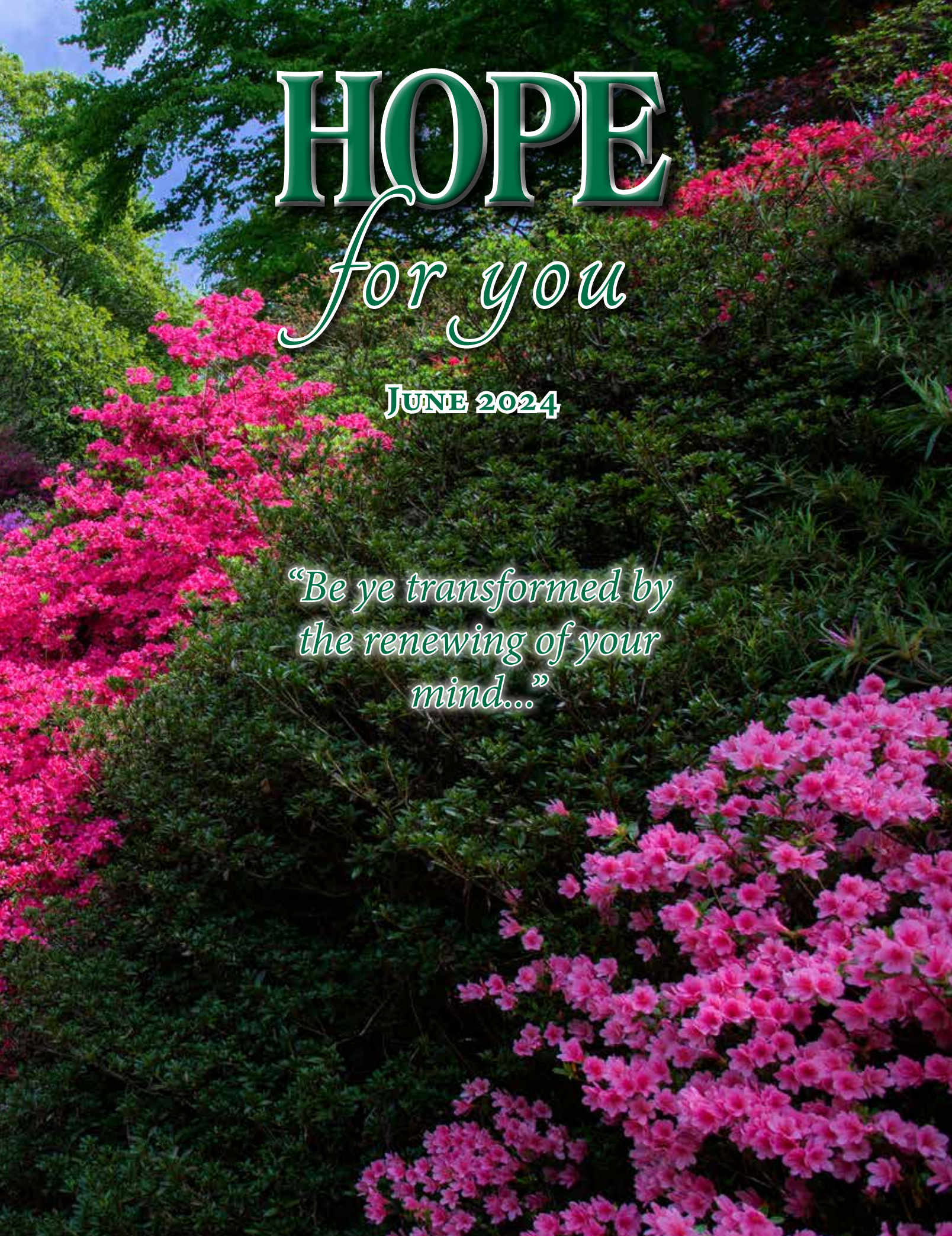
HOPE
for you
June 2024
"Be ye transformed by the renewing of your mind..."

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!

I remember the sign well:

GOD'S TV GUIDE:

"Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

I was sitting in the home of a friend. Their entertainment center door was open, and this sign was taped on the door—right next to their video player. It struck me: how many things could possibly pass that test and be viewed on the screen?

When we think of modern media and entertainment, we are all forced to admit how much of it is not only a waste of time, but also is not God-honoring. This sign was a stark reminder that surely brought pause anytime the family had a question about something they considered watching. I think that sign belongs in all Christian homes. Truly, God has so many amazing things that can fill our mind, we have no need to allow our minds to be filled with things that are not true, pure, or lovely.

In this issue of HOPE *for you*, we are focusing on entertainment, and God's desire to transform our mind and fill our time with activities that re-create us. His plans for us are higher than our plans, and His thoughts higher than our thoughts (Isaiah 55:9). May you be blessed and challenged as you consider how you can choose the best and purest of what God has for us. "See then that ye walk circumspectly, not as fools, but as wise, redeeming the time, because the days are evil" (Ephesians 5:15, 16).

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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Andrea Olson, CH, and the Hope for Health staff are ready and willing to answer any product or health questions you may have. We are also happy to consult with you regarding any diet or lifestyle changes.
Please call 828-649-0278.
If you wish to order or would like a free copy of our informative catalog, please call, visit our website or fill out the order sheet at the back of this publication.

"'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.' With the Christian there is an abiding sense of his obligation to God. He looks to the Captain of his salvation for orders, and is faithful and true to obey these orders."

—*E. G. White* (*Review & Herald, October 28, 1884*)

Transformed in Mind and Heart

by Ellen G. White

The Bible contains the science of salvation. "All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness; that the man of God may be perfect, thoroughly furnished unto all good works."

He who breathed into man the breath of life and made him a living soul, has breathed into the Scriptures a vital, life-giving power. "The Word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart. Neither is there any creature that is not manifest in His sight; but all things are naked and opened unto the eyes of Him with whom we have to do."

We need to study the Word of God far more than we do. Thus we shall see ourselves as we are. Let us take God's holy Word as our counselor. Let us study it with a heart open to receive its instruction.

Those who study the Bible with a true purpose will become wise unto salvation. Christ speaks of this as eating the flesh and drinking the blood of the Son of man. "I am the living bread which came down from heaven," he said; "if any man eat of this bread, he shall live forever; and the bread that I will give is My flesh, which I will give for the life of the world.

"The Jews therefore strove among themselves, saying, How can this Man give us His flesh to eat? Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink His blood, ye have no life in you. Whoso eateth My flesh, and drinketh My blood, hath eternal life; and I will raise him up at the last day. For My flesh is meat indeed, and My blood is drink indeed. . . . It is the Spirit that quickeneth; the flesh profiteth nothing; the words that I speak unto you, they are spirit, and they are life."

By offering Himself on the cross of Calvary, Christ gave His flesh and blood for the salvation of the world. Those who believe in Him as a personal Saviour, those who work His works, receiving His words and practicing His principles, are eating the bread of life. Christ's lessons are their food and drink. They constantly seek to do Christ's will. Under all circumstances they strive to do as He would do. They look to Him who is the Author and Finisher of their faith, inquiring earnestly, What would Jesus do? What words would He speak? If I speak words that He would not speak were He in my place, I am not abiding in Him, or He in me.

Christ's Word is the bread of life and the water of salvation. Trust in its fulness comes to us through constant communion with God. By it we gain spiritual strength. Christ supplies the life-blood of the heart, and the Holy Spirit gives nerve power. Begotten again unto a lively hope, imbued with the quickening power of a new nature, the soul is enabled to rise higher and still higher. Paul's prayer for the Ephesians was "that He would grant you, according to the riches of His glory, to be strengthened with might by His Spirit in the inner man; that Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love, may be able to comprehend with all saints what is the breadth, and length, and depth, and height; and to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God."

As our natural life is sustained by physical food, so our spiritual life is to be sustained by spiritual food, even the words of Christ. The Gospel, believed and lived, means eternal life. It gives spiritual health and vigor. It enables us to show in the daily life the fruits of the Spirit.

The disciples of Christ are to bring the perfection of His character into their characters. He has given them His Word as their spiritual food. As they eat His Word, they will grow like Him, manifesting unselfishness, integrity, kindness, and love. In all they do, Christlikeness will be revealed. Thus they will show that they are eating the bread of heaven and drawing living water from the wells of salvation.

In Christ, "God was manifest in the flesh, justified in the Spirit, seen of angels, preached unto the Gentiles, believed on in the world, received up into glory." These words are not merely to be read as a lesson. They are to be understood, believed, and lived. They will give us spiritual life. Christ's teachings are to be brought into the daily experience. We have redemption through His blood, even the forgiveness of our sins.

It is by the Word of life that the Christian is to live. From it we are to receive a continually increasing knowledge of truth. From it we are to gain light, purity, goodness, and a faith which works by love and purifies the soul. It is given to us that we may be cleansed from all defilement, and presented faultless before the throne of divine glory. Wondrous victory, gained by Christ in our behalf!

Oneness with Christ depends on the renewing of the mind by the Holy Spirit. Thus we are strengthened to walk in newness of life, receiving from Christ forgiveness for our sins. He who has this experience is a cleansed vessel, sanctified and meet for the Master's use. Self is dead. His words are, "I live, yet not I, but Christ liveth in me." There is a daily reception of the Holy Spirit, and this brings eternal life to the soul.

Those who eat the flesh and drink the blood of the Son of God have a vital, saving union with Him. They are partakers of the divine nature. Christ dwells in the human tenement. True Christians are one with Christ as Christ is one with God. The quickening of the Holy Spirit brings life to the soul. When this is believed, understood, and known by experience, the character of God is revealed in the human agent. Christ abides in the heart.

All disunion, all selfish thoughts, words, and actions, are the fruit of the working of an unholy spirit upon the mind. Under the influence of this spirit, words are spoken which do not reveal the Saviour. Christ is not formed within, the hope of glory. Those who live thus are sinners, though they may be counted as saints. They are without faith. They do not practice the principles of Christ. Many who claim to be Christians commit grievous sins because they do not eat the bread that came down from heaven.

Those who receive Christ are meek and lowly. Christ opens within their hearts a fountain of living water, which springs up unto eternal life, refreshing the souls of others. The lives of those who eat the bread of life are purified by the grace of God. They claim and receive all that the giving of Christ's flesh and blood signifies. Vivified by the Holy Spirit, they are enabled to work the works of Christ.

The Word of God should be our counselor in all difficulties, our guide in all the relations of life. In the heart, the home, the place of business, the living oracles of God should reign supreme. When alone, when no human eye sees, no human ear hears, the truth is to be our companion. Ever the soul is to be subject to its control. Upon thought, word, and deed it is to stamp its divine impress. To those who obey, the Word of God is the tree of life. It possesses the elements necessary for the formation of a perfect character, and on the effect which its teaching produces in us depends our destiny for eternity.

Cultivate Cheerfulness

The Christian should live so near to God that he may approve things that are excellent, "being filled with the fruits of righteousness, which are by Jesus Christ, unto the glory and praise of God." His heart should be attuned to gratitude and praise. He should be ever ready to acknowledge the blessings he is receiving, remembering Who it is that has said, "Whoso offereth praise glorifieth Me."

Many professed Christians dwell too much on the dark side of life, when they might rejoice in the sunshine; they repine when they should be glad; they talk of trials when they should offer praise for the rich blessings they enjoy. They look at the unpleasant things, hoard up the disappointments, and sigh over the griefs, and, as a consequence, grow heavy-hearted and sad, when, should they count up their blessings, they would find them so numerous that they would forget to mention their annoyances. If they would every day take note of the favors that are done them; if they would store their minds with the precious memory of kindnesses received, how much occasion they would find to render thanks and praise to the Giver of all good. …

Do not allow the perplexities and worries of every-day life to fret your mind and cloud your brow. If you do, you will always have something to vex and annoy. Life is what we make it, and we shall find what we look for. If we look for sadness and trouble, if we are in a frame of mind to magnify little difficulties, we shall find plenty of them to engross our thoughts and our conversation. But if we look on the bright side of things, we shall find enough to make us cheerful and happy. If we give smiles, they will be returned to us; if we speak pleasant, cheerful words, they will be spoken to us again.

When Christians appear as gloomy and depressed as though they thought themselves friendless, they give a wrong impression of religion. In some cases the idea has been entertained that cheerfulness is inconsistent with the dignity of the Christian character; but this is a mistake. Heaven is all joy; and if we gather to our souls the joys of Heaven, and as far as possible express them in our words and deportment, we shall be more pleasing to our heavenly Father than if we were gloomy and sad.

It is the duty of every one to cultivate cheerfulness instead of brooding over sorrow and troubles. Many not only make themselves wretched in this way, but they sacrifice health and happiness to a morbid imagination. There are things in their surroundings that are not agreeable, and their countenances wear a continual frown that, more plainly than words, expresses discontent. These depressing emotions are a great injury to them healthwise; for by hindering the process of digestion, they interfere with nutrition. While grief and anxiety cannot remedy a single evil, they can do great harm; but cheerfulness and hope, while they brighten the pathway of others, "are life unto those that find them, and health to all their flesh."

Christ came to restore to its original loveliness, a world ruined by sin. The work of the fall will be undone. All that was lost in Adam's transgression will be regained through the sufferings and death of Christ. In the new earth there will be no sin nor disease. All blemishes and deformity will be left in the grave, and the body will be restored to its original perfection. We shall wear the spotless image of our Lord, for "He shall change our vile body, that it may be fashioned like unto His glorious body."

The development of Christian character, tending toward this state of perfection, is a growth toward beauty. The character is expressed in the countenance. The evil that is in the heart hangs out its sign, and we read at a glance coarseness, unrest, selfishness, cunning, deceit, lust, falsehood, envy, pride, and malice. As the heart becomes transformed by the renewing of the mind, the graces of the Spirit leave their impress on the face, and it expresses the refinement, delicacy, peace, benevolence, and pure and tender love, that reign in the heart, and constitute the inward "adorning," which is in the sight of God of "great price."

The apostle Paul exhorts: "Rejoice evermore; pray without ceasing." Give "thanks always for all things unto God," "singing and making melody in your heart to the Lord."

—Taken from *Signs of the Times,* Oct. 3, 1900 & Feb. 12, 1885

Mega-Multi

SIZE	PRICE
180 CAPLETS	$22.99
360 CAPLETS	$39.99
14 OZ. POWDER	$32.99

Suggested Adult Usage:
Take 2 caplets three times a day with meals or 1 tablespoon with 6-8 oz. of water once a day.

Mega-Multi contains a plethora of "whole-food" ingredients. Whole-foods are the ONE SURE option for the body's use and metabolism. When vitamins and minerals come from natural sources, it is much easier for your body to absorb and assimilate the nutrients. You WILL feel the difference!

Vitamins don't seem to help? Think it's a waste of your money? It probably IS! Did you know that the vitamin and dietary supplement industry is a multi-billion dollar industry? And the companies that produce the vitamins and supplements are trying to make every cent count. Anything they can do to shave a penny off their cost, they do. Unfortunately, quite often it's the customer who suffers. One major cost-cutting method used today is simply using synthetic ingredients rather than whole-food based ingredients. We don't!

Do You Even Need Vitamins & Minerals?

- According to Dr. Robert Fletcher and Dr. Kathleen Fairfield of Harvard University, it now appears that people who get enough vitamins may have a lower risk of many common chronic illnesses.
- In 1936, a government paper known as Senate Document #264 stated that more than 99% of Americans are deficient in the critical minerals that are required for the maintenance of a healthy body. This paper stated; It is bad news to learn from our leading authorities that **99 percent** of the American people are deficient in minerals. A marked deficiency in any one of the more important minerals actually results in illness. Any upset of the balance, any considerable lack of one or another element, however microscopic the body requirement may be, and we sicken, suffer, shorten our lives.

SUPPLEMENT FACTS

Serving Size: 5 Tablets
Servings Per Container: 36

Amount Per Serving		% DV*	Amount Per Serving		% DV*	Amount Per Serving		% DV*
Vitamin A (as β-Carotene)	5,000 IU	100%	Molybdenum	15 mcg	20%	Fo-Ti Root	50 mg	†
Vitamin D3 (Cholecalciferol)	400 IU	100%	Cat's Claw	250 mg	†	Ginger Root	50 mg	†
Vitamin E (as d-α-Tocopherol Acetate)	50 IU	222%	Chlorella	150 mg	†	Lactobacillus Acidophilus	50 mg	†
			Choline Bitartrate	150 mg	†	Oat Bran	50 mg	†
Vitamin C (Ascorbic Acid)	500 mg	833%	Flaxseed Oil Powder	150 mg	†	Papain (from Papaya)	50 mg	†
Vitamin B1 (Thiamine HCl)	50 mg	3333%	Garlic Bulb	150 mg	†	PABA	50 mg	†
Vitamin B2 (Riboflavin)	50 mg	2941%	Spirulina	150 mg	†	Siberian Ginseng Root	50 mg	†
Vitamin B3 (Niacinamide)	150 mg	750%	Sprouted Barley Juice	150 mg	†	Soy Lecithin	50 mg	†
Vitamin B6 (Pyridoxine HCl)	50 mg	2500%	Wheatgrass Juice	150 mg	†	Yellow Dock Root	50 mg	†
Folic Acid	400 mcg	100%	Camu Camu	100 mg	†	Rutin	30 mg	†
Vitamin B12 (Methylcobalamin)	250 mcg	4167%	Inositol	100 mg	†	Cayenne Pepper	25 mg	†
Biotin (Dicalcium Phosphate)	150 mcg	50%	L-Glutamine	100 mg	†	Dandelion Root	25 mg	†
Pantothenic Acid	150 mg	1500%	L-Phenylalanine	100 mg	†	Echinacea purpurea	25 mg	†
Calcium (Chelate/Ascorbate)	400 mg	40%	L-Tyrosine	100 mg	†	Ginkgo Biloba	25 mg	†
Potassium (Chelate/Chloride)	150 mg	4%	Royal Jelly	100 mg	†	Goldenseal	25 mg	†
Iron (Chelate)	30 mg	167%	Alfalfa Concentrate	50 mg	†	Shiitake Mushroom	25 mg	†
Phosphorus (Dicalcium Phosphate)	278 mg	40%	Aloe Vera	50 mg	†	Hesperidin Complex	15 mg	†
Iodine (from Kelp)	225 mcg	150%	Bee Pollen	50 mg	†	Amylase	5 mg	†
Magnesium (Chelate/Oxide)	250 mg	50%	Betaine HCL (from Beets)	50 mg	†	Cellulase	5 mg	†
Zinc (Chelate/Oxide)	30 mg	200%	Bromelain (from Pineapple)	50 mg	†	Lipase	5 mg	†
Selenium (Chelate)	100 mcg	100%	Citrus Aurantium Fruit	50 mg	†	Coenzyme Q10	3 mg	†
Manganese (Chelate)	15 mg	750%	Citrus Bioflavonoids	50 mg	†	L-Glutathione	3 mg	†
Chromium (Chelate)	150 mcg	125%	Citrus Pectin	50 mg	†	Vanadium (Sulphate)	50 mcg	†

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

Hope For Health's **Mega-Multi** May Help:

- Decrease body fat
- Improve digestion
- Boost energy
- Improve vision
- Improve mood
- Increase bone health
- Delay premature aging
- Boost the immune system
- Improve heart health
- Maintain healthy cholesterol

Mega-Multi Is Chock Full Of Powerful Vitamins, Minerals, Herbs, And More! Just SOME Of The Ingredients In Our Mega-Multi Include:

Vitamins:

- Vitamin A
- Vitamin D3
- Vitamin E
- Vitamin C
- Thiamin
- Riboflavin
- Niacinamide
- Biotin
- Vitamin B6
- Vitamin B12
- Folic Acid
- Pantothenic Acid
- Para Amino Benzoic Acid

Minerals:

- Calcium
- Magnesium
- Iodine (kelp)
- Zinc
- Manganese
- Chromium
- Selenium
- Phosphorous
- Potassium

Digestive Aids/Enzymes:

- Papain
- Citrus Pectin
- Cellulase
- Acidophilus
- Betaine HCL
- Bromelain
- Amylase
- Lipase

Whole SUPER FOODS & Herbs:

- Oat Bran
- Spirulina
- Garlic
- Echinacea
- Siberian Ginseng
- Soy Lecithin
- Ginger Root
- Cayenne
- Yellow Dock
- Alfalfa concentrate
- Aloe Vera
- Dandelion
- Goldenseal

Mega-Multi

by Kaye Olson, ND

At Hope for Health we are often asked, "Do I need a multi-vitamin and mineral supplement?" In a recent Consumer Reports poll of more than 1,200 American adults, close to 90 percent said their diet was either "somewhat," "very," or "extremely" healthy. However, 43 percent of the survey respondents said they drank at least one sugary soda or sweetened drink every day. A third also said they were at a healthy weight when they were overweight or obese. The survey also revealed that 59 percent of Americans said they were either "careful" or "strict" about their food intake, while 23 percent said they ate pretty much whatever they wanted. But if you're misinformed about what foods are healthy, then being "strict" about eating them is going to get you nowhere.

There are several similar studies that have basically the same information; many of us believe we are eating healthy when we are not.

When we are polled, are we embarrassed to say what we are really eating, or do we genuinely not know what vitamins and minerals we need and what foods provide them?

At Hope for Health, we hear from many of you who struggle to eat "right"—you struggle to get your kids to eat the proper food. You struggle with the immense amount of sugar-laden junk food readily available and the constant cravings for sugar and salt. You struggle with the cost of organic fruits and vegetables; you struggle with the time it can take to prepare fresh homemade food when it is easier to run through the drive-through on your way home.

Even those of you who are eating lots of fresh raw foods, who are striving to abstain from the junk, may find that you still aren't getting enough.

There are thousands of multi-vitamin and mineral supplements on the market today, all offering a host of benefits. Did you know that the vitamin and dietary supplement industry is a multi-billion-dollar industry? The companies that produce the vitamins and supplements are trying to make every cent count. Anything they can do to shave a penny off their cost, they do. Unfortunately, quite often it's the customer who suffers. One major cost-cutting method used today is simply using synthetic ingredients rather than whole food-based ingredients.

But not us! Hope for Health's ***Mega-Multi*** contains a plethora of "whole food" ingredients, nothing synthetic! Whole foods are the one sure option for the body's use and metabolism. When vitamins and minerals come from natural sources, it is much easier for your body to absorb and assimilate the nutrients. You WILL feel the difference!

Mega-Multi is chock full of these powerful vitamins:

- Vitamin A
- Vitamin C
- Vitamin B3
- Vitamin B12
- Vitamin E
- Vitamin B2
- Vitamin B6
- Vitamin M
- Vitamin D2
- Vitamin B1
- Vitamin B5
- Vitamin H

Research has found that leading authorities suggest that 99 percent of the American people are deficient in minerals. A marked deficiency in any one of the more important minerals may result in illness.

Any upset of the balance, any considerable lack of one or another element, however microscopic the body requirement may be, and we sicken, suffer, and shorten our lives.

Different minerals have different benefits, so no mineral can be termed as more beneficial or less beneficial than another. All minerals, even trace ones, are critical for the proper functioning of the body. Most of the minerals aid in body metabolism, water balance, and bone health, but they can participate in hundreds of other small ways to effectively boost health as well.

Let's review which minerals are present in Hope for Health's ***Mega-Multi***:

Calcium: This vital mineral promotes bone health, which is good news for those of you who suffer daily from chronic pain and inflammation. Calcium also improves dental heath, may relieve insomnia, menopause issues, premenstrual problems, and cramps.

Furthermore, it is important for cardiovascular health, including balancing blood pressure.

Chromium: This trace mineral is important for glucose uptake in the body, so it is particularly relevant to those who have trouble maintaining their blood sugar levels. It increases glucose uptake by the cells, which stimulates fatty acid and cholesterol synthesis, and although both of those things typically seem like negative components for health, they are essential in small levels for a functional, healthy life.

Iodine: This often-overlooked but very important component of health assists in several different conditions: thyroid function, skin conditions, and maintaining healthy cell growth throughout your body. It is also essential for healthy hair, protecting pregnancy, and improving body metabolism.

Phosphorus: This mineral is integral in reducing muscle weakness, improving bone health, boosting brain function, correcting sexual weakness, aiding in dental care, and optimizing body metabolism.

Manganese: Often confused with magnesium, this mineral plays an important role in the management of body metabolism, reducing fatigue, reproduction, sprains, inflammation, and brain function.

Potassium: Potassium may help balance blood sugar, regulate blood pressure, improve heart function, increase water flow in the body, alleviate muscle disorders and cramps, boost brain function and improve kidney function. As a vasodilator, it reduces the tension in the blood vessels, and ensures the proper distribution of oxygen to vital organ systems, while protecting against cardiovascular problems.

Selenium: This may be a rare mineral, but its function is significant.

It is one of the most powerful mineral antioxidants, and it may prevent the formation of new free radicals by participating in various cellular reactions that lower the peroxide concentration in the cellular body. It also is essential for bone growth, along with calcium, copper, and zinc.

Zinc: Zinc is very good at managing skin care and irritating skin conditions. It is essential in the process of wound repair.

Other benefits include: help with prostate disorders, weight loss, pregnancy, reproduction, hair care, appetite loss, eye care, and night vision difficulties. It is an essential component of more than 10 important enzymatic functions of the body. Without zinc, the body will quickly lose overall function and the negative results will manifest in several health concerns.

To ensure your overall health needs, Mega-Multi also contains a number of herbs that will help maintain your immune system as well as all your body systems!

These Herbs Are:

- Kola Nut
- Yellow Dock
- Aloe Vera
- Shiitake
- Ginger Root
- Fo-Ti
- Ginkgo Biloba
- Goldenseal
- Cayenne
- Dandelion
- Echinacea
- Alfalfa Concentrate

Because so many of us suffer from any number of digestive issues, we have included in Mega-Multi all the necessary digestive aids and enzymes to keep you balanced!

Digestive Aids/Enzymes:

- Bromelain
- Acidophilus
- Lipase
- Papain
- Betaine HCL
- Cellulase
- Citrus Pectin
- Amylase

But that's not all! Mega-Multi also contains Whole Super Foods and additional nutritional support!

Whole SUPER FOODS:

- Oat Bran
- Spirulina
- Bee Pollen
- Siberian Ginseng
- Garlic
- Soy Lecithin

Additional Nutritional Factors Included Are:

- Royal Jelly
- Cat's Claw
- L-Phenylalanine
- L-Glutamine
- Sprouted Barley
- Coenzyme Q10
- Flaxseed Oil (dry)
- Chlorella
- L-Tyrosine
- Wheatgrass juice

We have noted the many benefits of minerals and nutritional support; here are just a few of the other benefits you will receive from a daily dose of Hope for Health's Mega-Multi:

- Decrease body fat
- Improve digestion
- Boost energy
- Improve vision
- Improve mood
- Increase bone health
- Delay premature aging
- Boost the immune system
- Improve heart health
- Maintain healthy cholesterol

Mega-Multi is one of our top sellers due to the simple fact that it works!! Our customers have seen a difference in their health, which transpires to a difference in their lives! As you continue to strive for optimum health our HOPE is that you will consider adding Mega-Multi to your health regimen.

Alfalfa

Alfalfa is a source of chlorophyll, FOUR times higher than any other vegetable! Scientific studies have found chlorophyll to be very beneficial as a cleansing agent to your entire system. It will help you to form healthy blood cells and keep your pH level balanced.

CAPLETS	PRICE
250	$10.99

Suggested Adult Usage:
Take 2 caplets once a day on an empty stomach (otherwise with food if not tolerated well).

Discover The Abundant List Of **Alfalfa's** Benefits:

- Supports healthy blood sugar levels
- Supports the health of the pituitary gland, circulation and immune systems
- Detoxes the urinary tract
- Purifies the blood and liver
- Has a strong alkaline effect on the body
- Is a natural laxative and diuretic
- Eases general digestive problems
- Contains high levels of enzymes for food digestion and assimilation
- Helps balance and maintain healthy cholesterol levels
- Reduces the incidence of plaque build up in the arteries
- Helpful for problems caused by nutritional deficiencies
- Used in the therapy of alcohol and drug problems
- Acts as an appetite stimulant
- Helps to relieve joint pain
- Can be used as a remedy for bad coughs
- Helps to assist with menstrual difficulties
- Helps to assist with dissolving of kidney stones and with other urinary problems
- Helps to relieve water retention and swelling
- Helps to relieve ulcers
- Helps to help fight vitamin C deficency issues
- Has been used by nursing mothers to help stimulate the flow of breast milk
- When ground into a poultice, as a soothing paste for insect bites
- May be used as an effective natural remedy for hair loss and balding, and to stimulate hair growth

SUPPLEMENT FACTS

Serving Size: 2 caplets
Servings Per Container: 125

Amount Per Serving		% DV*
Alfalfa 8.5 Grains	1,100 mg	†

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

Other Ingredients: Stearic Acid, Vegetable Magnesium Stearate, Silicon Dioxide, Dicalcium Phosphate, and Croscarmellose Sodium.

Alfalfa Leaf Contains:

- Essential vitamins including A, D, E and large amounts of K and the entire spectrum of B-vitamins.
- A source of iron, niacin, biotin, folic acid, calcium, magnesium, phosphorous, potassium and chlorophyll.
- Very high protein and amino acid levels, compared to other plants.

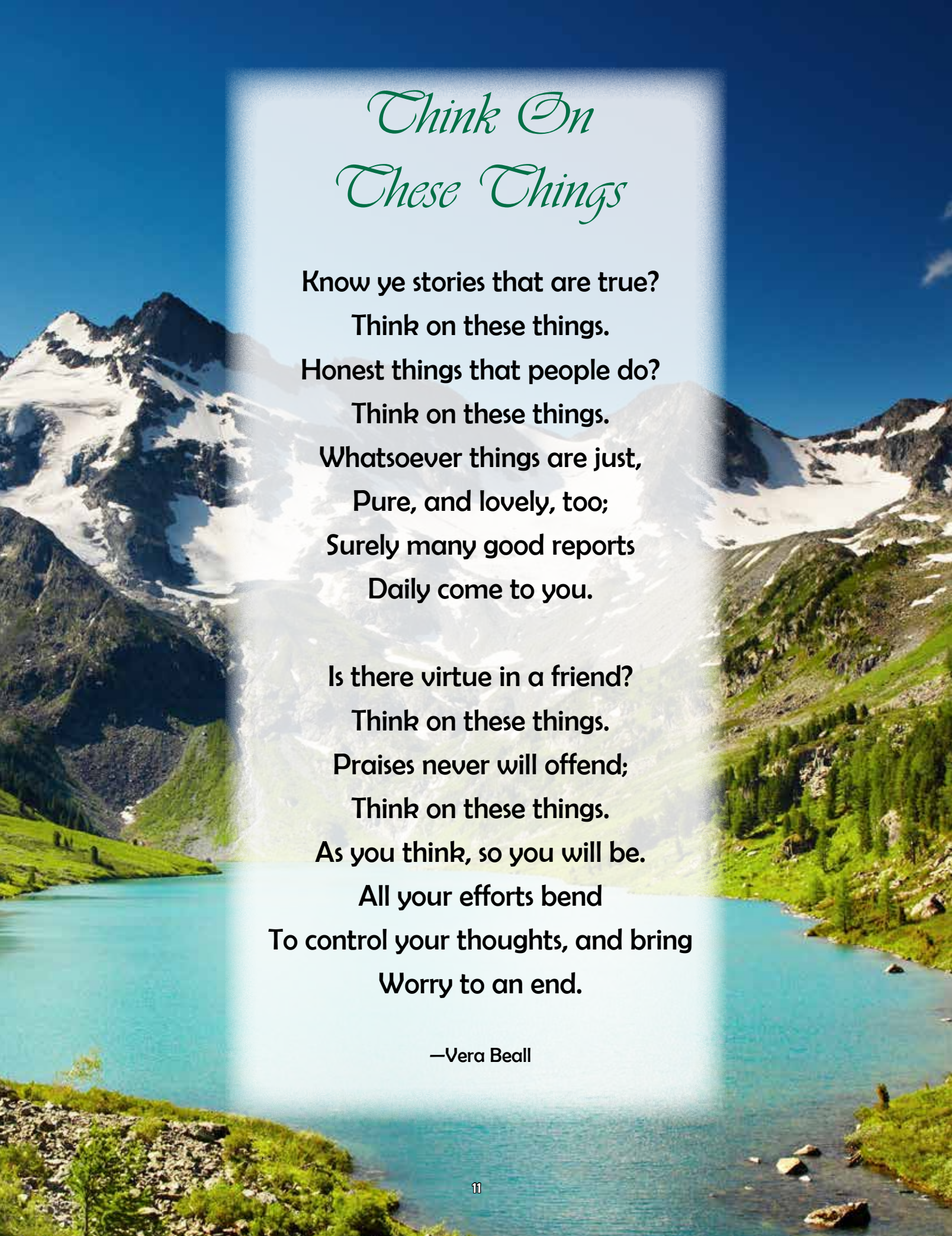
Why Is **Alfalfa** So Nutritious?

The reason **alfalfa** is extremely nutritious is that it's extensive root system allows the plant to absorb high levels of nutrients from the soil. It is considered the richest land source of trace minerals available!

Fun Fact:

Native to Asia, **alfalfa** is considered to be the first herb known to mankind!

*The word "**alfalfa**" means, "father of all foods." This is one of the MOST complete food sources available today! **Alfalfa** truly stands alone among the plant family due to its extraordinary abundance of nutrients and endless list of health benefits! **Alfalfa** has been used and appreciated for centuries all over the world! Don't overlook this wonder food as being only for animals, as it is EXTREMELY beneficial for all aspects of human health!*



Think On These Things

Know ye stories that are true?
Think on these things.
Honest things that people do?
Think on these things.
Whatsoever things are just,
Pure, and lovely, too;
Surely many good reports
Daily come to you.

Is there virtue in a friend?
Think on these things.
Praises never will offend;
Think on these things.
As you think, so you will be.
All your efforts bend
To control your thoughts, and bring
Worry to an end.

—Vera Beall

Media on the Brain

by Scott Ritsema

Years ago, just before the highly-anticipated release of the iPad, the late Steve Jobs was asked by a journalist, "So, your kids must love the iPad?" The journalist assumed, of course, that the children of the founder of Apple must enjoy unrivaled screen time with constant access to the latest tech devices. Well, not exactly. Steve Jobs explained in the interview that his children had never used an iPad! Far from being a house littered with devices where all eyes are continually glued to screens, the home of the CEO of Apple was a place where you would find family members eating meals together and conversing about meaningful things.

For the rest of us, though, it seems that entertainment and social media have almost totally saturated our lives. And that begs the question: Is it possible that modern media, even with all of its benefits and conveniences, has become the greatest distraction from the things most meaningful in life?

> Through the channel of … mesmerism, he [Satan] comes more directly to the people of this generation, and works with that power which is to characterize his efforts near the close of probation. —*Selected Messages*, book 2, p. 351

When I was in high school, my friends and I were well aware of the herd mentality of most Americans. Why, we wondered, does everybody act and talk and dress to fit into society's mold? What about individuality and independent thought?

As a high school teacher in my 20s, my passion to see the autonomous human mind thinking freely and pursuing God individually only grew. "'Come now, and let us reason together,' says the Lord" (Isaiah 1:18). And, "Where the Spirit of the Lord is, there is liberty" (2 Corinthians 3:17).

The adversary, however, doesn't respect the freedom of your mind. While the fruit of the Holy Spirit is self-control, the evil spirit is seeking to take control, to take captive our minds *(see Colossians 2:8)*. And he has had tremendous success, as the population seems to be under a mass delusion, "conformed to this world" (Romans 12:2).

And what better place to take captive the minds of the masses than modern media?

Edward Bernays, the founder of modern advertising, pondered the enormous power possessed by the media masters nearly a hundred years ago when he stated: "If we understand the mechanism and motives of the group mind, is it not possible to control and regiment the masses according to our will without their knowing about it?" (*Propaganda*, p. 71). Controlling us without our knowledge? The first time I read that quotation, my jaw hit the floor. He's admitting it! Something else he said was just as chilling:

> The conscious and intelligent manipulation of the organized habits and opinions of the masses is an important element in democratic society. Those who manipulate this unseen mechanism of society constitute an invisible government, which is the true ruling power of our country. We are governed, our minds molded, our tastes formed, our ideas suggested, largely by men we have never heard of. —*Propaganda*, p. 37.

Now if that's the kind of control that government and media possessed at the genesis of the advertising industry nearly a century ago, how much more control over our minds can they exercise using the high-tech, 21st century, multi-billion dollar propaganda tools at their disposal today—tools that Bernays could have only dreamed of using?

Let's take just one example of how the big media of today are programing the masses. Hypnotism, also known as mesmerism, was very popular in the 19th century. Not very many of us know people who go to a hypnotist regularly for therapy sessions, so it doesn't seem very popular today. But the opening quotation in this chapter definitely predicted that near the end of this earth's history *(i.e. right now)*, Satan would use mesmerism as one of his deceptive methods. Not surprisingly, this quotation is being fulfilled today through a mass hypnosis programing medium.

You sit down to enjoy your favorite TV show or movie. Unknown to your conscious mind, within minutes of viewing theatrical style entertainment television, your brain loses high-frequency critical thinking brain waves (called beta waves), and slips down into a slower, more relaxed and receptive pattern of brain waves (called alpha waves). This is the same altered state of consciousness that hypnotists induce when doing suggestion therapy upon their patients. Yes, you read that correctly. Television is literally a hypnotic device.

It may sound crazy, but it has been known for decades that the rapid frame of reference change in the theatrical shows and movies cause flashes of light that alter your state of consciousness, lulling you into a trance. A normal brain that produces beta waves is able to think critically; a hypnotized brain does not have a moral filter and cannot properly reason through what is being presented.

Professional hypnotist Mark J. Ryan goes even further and explains that "all Hollywood studios" are using sophisticated hypnotic methods of reaching your subconscious mind in order to plant ideas within you. Don't take my word for it. On disc 2 of my *Media on the Brain* DVD set, you can listen to Ryan explain how his craft is used in the movie making of today's most popular films.

The founder of one big entertainment outlet once stated, "At MTV, we don't shoot for the 14-year-olds. We own them." They brag about it. The bottom line is this: the more media we consume, the more manipulated we are. Why would we choose to open our minds to hypnotic trances conducted by complete strangers who want nothing more than our money and our allegiance to their worldview?

It is by beholding their material that we become their slaves. And God warns us to not be conformed by them *(see Romans 12:2, Colossians 2:8)*. He wants to break our conditioning, free our minds, and turn our eyes upon Jesus. For it is by beholding Him that we become changed. "And where the Spirit of the Lord is, there is liberty."

I Admit It: I'm an Addict

For decades, society has issued strong warnings about the dangers of addictions. And rightly so. Millions of lives have been ruined and shortened by smoking, alcohol, and drug addictions. "Say NO to Drugs!" "This is your brain on drugs!" We've heard the warnings. Praise God!

But the latest research is finding that process addictions such as gambling, eating unhealthful food, shopping, pornography, and video gaming can be even more addictive than the traditional chemical addictions.

For example, the fifth edition of the *Diagnostics and Statistics Manual* used by psychiatrists to diagnose addictions has finally identified video gaming as an addiction. If you or somebody you know can't help but spend hours a day gaming, you know exactly how serious this problem can become. There are 5 million gamers in America who are playing over 40 hours per week. And according to the American Medical Association, there are 19 million gaming addicts. That's far more than the 12 million alcoholics. We don't give alcohol to kids, but we do give a gaming console to 83% of American children. Yet screen-based entertainment is actually more addictive and harmful than cigarettes and alcohol.

Listen to the words of Nicolas Kardaras, author of the book, *Glow Kids*: "I've worked with hundreds of heroin addicts… and what I can say is that it's easier to treat a heroin addict than a true screen addict."

It's no surprise that the American Academy of Pediatrics has recommended zero television for toddlers and why the government of France has gone even further and made it illegal to air television aimed at children under three.

We should take these warnings seriously, because anything that is bad for the developing brain is also harmful to the adult brain. The brain is always developing, always changing and adapting. The teenage brain, particularly, is in the most important developmental phase ever, wiring up circuits for self-control that will foreshadow the kind of people they will be for the rest of their lives.

Researcher George Barna conducted surveys to determine whether Americans are actually addicted to media and entertainment. He used the seven-question survey used by the American Psychiatric Association (APA) to diagnose an addiction and applied those same questions to peoples' dependence on entertainment media. What he found was absolutely stunning. He found that the majority of Americans actually qualify as having an addiction to media, and that media is the most serious and widespread addiction in America today.

Pick your favorite media or entertainment device. Wondering if you're addicted? If you're engaged in a compulsive behavior in order to gain short-term pleasure, take this seven-question survey to see if you have an addiction. If you can answer yes to three of these, the APA says you would fit the description of an addict.

1. Do you seek out larger quantities of the media use in question than you used to in order get the same effects of pleasure?

2. Do you ever feel withdrawal symptoms after stopping its use, or do you ever use any other substance or activity to prevent these symptoms?

3. Do you ever use more of it than you intended?

4. Have you ever tried to reduce your usage and found that you cannot, or that soon you are using it at the same level again?

5. Do you spend a great deal of time thinking about and using it?

6. Has it ever caused you to stop participating in worthwhile activities that you used to enjoy?

7. Have you ever continued to use it even in the face of adverse social or health consequences?

A man lay in his warm, cozy bed on a cold winter night. As it got a little warmer in his bedroom, his sleep deepened. At midnight, his neighbor burst through the door screaming! "Your house is on fire! Get out of here!"

Sometimes it's good to hear bad news. To admit that you're hurting your mind and character, and that you are powerless over an addiction is hard. But this bad news just might save your soul in the end.

A Brain-Damaged Society

Why does our society seem so out of control? Fear, stress, lust, worry, appetite, anxiety, anger, aggression, irritability, insecurity—these things seem to dominate our lives. And we find ourselves having a difficult time exercising proper reason, sound judgment, and self-control. We find it difficult to put others before ourselves and walk with Christ in maturity of spirituality and morality.

All of this can be explained by looking at two areas of the brain—the frontal lobe and the limbic system. All those good things (reason, conscience, self-control, empathy, altruism, spirituality, morality) are frontal brain functions. And all of those emotions and impulses that seem to get the best of us take place in the brain's limbic system.

Simply put, the way to gain victory in our spiritual life is to develop a strong frontal lobe that can calm and tame that limbic system.

There are many ways to improve the frontal lobe—sufficient sleep, exercise, a good diet, and choosing healthy thought patterns, to name a few. But the biggest frontal lobe killer is something else altogether. And it just so happens to exercise the limbic system simultaneously. What is it? You guessed it: entertainment media.

Whether it's theatrical style entertainment television, violent video games, or the popular musical styles of today, these media literally shut down frontal lobe function and exercise limbic circuits. And it comes as no surprise that the area of the brain that we exercise will strengthen, and the area of the brain we turn off will become more and more weak.

In fact, recent research conclusively demonstrated that playing violent video games for only ten hours in one week results in weaker prefrontal brain function. If the frontal lobe is weakened after only one week, imagine what playing for hour after hour, month after month, year after year will do to this essential part of the brain! It is not a stretch to say that we are literally a brain-damaged society.

How about some good news? Recent research has found that if you spend just 12 minutes per day thinking about our God of love, you will experience a growth and strengthening in your frontal lobe altruism/empathy circuits.

Salvation, as defined in Romans 12:2, is being transformed, having our minds renewed by God. Sadly, we've been degrading our minds, not renewing them. Simply put, the more entertainment media we consume, the more we're damaging our characters.

If you want victory over fear, stress, lust, worry, anxiety, aggression, irritability, appetite, insecurity, or other emotions and impulses, and if you want more self-control, spirituality, morality, reasoning powers, altruism, and empathy, then science tells us that the first thing to do is to turn off the entertainment media, and instead, to contemplate our God of love each day.

—Taken from the book, *Media on the Brain*. Scott Ritsema is director of Belt of Truth Ministries. For more information visit www.BeltOfTruthMinistries.com.

Sowing & Reaping

1. What does Paul say regarding sowing and reaping?

"Be not deceived; God is not mocked: *for whatsoever a man soweth, that shall he also reap.*" Galatians 6:7.

2. How is the same truth expressed by Christ?

"Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven: give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. *For with the same measure that ye mete withal it shall be measured to you again.*" Luke 6:37,38.

NOTES: A man's deeds, good or evil, usually return to bless or curse him. A farmer who sold butter to a village storekeeper and took sugar in exchange, complained that he was getting short weight. "Look here," said he to the merchant, "it seems to me you're giving me short weight sugar." "No," replied the storekeeper, "that cannot be, for in measuring out that sugar of yours I always use a pound of your butter as a weight."

Good and evil come back. . . . God made the universe on the plan of the circle. Isaiah 40:22. . . . We ourselves start the circle of good or bad actions, and it will surely come around again to us unless by divine intervention it be hindered. Those bad or good actions may make the circuit of many years; but come back to us they will as certainly as that God sits on the circle of the earth. . . . What a stupendous thought that the good and the evil we start come back to us! Do you know that the judgment-day will be only the point at which the circle joins, the good and the bad we have done coming back to us, unless divine intervention hinders—coming back to us, welcome of delight or curse of condemnation?"

— *T. DeWitt Talmage.*

3. On what condition does Christ say God will forgive us?

"For *if ye forgive men their trespasses*, your Heavenly Father will also forgive you: but if ye forgive not men their trespasses, neither will your Father forgive your trespasses." Matthew 6:14,15.
See also Matthew 18:23-35.

4. According to what principle does God deal with men?

"With the *merciful* Thou wilt show Thyself *merciful*; with an *upright* man Thou wilt show Thyself *upright*; with the *pure* Thou wilt show Thyself *pure*; and with the *froward* Thou wilt show Thyself *froward*." Psalm 18:25,26.

5. How is the same truth again taught touching the wicked?

"As he loved *cursing*, so let it come unto him: as he delighted not in *blessing*, so let it be far from him." Psalm 109:17.

6. According to what was judgment called upon Babylon?

"Recompense her according to her works; according to all that she hath done, do unto her." Jeremiah 50:29.

7. Why did Christ tell Peter to put up his sword?

"Put up again thy sword into his place: *for all they that take the sword shall perish with the sword.*" Matthew 26:52.

8. Why was the Papacy to go into captivity?

"*He that leadeth into captivity shall go into captivity*: he that killeth with the sword must be killed with the sword." Revelation 13:10.
See Leviticus 25:10; Jeremiah 34:17.

9. What is to be the punishment of spiritual Babylon?

"*Reward her even as she rewarded you*, and double unto her double according to her works." Revelation 18:6.

10. What does the psalmist say will come to the persecutor?

"*His mischief shall return upon his own head*, and his violent dealing shall come down upon his own pate." Psalm 7:16.

NOTE: In his letter addressed to the Jews, dated Nov. 16, 1905, President Roosevelt said: "I feel very strongly that if any people are oppressed anywhere, the wrong inevitably reacts in the end on those who oppress them; for it is an immutable law in the spiritual world that no one can wrong others and yet in the end himself escape unhurt."

11. What befell Haman, who sought to slay all the Jews?

"So they hanged Haman on the gallows that he had prepared for Mordecai." Esther 7:10. *See Psalm 9:15.*

12. If one would have friends, what must he do?

"A man that hath friends *must show himself friendly*." Proverbs 18:24.

Ye Are My Witnesses

The standard, raise it higher,
So that all the world may see,
That it is thy great desire,
More like Jesus still to be.
Live thy life as Christ would live it,
Never let thy sight grow dim,
So thou may'st to all exhibit,
Thou hast been and learned of Him.

To His truth thou art a witness,
Boldly then that truth proclaim,
Hinder not by doubt of fitness,
Drawn not on by hope of fame;
But since Jesus died to save thee,
Be His glory thy delight,
Tell to others how He loves thee,
How He saves from Satan's might.

Bear thou witness for thy Saviour,
Not alone when friends are round,
Be as bold in thy behavior
When mid scoffers thou art found;
Fear thou not to kneel when praying,
Though the world may laugh and jeer,
Perhaps some tim'rous one's delaying,—
Let thy strength his weakness cheer.

An ambassador of Heaven,
Unto sinful rebels sent,
Tell—their sins may be forgiven
If they truly do repent,
And believing trust in Jesus,
As their Saviour, God, and Friend,
He who said He'd never leave us,
And whose love can have no end.

—Selected

Joseph Bates: Once More Disappointed

by Micah Zummach

It is but a short time after the Campmeeting at Exeter, New Hampshire—August, 1844. Joseph Bates has returned to his home in Fairhaven, Massachusetts. He is fully set ablaze with excitement over the revelation shared at the Campmeeting about the day of Christ's return. With this in mind, he now joins the group of Advent believers in a worship service on Sunday morning, in New Bedford. Brother Hutchinson is speaking, but, suddenly, becoming confused, he sits down and says, "I can't preach." At this, Elder Macomber, who had traveled back with Joseph from Exeter, rises, and says, "Oh how I wish I could tell you what I have seen and heard, but I cannot!" At this moment, Bates springs to his feet and says, "I can!" He begins a discourse on the time of the Second Advent that comes to him so freely that he will later describe it as "like flowing water."

After he finishes, someone in the congregation asks Bates to come and give the same talk in another place that afternoon. Brother Hutchinson, who has been listening to Bates the whole time, says "If what Brother Bates has said is true, I don't wonder he thought my preaching was like carpenter's chips."

After the Campmeeting in Exeter, New Hampshire; Joseph Bates eagerly returned home to spread the news among his friends and neighbors. Christ was returning in October of that year!

Arriving home from Campmeeting, Bates eagerly imparted the knowledge he had learned to Prudence. How she responded to his exciting message, we do not know, but there is evidence that she did not quite see the light as he did.

The week following their return they attended the meeting in which Joseph so eloquently laid out the evidence for "The tenth day of the seventh month" before the small Millerite congregation in New Bedford.

In the less than three months that followed, Bates and other Millerites all over the country went into overdrive to spread the message. In consideration of their proximity to the end, many, including Bates, left their earthly concerns alone. Joseph had a patch of potatoes on his property, but seeing they were so close to being in the land of eternal plenty, he saw no need to dig them. Some of his neighbors stopped by and offered to buy them from him, but Bates firmly refused, saying it wouldn't be right for him to sell the potatoes to them knowing full well they wouldn't receive any benefit from them. Plus, he believed they would serve a better testimony to his faith if he just left them in the ground.

Along this same line, considering the nearness of the Lord's return, Joseph did not see the need to stock up on provisions, for soon they would not need them. As such, the Bates pantry grew more and more sparse.

It is to be expected that, with an idea that seemed so radical as the imminent coming of Christ in a few months, some of Joseph Bates' family relations would not be in agreement with him. Unfortunately, it seems one member of his immediate family was somewhat antagonistic. His son, Joseph Bates, Jr., had taken a love for the sea, just as his father had in his youth.

While they shared the love of the sea, Joseph Bates, Jr. did not share his father's love for the soon coming of the Lord. On the day before Christ's expected return, October 21st, 1844, he embarked on his first

sea voyage at the age of 14. While the date could be a coincidence, there is also the possibility that the ship was chosen purposefully, because of its departure date.

The following morning, as the sun rose, thousands of Millerites met in jubilant expectation. Today would be the day! As Joseph Bates watched the eastern sky, no doubt his thoughts drifted to those members of his family who would not be ready when the sky would split later that day. What Prudence did most of the day we don't know. Perhaps she sat with her husband, perhaps she did work around the house. We do know that Joseph kept his eyes almost constantly fixed on the sky. Hour after hour passed. The sun rose all morning, reached its zenith, then slowly began its trek downward. Eventually, darkness fell. As the night creatures began to make their evening calls, many believers reassured themselves by saying that the day did not really end until midnight. Closer and closer the hour hand, on clocks across the nation, came to the midnight hour. Then, as if to announce them to be delusional fools, the same clocks rang twelve times. October 22nd had passed.

To be sure, some fell asleep before the hour of pain, but for those who remained awake to hear the midnight toll, the rest of the night was spent in heart-rending agony.

In the morning, as the sun rose, Joseph, probably still in his chair of waiting, was hit with the wretched realization that all the provisions that he failed to buy, in belief that he would not need them, must now be purchased if he were to continue living. Food must be purchased to restock the pantry. Coal must be purchased to fill the stove to warm their house in the coming winter. WINTER! Oh! He had thought he had experienced the bitter chill of winter for the last time earlier in the year. Now he must again prepare for the sting of the winter months.

Probably the last thing Bates wanted to do was leave the house at this point, but it must be done. Walking out his front gate and onto the street, Bates must have been wrapped in thought. What had happened? He had expected to be walking streets of gold today, not the old dusty, dirt roads of Fairhaven again. Suddenly, he was snapped out of his thoughts as he heard his name called. As he looked up, he saw a group of young boys staring at him. One then mockingly called out, "I thought you were going up yesterday!" At this the rest of the boys burst out in uproarious laughter.

Later in his life, Bates, while recalling this incident to a younger Adventist minister, would say:

> "You can have no idea of the feeling that seized me. I had been a respected citizen, and had with much confidence exhorted the people to be ready for the expected change. With these taunts thrown at me, if the earth could but have opened and swallowed me up, it would have been sweetness compared to the distress I felt."[1]

With the few pennies left to his name, Bates secured the provisions and returned home.

Over the next weeks and months, Bates could not help but wonder. The calculations had added up. The Spirit of God had worked among them! Why had nothing happened?

What Bates did not realize in the days after the Great Disappointment, as it came to be called, was that something had happened on October 22, 1844; but it was something other than what they had expected.

It would be several months before this light came to Joseph Bates. In the meantime, the Lord had another ray of light he wished to show his formerly seafaring servant. This light, combined with the true knowledge of what happened on October 22nd, would define the denomination Bates would help found in the coming years.

To be continued…

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Micah Zummach writes from Asheboro, North Carolina. He enjoys history, woodworking, gardening, and writing. He is currently working as a historical interpreter at Old Salem Museum and Gardens in Winston Salem, North Carolina. He is also working to start a handcrafted furniture business.

Take Time to Think

by A. C. S.

Editor's Note: This article was first published in *Advent Review and Herald of the Sabbath*, April 1, 1875. If the writer felt that "most people seem to be in a great hurry" in 1875, what would they say today? Let us take the time to make our "calling and election sure"(2 Peter 1:10), that we are not in such a great hurry that we miss the preparation necessary to be ready for the soon-coming of Jesus Christ.

In America, especially, most people seem to be in a great hurry. How great the bustle and commotion! What intense strife in the effort to reach some good! Why this universal hurry? Why such headlong, rushing haste?

O fellow-traveler, stop and think a moment! Take time to think. Think calmly. Whence are you? And whither tending? What is to be the result of all this thoughtless haste? Are you intently seeking the highest good? May you not miss it for want of careful thought and sober inquiry? Are you seeking the world's greatest interest—its eternal salvation? May you not mistake the best ways and means for lack of proper reflection and investigation? Are you seeking Heaven? Think much and prayerfully, lest you miss the direction and wander in the wrong road.

Is the time short? Think the more carefully and run understandingly, lest if you miss the right way, you have not time to find it again. Are the elements already on fire? Prayerfully, with calm caution, study your guidebook, lest you miss the narrow path, and in rushing from fires behind plunge into hotter elements before! "Think on these things." Take time to think. Be in earnest. Be zealous. Be vigilant and very active. But make haste deliberately, thoughtfully, slowly.

Thousands of persons have professed Christ and assumed the church relation, moved, no doubt, by proper religious emotions and sympathies, and praiseworthy sentiments, incited by some true and real religious experiences, induced by an apprehension of truth then present and applicable to them, and have ever since run with great haste in the light of the first experiences. But they have rested their doctrine, belief, faith, hope, and prospects, entirely upon the little truth at first perceived, and hence have failed to advance from faith to faith, from light to light, from joy to joy (2 Peter 1: 5-12), and have entirely failed to apprehend the truths applicable to them in the different stages and periods of life's development and history. Hence, such persons are no stronger, no wiser, no better, as Christians, than when first born to grace.

Thousands of well-meaning, sincere persons seem never to have had a conception that anything beyond first impressions, first apprehensions, and first experiences, were possible in Christian life, or that it was possible to discover new truths; and hence, though ever zealously hurrying to and fro, remain relatively stationary in faith and hope.

Other thousands seem equally ready to run after any and all lights, and any and all calls, whether they be lights from above or from below, or whether the calls be the voice of God or the voice of the deceiver, seeming intent only to run in haste.

There are others still who started in the Christian course with sincere, honest purposes, who are pursuing with great zeal, not even the one light or truth first perceived, but prejudice, ambition, or some other selfish interest, blindly. And, oh! what agitations in the church, what commotions, what acerbities and strifes result! Calamities all the more disastrous because of the intense zeal and haste of pursuit!

Thousands of persons of honest purposes, sincere intentions, actuated by religious emotions and moral sentiments entirely praiseworthy, are following the lead of poor—not to say blind—guides to religious faiths and doctrines, just because they do not take time to think with sufficient care to apprehend the truth.

The writer of these lines, having been led to adopt the high spiritualistic or figurative interpretations and renderings of Scriptures—though sincerely desiring to walk in the light of truth in all good conscience—for a period of thirty years, in the midst of an intensely busy and hurried life—failed to apprehend correctly some of the most important truths of revelation, especially the present truths, applicable to our day and age, and as a logical consequence of the teaching of the schools, has, for a quarter of a century, denied the literal second coming of Christ, the literal resurrection of the body, the literal Judgment, and the literal destruction of the world by fire, until an enforced leisure has recently given him time for quiet re-reading and calm thinking.

Now, it seems marvelously strange that any sincere, intelligent mind should fail to apprehend such plain truths. Now, my prayer is that the "present truth" apprehended may not only make me "wise unto salvation," and "established," but a better man. This is the criterion by which to try ourselves as to whether we have sincerely accepted any truth apprehended. Does it make us wiser, stronger, and better?

Hurrying pilgrim traveler, stop and think! "Think on these things." Have not you, too, made some mistakes? Oh! take time to think! May not you, too, be blindly following error—the false logic of blind teachers? May not you be actuated by mere prejudice or a false ambition? Mere unconsciousness of error, or blindness, or prejudice against truth, will not suffice. Mere sincerity of anxious pursuit in the Christian race is not all that is required. We need to run in the light of truth. God's will is that we should be wholly right. Nor will merely great zeal in the Master's cause suffice for the Christian soldier. The efficient weapons of our warfare must be burnished truths.

Nor of truths will the old ones always suffice. Some things which are true at one time are not at another. The preaching of a coming flood was at one time present truth, but has ceased to be such now. Not every truth most important at any one time is most important at all times. Some truths are absolute and universal; some are relative—applicable at particular periods of time, for special purposes to combat special errors, and achieve special victories. The efficient soldier must use the most improved and sharpest instruments—those adapted to his time. And he who shall attempt to achieve the victories demanded in this "time of the end" by the use of the old-time truths, is as unwise as he who should attempt to capture the fortress of Gibralter today by the use of the sling, the war club, and other primeval weapons.

Not even the old tried and absolute truths are sufficient. But God has prepared us weapons for this special age, this "day of His preparation." Let us apprehend them, and learn to wield them with directness and power; then shall victory be ours, and the laurels and crowns ours in the day of triumph.

"Think on these things." Friend, no longer willingly or thoughtlessly walk in darkness and inefficient weakness, while the means of strength and efficiency are within your reach, means which in your great hurry you pass by; but stop and think, and grasp them; wield them deliberately, striking not at random, too hurriedly, but with direct aim and straight, strong blows, and God will give you great victories!

"Think on these things."

Take time to think, that you may apprehend the true light, the present truth, in these last days revealed of God, that you may do effective service in proclaiming the soon coming of our Lord.

"Whatsoever Things Are Pure"

Two boys were seated on some boxes behind a board fence that stretched across the front of a vacant lot. One of them produced a small, shabby-looking book, and both boys began excitedly to look it through.

Soon another boy was seen walking briskly across the lot, and in answer to, "Say, Joe, come over here," he strolled over to the fence to see what the boys were looking at.

"Keep it under your hat, and you can look at this here book, too."

"What is it, anyway?" Joe asked, innocently. Then his face flushed. "There's nothing there that I want under my hat," he said firmly. "I didn't suppose you fellows would have anything like that. Where did you get it?"

"Well, you needn't go and get so shocked about it, and goody-goody around. Another boy gave it to us," said Tim.

"What's the harm, anyway?" asked the other boy.

"Would you want to take that book home and give it to your sister to read, Leighton?" Joe inquired.

Leighton thought of Hazel, that sweet twin sister of his, only a second, before he said, "Of course not! She's a girl!"

"Well," said Joe, "I've a sister, too, just as fine and true as a fellow ever had, and to keep things even, I've got to be a decent chap myself," and Joe walked on.

"Don't cry, little girl, don't cry!"

"Good-by, sissy!" the boys called after him.

Though Joe whistled on his way, apparently untouched by their taunts, he nevertheless felt the sting, which continued to bite in deeply, until he met his sister, and they were walking home together.

"O Joe!" she said, "I'm so proud of you!" Her shining brown eyes told it unmistakably. "Mr. Allen told me that you were the most manly boy in the freshman class. He says that you are a prince! A prince, Joe! And it's right from your teacher! I told him I always knew it!"

Joe's honest heart thrilled at his sister's praise, and he had reward enough.

Left alone, Tim and Leighton read on to their complete satisfaction, and then decided that it would be better to hide the book than for either to take it home. Having found an old barrel, they carefully concealed the book under some rubbish with which the barrel was partly filled, and thinking they had escaped observation, left the place.

But Leighton had not forgotten Joe, and he felt uncomfortable as he started for home. He had been brought up in a home of high ideals and of Christian living, and though he had fallen into the company of boys less fortunate than himself and had begun to try the forbidden way, his conscience was not asleep. On this occasion his feeling of guilt was intensified by Joe's brave stand for the right.

In the Thornly home, evening worship, conducted by the father, was the most impressive ceremony of the day, and one never hurried through. After a song, Mr. Thornly always read a chapter or two from the Bible, commenting upon interesting points as he went along, each member of the home adding ideas of his own, as he felt inclined. In prayer the family all joined.

On this evening Leighton looked forward to worship with less pleasure than usual; but great was his amazement, as he entered the living-room, to find on the table, lying side by side, in hideous contrast, his father's Bible and the book he would not have had his parents see for any sum of money he could imagine. He felt the perspiration pricking through his pores as he took the only vacant chair in the room, and seated himself beside his sister. To his relief no one seemed to notice his embarrassment.

As usual, Hazel went to the piano, and at her father's request began playing, "*Building for Eternity.*" With difficulty Leighton joined in the singing, but it was still harder when the second stanza began:

"Every thought that we've ever had,
Its own little place has filled;
Every deed we have done, good or bad,
Is a stone in the temple we build."

Then the last stanza was more than he could bear, and his voice ceased:

"Are you building for God alone?
Are you building in faith and love,
A temple the father will own
In the city of light above?"

His father then opened the Bible and read slowly, without comment:

"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." Philippians 4:8.

Here he paused: "Have any of you anything you wish to add to these excellent thoughts?" he asked.

"Neither be partaker of other men's sins: keep thyself pure," his mother quoted, and he saw tears in her eyes.

Hazel's turn was next, and she said, "Blessed are the pure in heart: for they shall see God."

Time was given to Leighton, but he said nothing.

The family then knelt in prayer, led by Mr. Thornly. After Mrs. Thornly and Hazel had prayed, there was a short pause as they waited for Leighton. At last, brokenly, his prayer came:

"Create in me a clean heart, O God; and renew a right spirit within me.'"

Left alone, he and his father held a long conference, at the end of which the hateful book was burned, and a *"Clean Heart Club"* was started with a charter membership of two. Each was to work for additional members, and Leighton's first addition was his friend Joe. Together they won Tim. The club meetings were held in the Thornly living-room every Wednesday evening, and Joe was elected president. The membership increased gradually, and frequently programs were given to which visitors were invited.

Always it was Leighton's privilege to put up the beautiful silk banner, bearing their motto, which had been made by the boys' sisters, *"Whatsoever Things Are Pure."*

"Think on These Things"

Whatsoever things are lovely
Crimson sky or blue,
Deeds of mercy done in meekness,
Hearts by faith made true,
God in heaven eternal reigneth,
Caring for His own.
In thine anguish "think on these things";
Cease thine every moan.

It must needs be that offenses
Come to every child,
Who forsakes the world's broad highway
For the Saviour mild;
So rejoice and think on these things
Good reports, and true,
So, together, all things working,
God shall strengthen you.

Good for evil ever doing
Be it thought or deed
So thy love to God shall strengthen
Meet for every need.
"Whatsoever things are lovely,"
Clouds by sunlight rift;
Think on these things, for the Master
Shall the shadows lift.

—Lilian S. Marden

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The Mind of Christ

by Alonzo T. Jones

Now as to Christ's not having "like passions" with us: In the Scriptures, all the way through, He is like us and with us according to the flesh. He is the seed of David according to the flesh. He was made in the likeness of sinful flesh. Don't go too far. He was made in the likeness of sinful flesh, not in the likeness of sinful mind. Do not drag His mind into it. His flesh was our flesh, but the mind was "the mind of Christ Jesus." Therefore it is written: "Let this mind be in you which was also in Christ Jesus." If He had taken our mind, how, then, could we ever have been exhorted to "let this mind be in you which was also in Christ Jesus?" It would have been so already. But what kind of mind is ours? O, it is corrupted with sin also. …

Where Adam and Eve failed and where sin entered He fought the battle over and victory was won and righteousness entered. He having fasted forty days and forty nights—perfectly helpless, human as ourselves, hungry as we—there came to Him the temptation, "If thou be the Son of God, command that these stones be made bread." He answered, "It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."

Then Satan took another turn. He argued: You are trusting in the word of God, are you? All right. Here the word of God says: "He shall give His angels charge concerning thee: and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone." Now you are trusting in the word of God: you jump off here, for it is written, "He shall give His angels charge concerning thee." Jesus answered again: "It is written again, Thou shalt not tempt the Lord thy God."

Then Satan took Jesus up on an exceeding high mountain and showed Him all the glory of them too—the glory, the honor, the dignity—he showed Him all that. And there at that moment there was stirred up all the ambition that ever appeared in Napoleon or Caesar or Alexander or all of them put together. But from Jesus still the answer is: "It is written, Thou shalt worship the Lord thy God, and Him only shalt thou serve."

Then the devil departed from Him for a season, and angels came and ministered unto Him. There was the power of Satan conquered in man on the point of appetite—just where that power was gained over man. This man at the first had the mind of God; he forsook it and took the mind of Satan. In Jesus Christ the mind of God is brought back once more to the sons of men, and Satan is conquered. Therefore, it is gloriously true, as the word reads in Dr. Young's translation and in the German, as it does in the Greek: "We know that the Son of God is come and has given us a mind."

Read the last words of 1 Corinthians 2:16: "We have the mind of Christ." The German and the Danish and also the Greek are alike. Put the two together: "We know that the Son of God is come and has given us a mind" and "We have the mind of Christ." Thank the Lord!

Read in Romans now. I will read from the Greek, beginning with the twenty-fourth verse of the seventh chapter. You remember from the tenth to the twenty-fourth verses is that contest: The good I would do, I do not; and the evil I hate, that I do. I find then a law, that, when I would do good, evil is present with me. I see another law in my members, warring against the law of my mind and bringing me into captivity to the law of sin which is in my members. There the flesh has control and draws the mind after it, fulfilling the desires of the flesh and of the mind. Now.—

O wretched man that I am! Who shall deliver me from the body of this death? I thank God through Jesus Christ our Lord. So then I myself with the mind indeed serve the law of God [or rather serve God's law, literally here]; but with the flesh, sin's law. There is then now no condemnation to those in Christ Jesus who walk not according to flesh but according to Spirit. For the law of the Spirit of life in Christ Jesus set me free from the law of sin and of death. For the law being powerless, in that it was weak through the flesh, God having sent His own Son in likeness of flesh of sin, and for sin, condemned sin in the flesh, that the requirement of the law should be fulfilled in us, who not according to flesh walk, but according to Spirit. For they that according to flesh are, the things of the flesh mind; and they according to Spirit, the things of the Spirit. For the mind of the flesh is death; but the mind of the Spirit [that is, the Spirit's mind; the one is the flesh's mind, and the other is the Spirit's mind], life and peace. Because the mind of the flesh is enmity toward God: for to the law of God it is not subject; for neither can it be; and they that in flesh are, God please can not [that is, cannot please God]. But ye are not in flesh, but in spirit, if indeed the Spirit of God dwells in you; but if any one the Spirit of Christ has not, he is not of Him: but if Christ be in you, the body is dead, on account of sin, but the Spirit life [is] on account of righteousness.

Our minds have consented to sin. We have felt the enticements of the flesh and our minds yielded, our minds consented and did the wills and the desires of the flesh, fulfilling the desires of the flesh and of the mind. The flesh leads and our minds have followed, and with the flesh the law of sin is served. When the mind can lead, the law of God is served. But as our minds have surrendered, yielded to sin, they have themselves become sinful and weak and are led away by the power of sin in the flesh.

Now the flesh of Jesus Christ was our flesh and in it was all that is in our flesh—all the tendencies to sin that are in our flesh were in His flesh, drawing upon Him to get Him to consent to sin. Suppose He had consented to sin with His mind—what then? Then His mind would have been corrupted and then He would have become of like passions with us. But in that case He Himself would have been a sinner; He would have been entirely enslaved and we all would have been lost—everything would have perished.

I will read now from the new Life of Christ, advance copy, upon this very point:

"It is true that Christ at one time said of Himself, 'The prince of this world cometh, and hath nothing in Me.' John 14:30. Satan finds in human hearts some point where he can gain a foothold; some sinful desire is cherished, by means of which his temptations assert their power."

Where does he start the temptation? In the flesh. Satan reaches the mind through the flesh; God reaches the flesh through the mind. Satan controls the mind through the flesh. Through this means—through the lusts of the flesh, the lusts of the eyes, the pride of life, and through ambition for the world and the honor and respect of men—through these things Satan draws upon us, upon our minds to get us to yield. Our minds respond and we cherish that thing. By this means his temptations assert their power. Then we have sinned. But until that drawing of our flesh is cherished, there is no sin. There is temptation, but not sin. Every man is tempted when he is drawn away thus and enticed, and when lust has conceived, when that desire is cherished, then it brings forth sin, and sin when it is finished bringeth forth death.

Some sinful desire [with us] is cherished, by means of which his temptations assert their power. But he could find nothing in the Son of God that would enable him to gain the victory. Jesus did not consent to sin. Not even by a thought could he be brought to yield to the power of temptation.

Thus you see that where the victory comes, where the battlefield is, is right upon the line between the flesh and the mind. The battle is fought in the realm of the thoughts. The battle against the flesh, I mean, is fought altogether and the victory won in the realm

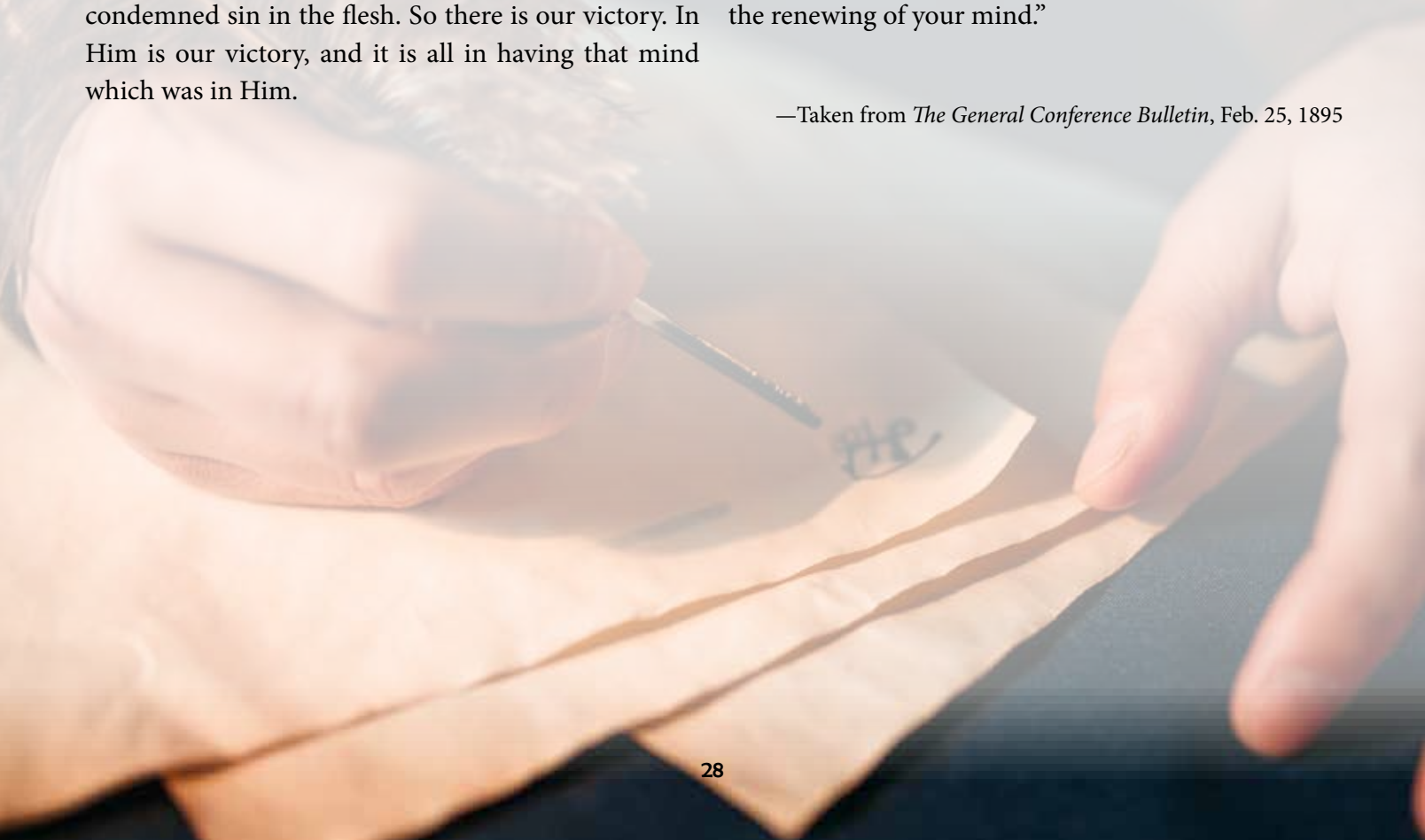
of the thoughts. Therefore, Jesus Christ came in just such flesh as ours but with a mind that held its integrity against every temptation, against every inducement to sin—a mind that never consented to sin—no, never in the least conceivable shadow of a thought.

And by that means He has brought that divine mind to every man on earth. Therefore every man for the choosing and by choosing can have that divine mind that conquers sin in the flesh. Dr. Young's translation of 1 John 5:20 is: "Ye know that the Son of God has come, and hath given us a mind." The German says the same thing exactly and the Greek too—"has given us a mind." To be sure He has. That is what He came for. We had the carnal mind, the mind that followed Satan and yielded to the flesh. What was it that enslaved Eve's mind? O, she saw that the tree was good for food. It was not good for any such thing. The appetite, the lusts of the flesh, the desires of the flesh, led her off. She took of the tree and did eat. The appetite led, and enslaved the mind—that is, the mind of the flesh, and that is enmity against God; it comes from Satan. In Jesus Christ it is destroyed by the divine mind which He brought into the flesh. By this divine mind He put the enmity underfoot and kept it there. By this He condemned sin in the flesh. So there is our victory. In Him is our victory, and it is all in having that mind which was in Him.

O, it is all told in the beginning. There came in this enmity, and Satan took man captive and enslaved the mind. God says, "I will put enmity between thee and the woman and between thy seed and her seed." Who was her seed? Christ. "It [her seed] shall bruise thy head and thou shalt bruise His" head? No, sir. No, sir. "Thou shalt bruise His heel." All that Satan could do with Christ was to entice the flesh, to lay temptations before the flesh. He could not affect the mind of Christ. But Christ reaches the mind of Satan, where the enmity lies and where it exists and He destroys that wicked thing. It is all told there in the story in Genesis.

The blessedness of it is, Satan can only deal with the flesh. He can stir up the desires of the flesh, but the mind of Christ stands there and says, No, no. The law of God is to be served and the body of flesh must come under. … Therefore "let this mind be in you, which was also in Christ Jesus." That conquers sin in the sinful flesh. By His promise we are made partakers of the divine nature. Divinity and humanity are united once more when the divine mind of Jesus Christ by His divine faith abides in human flesh. Let them be united in you and be glad and rejoice forevermore in it. … "Be not conformed to this world: but be ye transformed by the renewing of your mind."

—Taken from *The General Conference Bulletin*, Feb. 25, 1895



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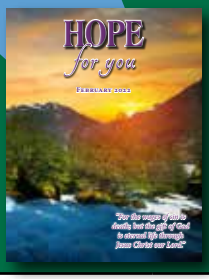

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