soil where we hold onto measurements. The only answer to this is forgiveness, and God is the Master of forgiveness. After all, He sent His only begotten Son to pay the price so that we could be forgiven of our sins, and He offers the gift of forgiveness to each of us. It is only by accepting His gift that we will be able to forgive one another.

## *Comparison*

Often, we compare ourselves with others. Comparisons don't help anyone. Either you will feel higher than those who have less, or you will struggle with envy for those who have more.

In Philippians 4:11-12, Paul writes, "Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content. I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need."

God wants us to be content with the things that we have. How fitting are Paul's words! He experienced what it was like to have much, and what it was like to have little. He knew and shared what it was to be content in any circumstance. God can help us to be grateful, no matter what we are going through.

## *We Think Life is Unfair*

Whenever I fall into the trap of thinking life isn't fair, I consider Joseph. He was imprisoned even though he was innocent

of the horrible accusation that was leveled against him. Through it all, the Bible says that God was with Joseph. If anyone could have felt that life wasn't fair, it seems that Joseph would have been justified in feeling this way. We see, though, that during Joseph's imprisonment, his attitude was exemplary. He could only have done this with God's help!

1 Peter 2:20-21 tells us: "For what glory is it, if, when ye be buffeted for your faults, ye shall take it patiently? but if, when ye do well, and suffer for it, ye take it patiently, this is acceptable with God. For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow His steps." If we suffer when we have done wrong, and we take it patiently, so what? But if we suffer an injustice, and we take it patiently, we please God.

## *Conformed to This World*

The world in which we live is constantly telling us that we deserve even more than we have, that we are worth it. But God tells us to be thankful in everything and to give thanks for everything.

Romans 12:2 admonishes, "And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."

We need to be putting God's truth into our hearts consistently so that we can dispel the lies of the world. What we deserve is death. God loves us so much that He offers us the gift of eternal life instead of the death we deserve.

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Recently, I saw a drawing of a stick figure boy holding up his heart to heaven. He said, "God, this is all I have." God replied, "It's all I want."

How do we worship God truthfully? We give Him our whole heart. Everything we do must come from a heart that is submitted and surrendered to God. May we daily make the choice to give our hearts and lives to our Creator and Redeemer.

The Example Set

by Kathleen Vess

**“And let us not be
weary in well doing; for
in due season we shall
reap, if we faint not.”**

—Galatians 6:9

Some of the deepest learning experiences a child will have are from the example the parent has set.

For all of the five years of my son's life, he has seen me wash the dishes. He has also seen me wash dishes while being a guest in someone else's home — as a favor and to be helpful. The servant's heart I've tried to foster and nurture in my son's heart is starting to bud and bloom.

Recently, I was getting ready to wash dishes, and my son grabbed my stepstool and insisted that he help me wash the dishes. I let him help me rinse and put away his plastic plates and bowls, and the plastic cups.

Once again, my heart is humbled by the words of our Messiah. *What we sow is what we shall reap.* The things I've sown in my son I have begun to reap, and I pray that my Lord will have the greatest harvest: my son's heart, and my son leading others to Jesus.



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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)

# Words for the Young at Heart

## *The Quaker Girl's Dream*

EDITOR'S NOTE: *This story was published in The Youth's Instructor, a weekly magazine for youth. It was written in the early 1900's. While it is clearly an allegorical dream, it does offer a unique picture of how people are viewed by the measurements of heaven.*

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I dreamed I was on my way to school, when suddenly I noticed a great crowd upon the green. People were hurrying to and fro, and when I asked what all this commotion was about, a girl said, "Why, don't you know? It's Measuring Day, and the Lord's angel has come to see how much our souls have grown since last Measuring Day."

"Measuring Day!" said I; "Measuring souls! I have never heard of such a thing." I began to ask questions, but the girl hurried on, and after a little while I let myself be hurried along with the crowd to the green.

There in the center, on a kind of throne under the green elm, was the most glorious and beautiful being I had ever seen. He had white wings, his clothes were shining white, and he had the kindest yet most serious face I had ever beheld. By his side was a tall golden rod, fastened upright in the ground, with curious marks at regular intervals from the top to the bottom. Over it, on a golden scroll, were the words, "*The measure of a perfect man.*"

The angel held in his hand a large book in which he wrote the measurements of the people as they came up when their names were called. The instant each one touched the golden measuring rod, a most wonderful thing happened. Each one

shrank or grew according to his true dimensions — his spiritual dimensions. I soon learned that this rod measured the soul growth in a mysterious way. No one could escape the terrible accuracy of this strange rod.

The first few who were measured after I came I did not know, but soon the name of Elizabeth D. was called. She is the president of the Aid for the Destitute Society, and she manages many other societies too. I thought, "Surely Elizabeth D.'s measurement will be very high indeed."

But as she stood by the rod, the instant she touched it she seemed to grow shorter and shorter, and the angel's face grew very serious as he said, "This would be a soul of high stature if only the zeal for outside works, which can be seen of men, had not overshadowed the lowly, secret graces of humility, and trust, and patience under little daily trials. These, too, are needed for perfect soul growth."



I pitied Elizabeth D. as she moved away with such a sad and surprised face to make room for the next person. It was poor, thin, little Betsy L, the seamstress. I never was more astonished in my life than when she stood by the rod. She immediately grew in height until her mark was higher than any I had seen previously, and her face shone. I thought her face must have caught its light from the angel, who smiled so gloriously that I envied poor little Betsy, whom before I had rather looked down upon. As the angel wrote in his book he said, "Blessed are the poor in spirit, for theirs is the Kingdom of Heaven" (Matthew 5:3).

The next one was Lillian E., who dresses so beautifully that I have often wished that I had such clothes and so much money. The angel looked sadly at her measurement, for it was very low — so low that Lillian turned pale as death. No one noticed her beautiful clothes at all, for they were quite overshadowed by the glittering robe beside her. The angel said in a solemn tone, "Oh child, why take thought for raiment? Let your adorning be not the outward adorning of putting on of apparel, but let it be the ornament of a meek and quiet spirit, which is in the sight of God of great price (1 Pet. 3:3-4). Thus only can you grow like the Master."

Old Jerry, the cobbler, came next — poor old clumsy Jerry. But as he hobbled up the steps, the angel's face blazed with light, and he smiled at him and led him to the rod. Jerry's measurement was higher than any of the others. The angel's voice rang out loud and clear as we heard him say, "He that humbleth himself shall be exalted" (Luke 14:11).

And then, oh, my name came next! I trembled so I could hardly reach the angel, but he put his arm around me and helped me to stand by the rod. As soon as I touched it, I felt myself growing shorter and shorter, and though I stretched and strained every nerve to be as tall as possible, I could only reach Lillian's mark — the lowest of all — and I had been a member of the church for two years!

I grew red with shame and whispered to the angel, "O give me another chance before you mark me in the book as low as this. Tell me how to grow. I will do it all so gladly. Do not put this mark down!" The angel shook his head sadly and said, "The measurement must go down as it is my child; may it be higher when I come next time. This rule will help thee: "Whatsoever thou doest, do it heartily as to the Lord, in singleness of heart, as unto Christ" (1 Cor. 10:31).

With that I burst into tears and suddenly awakened to find myself crying. But oh, I shall never forget that dream!

—Selected



Seeing Myself as Others See Me

by Lavina Brown

“Come on, Ruth. Let’s go down to the store and get a dish of ice cream.”

As I spoke these words, my mother stepped to the door. “Lavina, could you please help with the dishes tonight? Now that you are home from school Evelyn thinks it is your turn; so she has made her escape.”

“Ah! I’m not going to do any dishes tonight. It won’t hurt Evelyn to do them. We have to get some things for our lunch tomorrow, anyway. And I haven’t had any ice cream for a long time, so I’m going to get some.”

“I don’t think it will be good for you to eat ice cream on top of all you’ve eaten tonight,” admonished mother;

but with an “*I don’t care*” I pulled Ruth away from the table where already she was beginning to stack up dishes. Reluctantly, she followed, and away we went to the store.

I had been away at College attending school. All year Ruth, Helen, Dorothy, and I had been inseparable. Now this first evening away from school Ruth was going to stay with me, and Helen with Dorothy. We had a long trip planned for the next day.

The ice cream didn’t taste nearly so good as I thought it would, so we soon were on our way back home. After a good deal of fretting and stewing on my part, the lunch basket was packed—ready to do us service on the morrow.



"Listen! Was that a rap at the door?" whispered Ruth. I ran to the door, and to my surprise there was Helen.

"Hello! Where's Dot?"

I scarcely got the words out of my mouth before Helen began excitedly, "Girls, Dot has sprained her ankle and can't possibly go tomorrow. What shall we do?"

We went over to see Dorothy that night, and of course she urged us to go on and have a good time, even if she couldn't go. After some discussion, we finally decided to go. In order that Dorothy should not be disturbed the next morning, Helen decided to stay all night with Ruth and me.

With high hopes for the morrow, we three girls and my little sister climbed the stairs for bed. Our upstairs is just one large room with two beds in it. Soon we were sound asleep, Helen and Ruth in one bed and my sister and I in the other.

I stirred uneasily. Where was I? Muffled voices from the other bed plainly brought to mind that I was home and that we had some fun planned for the day. Yes, the sun already was shining in at the window. It would soon be time to get up.

Suddenly, as I was about to speak, the words fell upon me like a thunderbolt, "Well, I certainly got an insight into their home life. I was shocked to hear the way Lavina talked to her mother."

For a moment I was too stunned to speak if I had tried. Somehow the only thing I could do then was to lie perfectly still and listen as Helen replied, "Well, I'm surprised at her. And her mother is so lovely, too. How could she do it?"

"Yes," continued Ruth; "isn't Mrs. Brown just as pleasant as she can be? But I guess those girls just about run her."

I dared not speak. At first, I was too angry and hurt to think that Ruth, my very best friend, should say that about me. What was it I had done that was so terrible? Yes, I had wanted my own way, but that was all right. Mother didn't understand. I'd just tell them that I had heard what they said and tell them to go on their old trip alone. They didn't want me anyway. But before I could speak, the thought came: *Don't spoil the fun this last day you girls will be together. You have been such good friends all year.* How would they feel if they knew I had heard? Yes, I never would tell them I had heard what they said, even if

it wasn't true. I would do my best to have a good time.

But still the thought would come, *Lavina, are you sure that it isn't true? Why did Ruth say it if it isn't? Did you ever stop to think how your words might sound to someone else?*

No, I had never thought about it. Perhaps they did sound saucy to Ruth, and when I am determined to have my own way, perhaps I really don't care how my words do sound. Well, one thing I was sure of: they would never again have an opportunity to say the same thing about me.

The sun was gradually climbing higher in the sky, and I was tired of lying in one position, so in as drowsy and yet as cheerful a tone as I could manufacture, I called, "Good morning, girls! Let's get up and go right away."

"Good morning!" Isn't this the most delightful day for our trip?" the answer came back.

Soon we were on our way. If they ever wondered why I spoke so kindly to my mother, and even did the breakfast dishes before starting, I don't know how they accounted for it, but I know why I did it. *I had seen myself as others saw me.*

What Hinders the Latter Rain

—W. W. Prescott

“Thou hast loved righteousness, and hated iniquity: therefore God, even thy God, hath anointed thee with the oil of gladness above thy fellows.” Hebrews 1:9 This scripture, of course, refers to Christ, and we wish to note one or two things about it before we take the general meaning. “Thou hast loved righteousness, and hated iniquity.” This word iniquity is the same word that is in 1 John 3:4, —transgression of the law. “Whosoever committeth sin transgresseth also the law; for sin is the transgression of the law,” or iniquity, or lawlessness. Thou hast loved righteousness, and hated the transgression of the law, or hated lawlessness; “therefore God, even thy God, hath anointed thee with the oil of gladness above thy fellows.” ...

Consider Acts 10:37, 38: “That word, I say ye know, which was published throughout all Judea, and began from Galilee, after the baptism which John preached; how God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with Him.” ...

The point that I want to note is the reason why He was anointed with the “oil of gladness,” above others, His partners, His fellow workers, His fellow laborers. The reason is because He loved righteousness and hated sin, hated iniquity, and hated every thing different from God. That was the reason. He loved righteousness and hated sin, hated iniquity. And hating iniquity, as it is spoken of in this text, means more than a mere passing dislike for it, feeling a little uncomfortable under it. A perfect hatred for sin! And in this very fact is seen a wondrous trait in the character of Christ. So in the work that He did for us here, although He hated sin with a perfect hatred, hated, yet He gathered to himself all the results of sin; put Himself right in the place of the sinner, to bear the results of every sin; and not simply that way, but He took those things right to His very soul; and

He endured, in taking upon Himself the consequences of sin, what we cannot possibly comprehend, because we cannot understand the perfect hatred with which He regarded sin. The fact is, our minds have become blunted and dull, and we have become accustomed to sin, and sin has left its impression upon our minds.

Sin is a perfect horror of blackness; sin is the horror of great darkness, and yet we have become so accustomed to it that it makes little impression upon our minds. We cannot understand, we cannot appreciate the feeling with which Christ regarded sin. Sin is being contrary to God. Now when Christ, who had been one with the Father, one in every thought and purpose, in every work, thus voluntarily put Himself in that attitude where He must suffer the consequences of sin, put Himself in the place of those who were out of harmony with God, He voluntarily put Himself out of harmony with God, by taking this sin; although He hated iniquity and loved righteousness, He came to this world, put Himself right in the sinner’s place for our sakes; (and we cannot begin to appreciate what this meant to Him) - all this was done that we may appreciate how God looks upon sin.

Sin is not simply doing a thing; it is being in that condition. Sin in the character, is being out of harmony with God, is being different from God. Now, Christ voluntarily put Himself there, although there was that perfect union between Him and the Father, and since that perfect union was the same in thoughts, purposes, and plans, yet he put Himself where of necessity God must treat Him as though He was out of harmony with Him; and it was that experience that brought out that cry of anguish: “My God, my God, why hast Thou forsaken Me?” But for this experience here upon earth, because He loved righteousness and hated iniquity, God anointed Him with the oil of gladness above His fellows, or above His partners. ...

But you understand that our study just now is upon the special outpouring of the Spirit; more than the ordinary outpouring of the Spirit—the special outpouring of the Spirit, and the task to which we have applied ourselves, is to find out what hinders it, and so remove it. Not that the Spirit of God has not been given in any degree to His people, here and elsewhere, for which we are all thankful, but it is time for more than the ordinary display of His power, it is time for the special outpouring. Now, we want to know what hinders its taking place immediately. Now we want to know what hinders that it does not take place right here. In the first text that I read, we find, because “Thou hast loved righteousness and hated iniquity.” That is why God gave Christ the Spirit without measure, and I say that the presence of sin and the practice of iniquity is what hinders it.

Now I want to show you that it is the mercy of God that this special outpouring of His Spirit does not come upon those who are cherishing sin. I want you to note that point when praying for the outpouring of the Spirit, and I want you to see that it is the special mercy of God that He does not directly answer these prayers to any one of us who are cherishing sins. In Hebrews 12:29, the statement is made, “For our God is a consuming fire.” You remember in the record of Exodus 19 when God came down upon Mt. Sinai, the strict commands concerning the people’s approaching near the mount, and we read in verse 18: “And mount Sinai was altogether on a smoke, because the Lord descended upon it in fire: and the smoke thereof ascended as the smoke of a furnace and the whole mount quaked greatly.”

In Exodus 24:17, we read, “And the sight of the glory of the Lord was like devouring fire on the top of the mount in the eyes of the children of Israel.” The people were frightened, and carefully obeyed the explicit commands given them by God that they should not step beyond a certain line, and that they should not come into His immediate presence, and that if they did, they would be destroyed at once. When Moses came down from the mount, the people could not look at his countenance in their sinful condition.

In Acts 2:2-4, we read, concerning the special display of the outpouring of the Spirit of God, “And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting, and there appeared unto them cloven tongues like as of fire, and it sat upon each of them. And they were all

filled with the Holy Ghost, and began to speak in other tongues, as the Spirit gave them utterance.” ...

His special power was manifested in the forked flames of fire. Those darting tongues of fire appeared there, and sat upon them. Now those disciples would have been consumed by that very display, and so would you and I, if this same experience came to us with sin about us. I say, it is a very solemn thing in more ways than one to ask God for the special outpouring of His Spirit as on the day of Pentecost. Everyone who asks for this and is cherishing known sins, is asking for his own destruction, just as Ananias and Sapphira were destroyed. It is the great long-suffering of God that such prayers are not immediately answered, and He waits that they may be answered without destroying us.

God’s purpose is that sin should be destroyed, and His presence, unveiled, destroys sin always and everywhere. Sin cannot come into the presence of God. It is entirely impossible that it should do so; and with whomsoever sin is found in the presence of God, in destroying that sin, the person himself is destroyed, because sin is through and through him; it is his very being, from the crown of his head to the soles of his feet, and throughout. Now it is utterly impossible for us to separate sin from ourselves. God only can do that thing. God can take sin from us, but He will not take that from us contrary to our will. When He tells us that that is sin, and that He wants to remove it, we must consent to it, or it will not be removed. When fire and brimstone is called down from heaven, it will be simply the glory of God’s presence that will destroy sinners. They cannot stand before Him.

Isaiah 33:14-16: “The sinners in Zion are afraid; fearfulness hath surprised the hypocrites. Who among us shall dwell with the devouring fire? who among us shall dwell with everlasting burnings? He that walketh righteously, and speaketh uprightly; he that despiseth the gain of oppressions, that shaketh his hands from holding of bribes, that stoppeth his ears from hearing of blood, and shutteth his eyes from seeing evil; he shall dwell on high: his place of defense shall be the munitions of rocks; bread shall be given him; his waters shall be sure.” Now that experience is necessary.

What was the experience of the disciples as a preparation for this outpouring? Let us read a brief statement concerning it:-

“For ten days the disciples prayed before the Pentecostal blessing came. Then it required all that time

to bring them to an understanding of what it meant to offer effectual prayer, drawing nearer and nearer to God, confessing their sins, humbling their hearts before God, and by faith beholding Jesus, and becoming changed into His image.” - Special Test., No. 2, p. 19 (E. G. White).

Now I want you to think of this. Those disciples had been with Christ for three and a half years, had seen Him after His resurrection, sat and spoke with Him, but had not yet received the Holy Ghost, and even after His ascension, before this special blessing could come upon them, it required ten days of confession and repentance in order not to be consumed by that blessing.

Now, if that was the case with them, what shall we say of ourselves? To my mind, the worst feature of the whole situation is just what the Laodicean message says, and the worst is we don't see it. Now, if we don't see it, let us take the word of God as it is, and say it is so, let us so continue. We have sinned and done iniquity, and there is no good thing in us. Day by day let us draw near to God by repentance and confession,

and God will draw near to us with mercy and forgiveness. Now that is the point that I want to dwell especially upon, that the reason why the special outpouring of the Spirit of God does not come upon His people, is that they must repent, else they would be consumed by it. Let me read just a word here to show the relation of repentance and confession and the removal of sin to this outpouring of the Spirit:

“Not one of us will ever receive the seal of God while our characters have one spot or stain upon them. It is left with us to remedy the defects in our characters, to cleanse the soul-temple of every defilement. Then the latter rain will fall upon us as the early rain fell upon the disciples on the day of Pentecost.” - Test. 31, p. 210 (E. G. White).

Now, there is the whole matter in a few words; and I say we must face this now. It is no use to let these things slide easily. Now, these things are for me, and these things are for each of us, as the solemn message of God to each soul. Not one of us will ever receive the seal of God while our characters have one spot or stain upon them.

Thou hast anointed Him with the oil of gladness above His fellows. Why? - Because He loved righteousness and hated iniquity. *“It is left with us to remedy the defects in our characters, to cleanse the soul-temple of every defilement.”* And there is no question about it. *“Then the latter rain will fall upon us as the early rain fell upon the disciples on the day of Pentecost.”* Now, that is just as simple and plain a statement as can be. What is the thing for us to do? It seems to me, for me personally, and for everyone who desires this experience, that it is to begin to confess our sinfulness to God with humility of soul, with deep contrition before God to be zealous and repent.

Let us ask God to help us see ourselves as we are—poor, blind and naked—and let us beg Him for forgiveness and strength to live for Him every moment of every day!

~~~~~

Taken from *The General Conference Daily Bulletin*, January 31, 1893.



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# A Puzzle for You...

Find the following words in the puzzle. Words are hidden     and .

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

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BIBLE  
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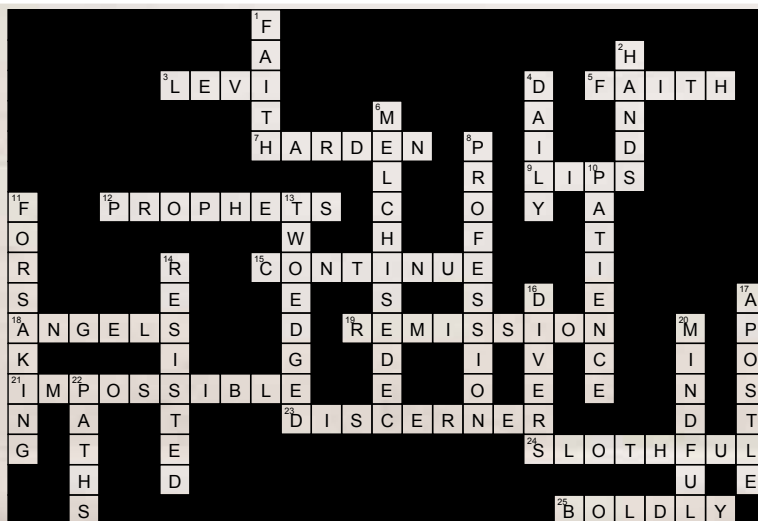
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FAST  
GOODS  
HOLD

HOT  
INCREASED  
JOHN  
LAODICEA  
LOVE  
MOUTH  
NAKEDNESS  
NEED NOTHING  
PATMOS  
POOR  
PRAY  
PRIDE  
RAIMENT  
RAIN  
REBUKE  
REPENT  
REVELATION  
RICH  
SHAME  
SPEW  
STUDY  
WARM  
WATCH  
ZEALOUS

## Answers to May 2019 Crossword Puzzle...

### Hebrews Crossword



#### Across

3. The sons of who received the office of the priesthood? [LEVI]
5. Chapter 11 is the \_\_\_\_\_ chapter. [FAITH]
7. "\_\_\_\_\_ not your hearts." [HARDEN]
9. "The fruit of our \_\_\_\_\_ giving thanks to his name." [LIPS]
12. In the past God spoke through \_\_\_\_\_. [PROPHETS]
15. "Let brotherly love \_\_\_\_\_." [CONTINUE]
18. The Son of God has superiority over \_\_\_\_\_. [ANGELS]
19. "Without shedding of blood is no \_\_\_\_\_." [REMISSION]
21. "It is \_\_\_\_\_ for God to lie." [IMPOSSIBLE]
23. "The Word of God is a \_\_\_\_\_ of the thoughts and intents." [DISCERNER]
24. "That ye be not \_\_\_\_\_." [SLOTHFUL]
25. "Come \_\_\_\_\_ unto the throne of grace." [BOLDLY]

#### Down

1. With what does the gospel preached need to be mixed? [FAITH]
2. "The heavens are the works of thine \_\_\_\_\_." [HANDS]
4. "Exhort one another \_\_\_\_\_." [DAILY]
6. "An high priest after the order of \_\_\_\_\_." [MELCHISEDEC]
8. "Hold fast the \_\_\_\_\_ of our faith." [PROFESSION]
10. "Let us run with \_\_\_\_\_ the race that is set before us." [PATIENCE]
11. "Not \_\_\_\_\_ the assembling of ourselves together." [FORSAKING]
13. "The Word of God is sharper than any \_\_\_\_\_ sword." [TWOEDGED]
14. "Ye have not yet \_\_\_\_\_ unto blood." [RESISTED]
16. "Be not carried away with \_\_\_\_\_ and strange doctrines." [DIVERS]
17. "Consider the \_\_\_\_\_ and High Priest of our profession." [APOSTLE]
20. "What is man, that thou art \_\_\_\_\_ of him?" [MINDFUL]
22. "Make straight \_\_\_\_\_ for your feet." [PATHS]

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