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THE NECESSITY FOR THE SEALING

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PRAYER THOUGHT: "If those who are headstrong and full of self-esteem go on unchecked in their course, what will be the condition of things in the church? How are the wrongs to be corrected which exist in these strong-willed, ambitious ones? By what means will God reach them? How will he set his church in order? Differences of opinion are constantly arising, and apostasies often afflict the church. When controversy or division comes in, all parties claim to be right and to have a conscience void of offense; and they will not be instructed by those who have long borne the burden of the work, and who, they have reason to know, have been guided by the Lord. Light has been sent to dispel their darkness, but they are too proud of heart to accept it, and they choose the darkness. They despise the counsel of God, because it does not coincide with their views and plans, and favor their wrong traits of character. The work of the Spirit of God, which would bring them into the right position if they would accept it, has not come in a way to please them, and to flatter their self-righteousness. The light which God has given is no light to them, and they wander in darkness. They claim that no more confidence is to be placed in the judgment of one who has had such a long experience, and whom the Lord has taught and used to do a special work, than in that of any other person. Is it God's plan that they should do thus, or is it the special working of the enemy of all righteousness to hold souls in error, to bind them in strong delusions that cannot be broken, because they have placed themselves beyond the reach of means that God has ordained to deal with his church?

"The reproofs, the cautions, the corrections of the Lord, have been given to his church in all ages of the world.

These warnings were despised and rejected in Christ's day by the self-righteous Pharisees, who claimed that they needed no such reproof, and were unjustly dealt with. They would not receive the word of the Lord through his servants, because it did not please their inclinations. Should the Lord give a vision right before this class of people in our day, pointing out their mistakes, rebuking their self-righteousness and condemning their sins, they would rise up in rebellion, like the inhabitants of Nazareth when Christ showed them their true condition.

"If these persons do not humble their hearts before God, if they harbor the suggestions of Satan, doubt and infidelity will take possession of the soul, and they will see everything in a false light. Let the seeds of doubt once be sown in their hearts, and they will have an abundant harvest to reap. They will come to mistrust and disbelieve truths which are plain and full of beauty to others who have not educated themselves in unbelief. Those who train the mind to seize upon everything which they can use as a peg to hang a doubt upon, and suggest these thoughts to other minds, will always find occasion to doubt. They will question and criticise everything that arises in the unfolding of truth, criticise the work and position of others, criticise every branch of the work in which they have not themselves a part. They will feed upon the errors and mistakes and faults of others, 'until,' said the angel, 'the Lord Jesus shall rise up from his mediatorial work in the heavenly sanctuary, and shall clothe himself with the garments of vengeance, and surprise them at their unholy feast; and they will find themselves unprepared for the marriage supper of the Lamb.' Their taste has been so perverted that they would be inclined to criticise even the table of the Lord in his kingdom.

"Has God ever revealed to these self-deceived ones, that no reproofs or corrections from him are to have any weight with them unless they come through direct vision? I dwell upon this point, because the position that many are now taking upon it is a delusion of Satan to ruin souls. When he has ensnared and weakened them through his

sophistry, so that when they are re-proved, they persist in making of none effect the workings of God's Spirit, his triumph over them will be complete. Some who profess righteousness will, like Judas, betray their Lord into the hands of his bitterest enemies. These self-confident ones, determined to have their own way, and to advocate their own ideas, will go on from bad to worse, until they will pursue any course rather than to give up their own will. They will go on blindly in the way of evil; but like the deluded Pharisees, so self-deceived that they think they are doing God's service. Christ portrayed the course which a certain class will take, when they have a chance to develop their true character: 'And ye shall be betrayed both by parents, and brethren, and kinsfolks, and friends; and some of you shall they cause to be put to death.'--Testimonies, Vol. 5, pp. 688-691. (Emphasis ours.)

The lesson here is for all who profess to be ministers in the church and also for those who claim to be disciples of Christ. The Pharisees (the ministry) would not heed Christ's Own reproofs and Truth. Neither did Judas (one of His Own disciples), but instead Judas showed his true character in the end: that he was a wicked traitor instead of a disciple, a great benefactor, or a friend. May God help us all to understand ourselves and be constantly in right relationship with Him that we fall not into temptation, should be our prayer.

The subject for this afternoon is a continuation of our study of last Sabbath dealing with Early Writings, pp. 36,38.

Rev. 7:1-4--"And after these things I saw four angels standing on the four corners of the earth, holding the four winds of the earth, that the wind should not blow on the earth, nor on the sea, nor on any tree. And I saw another angel ascending from the east, having the seal of the living God: and he cried with a loud voice to the four angels, to whom it was given to hurt the earth and the sea,

saying, Hurt not the earth, neither the sea, nor the trees, till we have sealed the servants of our God in their foreheads. And I heard the number of them which were sealed: and there were sealed an hundred and forty and four thousand of all the tribes of the children of Israel."

You notice here that the angels are not told to hold the winds until Ezekiel 9 has all been fulfilled, but until the servants of God are sealed. Therefore, if there is any intervening time between the close of the sealing and the slaughter of Ezekiel 9, there is a possibility that the winds could start blowing during that time. If the nations had everything ready, it would not necessarily take long to bring the trouble that is represented by the four winds. We do know from this scripture that God will restrain the winds until the sealing is finished, for according to verse 3 of this chapter a message was sent to the four angels instructing them to hold the winds until the sealing of the 144,000 is finished. It shows that the Devil is doing all he can to loose the winds as soon as possible, perhaps even in a day.

How serious it is that right now when God's people should be awake and preparing themselves to receive the seal that they might be protected in that great and dreadful day, the church instead is dead asleep!

If sinners were still among God's people when the winds start to blow the church would fall, for while sinners are among God's people the church cannot stand against her enemies. In other words, were trouble to be brought against the church before the abominations are eliminated, before the unrighteous are taken out of her midst, there is a possibility that the whole church would fall, and that God would have to intervene Himself to rescue her. If God's righteous people were separate it would be different. The ninth chapter of Ezekiel, however, tells us that angels are commissioned to go through the city and mark those who sigh and cry for all the abominations that are done in the midst thereof, showing that the wicked and the righteous are not at that time separate, but instead they are commingled.

You recall how God dealt with Israel just before they went into the promised land. Because of that one man (Achan) Israel's army was miserably defeated at Ai. And though sealed ones were in her midst, should the church now meet with trouble while there is, as Sister White says, an Achan in every church and in almost every family (Testimonies, Vol. 5, p. 157), the entire church would fall! With this startling possibility confronting us, I ask you how can any true professor of present Truth sit calmly in unconcern about his own spiritual condition and do nothing to warn others to get ready? Such grave possibilities on the contrary should cause each of us to be a light bearer indeed, a watchman who will sound the alarm, and warn Israel to cast away her idols and seek the Lord God now that we may be hid in the day of His fierce anger which is soon coming.

Let us now turn to Isaiah 27 for the remainder of our time this afternoon:

Isa. 27:1-13--"In that day the Lord with His sore and great and strong sword shall punish leviathan the piercing serpent, even leviathan that crooked serpent; and He shall slay the dragon that is in the sea. In that day sing ye unto her, A vineyard of red wine. I the Lord do keep it; I will water it every moment: lest any hurt it, I will keep it night and day. Fury is not in Me: who would set the briars and thorns against Me in battle? I would go through them, I would burn them together. Or let him take hold of My strength, that he may make peace with Me; and he shall make peace with Me. He shall cause them that come of Jacob to take root: Israel shall blossom and bud, and fill the face of the world with fruit.

"Hath he smitten him, as he smote those that smote him? or is he slain according to the slaughter of them that are slain by Him? In measure, when it shooteth forth, thou wilt debate with it: He stayeth His rough wind in the day of the east wind, By this therefore shall the iniquity of Jacob be purged; and this is all the fruit to take away his

sin; when he maketh all the stones of the altar as chalkstones that are beaten in sunder, the groves and images shall not stand up. Yet the defenced city shall be desolate, and the habitation forsaken, and left like a wilderness: there shall the calf feed, and there shall he lie down, and consume the branches thereof. When the boughs thereof are withered, they shall be broken off: the women come, and set them on fire: for it is a people of no understanding: therefore He that made them will not have mercy on them, and He that formed them will shew them no favour.

"And it shall come to pass in that day, that the Lord shall beat off from the channel of the river unto the stream of Egypt, and ye shall be gathered one by one, O ye Children of Israel. And it shall come to pass in that day, that the great trumpet shall be blown, and they shall come which were ready to perish in the land of Assyria, and the outcasts in the land of Egypt, and shall worship the Lord in the holy mount at Jerusalem."

Verse 1--"In that day the Lord with His sore and great and strong sword shall punish leviathan the piercing serpent, even leviathan that crooked serpent; and He shall slay the dragon that is in the sea."

The day this is to happen must be found in the preceding chapter, for this verse is introduced with the words "in that day." Therefore, to find the time we shall read

Isa. 26:20,21--"Come, My people, enter thou into thy chambers, and shut thy doors about thee: hide thyself as it were for a little moment, until the indignation be overpast. For, behold, the Lord cometh out of His place to punish the inhabitants of the earth for their iniquity: the earth also shall disclose her blood, and shall no more cover her slain."

God's indignation is coming upon the earth, and God's people are invited to take shelter somewhere. These verses place the fulfilment of this prophecy in the time of the end of the world when God will punish the wicked and raise the righteous.

Isa. 27:1--"In that day the Lord with His

sore and great and strong sword shall punish leviathan the piercing serpent, even leviathan that crooked serpent; and he shall slay the dragon that is in the sea."

From the reading of these verses we clearly see that when God punishes the inhabitants of the earth and the earth discloses her blood, leviathan will be punished and the dragon that is in the "sea" is to be slain. Who is the serpent?--It is Satan. But how is Satan to be punished and slain at the time this chapter applies? For help on this point let us turn to:

Isa. 14:1-14--"For the Lord will have mercy on Jacob, and will yet choose Israel, and set them in their own land; and the strangers shall be joined with them, and they shall cleave to the house of Jacob. And the people shall take them, and bring them to their place; and the house of Israel shall possess them in the land of the Lord for servants and handmaids; and they shall take them captives, whose captives they were; and they shall rule over their oppressors. And it shall come to pass in the day that the Lord shall give thee rest from thy sorrow, and from thy fear, and from the hard bondage wherein thou wast made to serve.

"That thou shalt take up this proverb against the king of Babylon, and say, How hath the oppressor ceased! the golden city ceased! The Lord hath broken the staff of the wicked, and the sceptre of the rulers. He who smote the people in wrath with a continual stroke, he that ruled the nations in anger, is persecuted, and none hindereth. The whole earth is at rest, and is quiet; they break forth into singing. Yea, the fir trees rejoice at thee, and the cedars of Lebanon, saying, Since thou art laid down, no feller is come up against us. Hell from beneath is moved for thee to meet thee at thy coming: it stirreth up the dead for thee, even all the chief ones of the earth; it hath raised up from their thrones all the kings of the nations. All they shall speak and

say unto thee, Art thou also become weak as we? art thou become like unto us? Thy pomp is brought down to the grave, and the noise of thy viols: the worm is spread under thee, and the worms cover thee. How art thou fallen from Heaven, O Lucifer, son of the morning! how art thou cut down to the ground, which didst weaken the nations! For thou hast said in thine heart, I will ascend into heaven, I will exalt my throne above the stars of God: I will sit also upon the mount of the congregation, in the sides of the north: I will ascend above the heights of the clouds; I will be like the most High."

The king of Babylon in this chapter is connected with Lucifer because whatever Babylon aspires and sets out to do is instigated by Satan himself. Likewise we find the same to be true in the following account of Tyrus:

Ezek. 28:1,2,13-17--"The word of the Lord came again unto me, saying, Son of man, say unto the prince of Tyrus, Thus saith the Lord God; Because thine heart is lifted up, and thou hast said, I am a God, I sit in the seat of God, in the midst of the seas; yet thou art a man, and not God, though thou set thine heart as the heart of God:...Thou hast been in Eden the garden of God; every precious stone was thy covering, the sardius, topaz, and the diamond, the beryl, the onyx, and the jasper, the sapphire, the emerald, and the carbuncle, and gold: the workmanship of thy tabrets and of thy pipes was prepared in thee in the day that thou wast created. Thou art the anointed cherub that covereth; and I have set thee so: thou wast upon the holy mountain of God; thou hast walked up and down in the midst of the stones of fire. Thou wast perfect in thy ways from the day that thou wast created, till iniquity was found in thee. By the multitude of thy merchandise they have filled the midst of thee with violence, and thou hast sinned: therefore I will cast thee as profane out of the mountain of God: and I will destroy thee, O covering cherub, from the midst of the stones of fire. Thine heart was lifted up because of thy beauty, thou hast corrupted thy wisdom by reason of thy brightness: I will cast thee to the ground, I will lay thee before

kings, that they may behold thee."

You recognize this description as being that of Lucifer; yet the prophecy is addressed to the prince of Tyrus just as Isaiah 14 associated the king of Babylon with Lucifer. By this we are to understand that both "Tyrus" and "Babylon" are instigated by Satan and are set up to do on earth the identical wicked work that Satan did originally in heaven. But we are here told that Satan's defeat in these endeavors will be complete and shameful.

Isa. 27:1,2--"In that day the Lord with His sore and great and strong sword shall punish leviathan the piercing serpent, even leviathan that crooked serpent; and He shall slay the dragon that is in the sea. In that day sing ye unto her, A vineyard of red wine."

In the day the dragon is "slain" in the "sea" someone is to sing "A vineyard of red wine." There is then to be a vineyard of red wine, and there is to be singing about it because it is a rich vineyard producing good fruit--righteous people. The song for the vineyard is sung when God punishes leviathan. It cannot be sung now because God does not yet have this rich productive vineyard. The rest of this chapter tells how He is to obtain it.

Verse 3--"I the Lord do keep it; I will water it every moment: lest any hurt it, I will keep it night and day."

This obviously is the Lord's vineyard which He is to have at that day and which He is to keep night and day lest any hurt it. If He must so carefully keep it lest any hurt it, the vineyard must therefore exist in a time of danger.

Verses 4,5--"Fury is not in Me: who would set the briers and thorns against Me in battle? I would go through them, I would burn them together. Or let him take hold of My strength, that he may make peace with Me: and he shall make peace with Me."

The implication here is that there are

briers and thorns and that if they should be set against Him in battle they would be destroyed together. The briers and thorns must represent people who fight against God by fighting against His Truth. This scripture says that those who fight against Him will surely perish together, but he who takes hold of God's strength for peace will receive peace. In other words, the briers and thorns need not remain such in this case. They can be converted if they would. These verses, therefore, clearly present a choice. If there is offered to a people the choice to take hold of God and live or battle against Him and perish, that choice must be coming to them in a message, in Truth. If they take His Truth then they would be taking hold of His strength, and those who choose to fight the Truth will not win, but will perish together.

Anciently God was furious with His people and was tempted to cast them away forever root and branch. But here He says that fury is not in Him. He is longsuffering toward His people, and He is anxious that all should take hold of His strength and be at peace with Him. That very choice is found in the message we bear today. As the message makes its way through the ranks of the church we see some take hold of His strength and rejoice in the Truth, and we also painfully see the briers and thorns set in battle against the Lord. Though fury is not in God and though He is not willing that any should perish, yet He declares that those who will not take hold of His strength by accepting His Truth must lose out.

Verse 6--"He shall cause them that come of Jacob to take root: Israel shall blossom and bud, and fill the face of the world with fruit."

Those that come of Jacob will take root. It implies that not all are coming, but those that do come will take root. The others will die. Those that take root are of Jacob. We all know that the Scriptures say that the 144,000 are all of Jacob, for they are Israelites. The verse we are now studying says that those that come of Jacob shall take root and "Israel shall blossom and [grow] and fill the face of the world with fruit." These

words are so plain they do not need interpretation. Using the analogy that an apple tree bears apples and not plums or something else, we may draw the lesson that the Israelites that take root, the 144,000, will bring forth converts to Israel. These converts will be Israelites either by birth or by being grafted in as Paul describes in Romans 11.

We have learned so far in our study of this chapter that when the briars and thorns fight against God it is at that time that those of Jacob shall take root. That could not be after the close of probation, for it is after they take root that they "fill the face of the world with fruit."

Daniel tells us in the second chapter that in the days of the ten-toe kings the Lord God would set up a kingdom which he said was represented by the stone that was cut out of the mountain without hands, and that that stone would break in pieces all other kingdoms and grow to be a great mountain that would fill the whole earth. Daniel in reality said the same thing that Isaiah is saying in the chapter we are considering today. It is those of Jacob that take root that make up the stone that Daniel saw. And as the stone is small and the mountain large, it shows that the majority will not take hold of the strength of God, but will perish while the minority will escape and take root and bring in converts that will fill the face of the world with fruit. What Isaiah calls a vineyard Daniel called a kingdom--the Kingdom of God.

Verses 7,8--"Hath he smitten him, as he smote those that smote him? or is he slain according to the slaughter of them that are slain by him? In measure, when it shooteth forth, thou wilt debate with it: he stayeth his rough wind in the day of the east wind."

There are two winds mentioned here: the rough wind and the east wind. At the time when God delivers a message of choice to His people to separate those

who make peace with Him and those who do not, and at the time His vineyard shoots forth, there are to be two winds. The rough wind we understand to be God's wind which He stops in the day of the east wind.

Verse 9--"By this therefore shall the iniquity of Jacob be purged; and this is all the fruit to take away his sin; when he maketh all the stones of the altar as chalkstones that are beaten in sunder, the groves and images shall not stand up."

The rough wind comes to purify His church. When it blows fruit will fall. In the words of Ezekiel those who do not "sigh" and "cry" for the abominations done in the church will be slain, and only those who take hold of God's strength will remain.

If all the stones of the altar become as chalkstones then the altar will crumble to the ground. The altar is not the entire church, but it is a very important part of the church. It is from the altar that the laity are led. The figure used here shows that there is a false leadership and it is to be brought down. "The groves and images will not stand up," showing that idolatry is among God's people, and it too will be taken away. It is this purging that must come in order to make the vineyard rich and productive as verses 2 and 3 describe it as being. The briars and thorns must be removed. The message comes preceding this separation in order to prepare God's people to escape the purging rough wind and to be safe from the time of trouble represented by the east wind.

Verses 10,11--"Yet the defenced city shall be desolate, and the habitation forsaken, and left like a wilderness: there shall the calf feed, and there shall he lie down, and consume the branches thereof. When the boughs thereof are withered, they shall be broken off: the women come, and set them on fire: for it is a people of no understanding: therefore He that made them will not have mercy on them, and He that formed them will shew them no favour."

This chapter first described God's vineyard in its beautiful and excellent condition, representing God's church in its future

purified state. The verses we are now reading describe the present condition of His church before it is purified. How vastly different is the picture! John describes it as being "wretched" and about to be "spued out."

When a man prunes his orchard and he finds dead branches on the trees, he breaks them off and stacks them in piles for someone to burn, for they are useless. It is this illustration Isaiah is using to show what God is to do with His people who are represented by the dead branches--people who have no understanding. They are those who are ever learning but never come to the knowledge of the Truth. Yes, they are branches of the tree, but they are void of spiritual life. There is something fundamentally wrong with this class of people, because God is able to make anyone wise; He can make anyone strong. His Truth is so simple that though they be fools they need not err therein (Isa. 35:8). Therefore all can get understanding. For this reason those men who get no understanding God will destroy without mercy. In this work of separating, God keeps the trunk and destroys the branches.

Verse 12,13--"And it shall come to pass in that day, that the Lord shall beat off from the channel of the river unto the stream of Egypt, and ye shall be gathered one by one, O ye children of Israel. And it shall come to pass in that day, that the great trumpet shall be blown, and they shall come which were ready to perish in the land of Assyria, and the outcasts in the land of Egypt, and shall worship the Lord in the holy mount at Jerusalem."

The children of Israel are to be gathered first one by one, and in that day the great trumpet will be sounded to signalize the commencement of the ingathering of the people who are going to worship in the holy mountain, Jerusalem. In our studies on Isaiah 19 we found that there are to be five cities in "Egypt" that will speak the language of Canaan, and that there is to be a highway between "Assyria" and "Egypt" and Israel is to be a third with them,

even a blessing in the midst of the land. It is the great trumpet of the twenty-seventh chapter that will save them. It may be that there will be many from "Assyria" and "Egypt" that will join the 144,000 and go to worship the Lord in the holy mount at Jerusalem. Since Isaiah says they were ready to perish, it may happen just at the making up of the image of the beast, or just in the time of transition when the world emerges from the "Assyrian" period and enters the period when "Babylon the Great" rules.

This one chapter is made up of only thirteen verses, yet it outlines for us clearly the whole message. Truly God has graciously given us Truth that no others have. That, however, puts a great burden, a great responsibility upon us. When Volume One of The Shepherd's Rod came we saw that the message had to be carried to the church, and the light we have received from God through this chapter is to help us to understand what God expects of us and the magnitude of the work that is to be done not only in the church but also in the world.

We ought to be wise and of an understanding heart in the things of God. We ought daily to be living the Truth and making every effort to be at peace with God that we may receive the seal of His protection and approval. Are we getting ready for the great and dreadful days just ahead? We have not a moment to lose if we would be ready on time. All God is waiting for now is for His saints to receive the seal so that His church will not perish from off the earth forever, but will instead "take root" and "fill the face of the world with fruit." (The Symbolic Code, Vol. 11, No. 7)

Now unto Him who is able
to keep you from falling,
And to present you faultless
Before the presence of His
glory with exceeding joy,
To the only wise God our Saviour,
Be glory and majesty,
Dominion and power,
Both now and ever.

Amen. Jude 24,25

STEPS TO CHRIST

ELLEN G. WHITE

CONSECRATION

God's promise is, "Ye shall seek Me, and find Me, when ye shall search for Me with all your heart." Jeremiah 29:13.

The whole heart must be yielded to God, or the change can never be wrought in us by which we are to be restored to His likeness. By nature we are alienated from God. The Holy Spirit describes our condition in such words as these: "Dead in trespasses and sins;" "The whole head is sick, and the whole heart faint;" "no soundness in it." We are held fast in the snare of Satan, "taken captive by him at his will." Ephesians 2:1; Isaiah 1:5,6; 2 Tim. 2:26. God desires to heal us, to set us free. But since this requires an entire transformation, a renewing of our whole nature, we must yield ourselves wholly to Him.

The warfare against self is the greatest battle that was ever fought. The yielding of self, surrendering all to the will of God, requires a struggle; but the soul must submit to God before it can be renewed in holiness.

The government of God is not, as Satan would make it appear, founded upon a blind submission, an unreasoning control. It appeals to the intellect and the conscience. "Come now, and let us reason together" is the Creator's invitation to the beings He has made. Isa. 1:18. God does not force the will of His creatures. He cannot accept an homage that is not willingly and intelligently given. A mere forced submission would prevent all real development of mind or character; it would make man a mere automaton. Such is not the purpose of the Creator. He desires that man, the crowning work of His creative power, shall reach the highest possible development. He sets before us the height of blessing to which He desires to bring us through His grace. He invites us to give ourselves to Him, that He may work His will in us. It remains

for us to choose whether we will be set free from the bondage of sin, to share the glorious liberty of the sons of God.

In giving ourselves to God, we must necessarily give up all that would separate us from Him. Hence the Saviour says, "Who-soever he be of you that forsaketh not all that he hath, he cannot be My disciple." Luke 14:33. Whatever shall draw away the heart from God must be given up. Mammon is the idol of many. The love of money, the desire for wealth, is the golden chain that binds them to Satan. Reputation and worldly honor are worshiped by another class. The life of selfish ease and freedom from responsibility is the idol of others. But these slavish bands must be broken. We cannot be half the Lord's and half the world's. We are not God's children unless we are such entirely.

There are those who profess to serve God, while they rely upon their own efforts to obey His law, to form a right character, and secure salvation. Their hearts are not moved by any deep sense of the love of Christ, but they seek to perform the duties of the Christian life as that which God requires of them in order to gain heaven. Such religion is worth nothing. When Christ dwells in the heart, the soul will be so filled with His love, with the joy of communion with Him, that it will cleave to Him; and in the contemplation of Him, self will be forgotten. Love to Christ will be the spring of action. Those who feel the constraining love of God, do not ask how little may be given to meet the requirements of God; they do not ask for the lowest standard, but aim at perfect conformity to the will of their Redeemer. With earnest desire they yield all and manifest an interest proportionate to the value of the object which they seek. A profession of Christ without this deep love is mere talk, dry formality, and heavy drudgery.

Do you feel that it is too great a sacrifice to yield all to Christ? Ask yourself the question, "What has Christ given for me?" The Son of God gave all--life and love and suffering--for our redemption. And can it be that we, the unworthy ob-

jects of so great love, will withhold our hearts from Him? Every moment of our lives we have been partakers of the blessings of His grace, and for this very reason we cannot fully realize the depths of ignorance and misery from which we have been saved. Can we look upon Him whom our sins have pierced, and yet be willing to do despite to all His love and sacrifice? In view of the infinite humiliation of the Lord of glory, shall we murmur because we can enter into life only through conflict and self-abasement?

The inquiry of many a proud heart is, "Why need I go in penitence and humiliation before I can have the assurance of my acceptance with God?" I point you to Christ. He was sinless, and, more than this, He was the Prince of heaven; but in man's behalf He became sin for the race. "He was numbered with the transgressors; and He bare the sin of many, and made intercession for the transgressors." Isaiah 53:12.

But what do we give up, when we give all? A sin-polluted heart, for Jesus to purify, to cleanse by His own blood, and to save by His matchless love. And yet men think it hard to give up all! I am ashamed to hear it spoken of, ashamed to write it.

God does not require us to give up anything that it is for our best interest to retain. In all that He does, He has the well-being of His children in view. Would that all who have not chosen Christ might realize that He has something vastly better to offer them than they are seeking for themselves. Man is doing the greatest injury and injustice to his own soul when he thinks and acts contrary to the will of God. No real joy can be found in the path forbidden by Him who knows what is best and who plans for the good of His creatures. The path of transgression is the path of misery and destruction.

It is a mistake to entertain the thought that God is pleased to see His children suffer. All heaven is interested in the happiness of man. Our heavenly Father does not close the avenues of joy to any

of His creatures. The divine requirements call upon us to shun those indulgences that would bring suffering and disappointment, that would close to us the door of happiness and heaven. The world's Redeemer accepts men as they are, with all their wants, imperfections, and weaknesses; and He will not only cleanse from sin and grant redemption through His blood, but will satisfy the heart-longing of all who consent to wear His yoke, to bear His burden. It is His purpose to impart peace and rest to all who come to Him for the bread of life. He requires us to perform only those duties that will lead our steps to heights of bliss to which the disobedient can never attain. The true, joyous life of the soul is to have Christ formed within, the hope of glory.

Many are inquiring, "How am I to make the surrender of myself to God?" You desire to give yourself to Him, but you are weak in moral power, in slavery to doubt, and controlled by the habits of your life of sin. Your promises and resolutions are like ropes of sand. You cannot control your thoughts, your impulses, your affections. The knowledge of your broken promises and forfeited pledges weakens your confidence in your own sincerity, and causes you to feel that God cannot accept you; but you need not despair. What you need to understand is the true nature of man, the power of decision, or of choice. Everything depends on the right action of the will. The power of choice God has given to men; it is theirs to exercise. You cannot change your heart, you cannot of yourself give to God its affections; but you can choose to serve Him. You can give Him your will; He will then work in you to will and to do according to His good pleasure. Thus your whole nature will be brought under the control of the Spirit of Christ; your affections will be centered upon Him, your thoughts will be in harmony with Him.

Desires for goodness and holiness are right as far as they go; but if you stop here, they will avail nothing. Many will be lost while hoping and desiring to be Christians. They do not come to the point of yielding the will to God. They do not now choose to be Christians.

Through the right exercise of the will, an entire change may be made in your life. By yielding up your will to Christ, you ally yourself with the power that is above all principalities and powers. You will have strength from above to hold you steadfast, and thus through constant surrender to God you will be enabled to live the new life, even the life of faith. --Steps To Christ, pp. 43-48.

THE HEALTH-GIVING VALUE OF OUTDOOR LIFE

ELLEN G. WHITE

The things of nature are God's blessings, provided to give health to body, mind, and soul. They are given to the well to keep them well and to the sick to make them well. Connected with water treatment, they are more effective in restoring health than all the drug medication in the world.

In the country the sick find many things to call their attention away from themselves and their sufferings. Everywhere they can look upon and enjoy the beautiful things of nature--the flowers, the fields, the fruit trees laden with their rich treasure, the forest trees casting their grateful shade and the hills and valleys with their varied verdure and many forms of life.

And not only are they entertained by these surroundings, but at the same time they learn most precious spiritual lessons. Surrounded by the wonderful works of God, their minds are lifted from the things that are seen to the things that are unseen. The beauty of nature leads them to think of the matchless charms of the earth made new, where there will be nothing to mar the loveliness, nothing to taint or destroy, nothing to cause disease or death.

Nature is God's physician. The pure air, the glad sunshine, the beautiful flowers and trees, the orchards and vineyards, and outdoor exercise amid

these surroundings, are health-giving--the elixir of life. Outdoor life is the only medicine that many invalids need. Its influence is powerful to heal sickness caused by fashionable life, a life that weakens and destroys the physical, mental, and spiritual powers.

How grateful to weary invalids accustomed to city life, the glare of many lights, and the noise of the streets are the quiet and freedom of the country! How eagerly do they turn to the scenes of nature! How glad would they be for the advantages of a sanitarium in the country, where they could sit in the open air, rejoice in the sunshine, and breathe the fragrance of tree and flower! There are life-giving properties in the balsam of the pine, in the fragrance of the cedar and the fir. And there are other trees that are health-promoting. Let no such trees be ruthlessly cut down. Cherish them where they are abundant, and plant more where there are but few.

For the chronic invalid nothing so tends to restore health and happiness as living amid attractive country surroundings. Here the most helpless ones can be left sitting or lying in the sunshine or in the shade of the trees. They have only to lift their eyes and they see above them the beautiful foliage. They wonder that they have never before noticed how gracefully the boughs bend, forming a living canopy over them giving them just the shade they need. A sweet sense of restfulness and refreshing comes over them as they listen to the murmuring breezes. The drooping spirits revive. The waning strength is recruited. Unconsciously the mind becomes peaceful, the fevered pulse more calm and regular. As the sick grow stronger, they will venture to take a few steps to gather some of the lovely flowers--precious messengers of God's love to His afflicted family here below.

Encourage the patients to be much in the open air. Devise plans to keep them out of doors....May God help us to do our utmost to utilize the life-giving power of sunshine and fresh air. --TI:76-79.

THE GOSPEL OF HEALTH

IRON FOR VEGETARIANS

Many vegetarians worry that they are not getting enough of the mineral iron in their totally plant-based diet. However, if you know your iron facts, getting enough is not difficult. Indeed, as Dr. John McDougall states, in *Vegetarian Times*, "Iron is a mineral found in the ground. Since animals do not eat the ground, all iron must enter animals [and humans] directly or indirectly through plants." Inspiration, too, is clear on this vital point: "In grains, fruits, vegetables, and nuts are to be found ALL the food elements that we need." -CDF:92.

This important mineral combines with protein to form the hemoglobin in red blood cells that carries oxygen from the lungs to all body cells and tissues and removes carbon dioxide wastes. It is also important for muscle functioning; is crucial to the body's immune system; affects the capacity to function mentally, as well as physically; prevents fatigue and promotes growth.

The Recommended Dietary Allowance (RDA) for iron is 10-18 milligrams daily, with women requiring amounts closer to the 18 figure, while men require less. Children, too, require the higher figure. The plant kingdom is replete with iron-rich foods and we should be wise enough to select these foods in plentiful amounts to meet our iron requirements. The following list of iron rich plant foods should be helpful in making these selections:

beans	peas	prunes
figs	alfalfa	dates
sunflower seeds	asparagus	raisins
apricots	wheat germ	barley
green vegetables	broccoli	potatoes
peanuts	lentils	tofu
tomato juice	peaches	almonds
nuts	avocados	yams
whole grains	artichokes	parsley

Vitamin C in the diet is very effective in increasing iron absorption. This nu-

trient, abundant in citrus fruits and other fresh fruits and vegetables, enhances iron's bioavailability. Cast-iron cookware (those clunky pots discarded for Teflon) too, contributes significant amounts of dietary iron. The American Medical Association advises that the available iron in food can be increased up to 400 percent when prepared in iron cookware.

Conversely, certain foods and beverages can inhibit iron absorption. A study detailed in the *Tufts University Diet and Nutrition Letter* reveals that coffee can inhibit iron absorption by 39 percent and the usual commercial forms of tea (not herbal teas) by 87 percent. Polyphenols and tannic acids are the culprits here and these are also found in decaffeinated coffee.

The calcium and phosphorus in dairy products binds iron, forming insoluble compounds and inhibiting iron absorption. In addition dairy products are poor iron sources and can cause intestinal bleeding in some infants and children which contributes to an iron deficiency. -*Journal of Pediatrics*, 84:335, 1974.

Numerous studies have shown that the vegetarian diet offers adequate amounts of this mineral. Researchers around the world have analyzed the nutritional status of vegetarians and have found adequate iron levels. Indeed, many times vegetarians consume higher amounts of not only iron, but other minerals, than nonvegetarians.

The China Project, a five year study of that country's eating habits, found that 90 percent of their iron intake is from plant products. Surprisingly, the researchers found that the Chinese consumed twice as much dietary iron as Americans and had high hemoglobin levels. And a study published in 1988 in this country found no significant differences in iron balance between vegetarians or nonvegetarians. -*American Journal of Clinical Nutrition*, Sept. 1988.

Vegetarians, then, need NEVER eat meat in their quest to obtain adequate supplies of iron, or any other nutrient. Seventh-day Adventist physicians need never prescribe meat for their patients with iron-deficiency anemia or any other complaint. Indeed, inspiration warns: "The disease

upon animals is becoming more and more common, and our only safety now is in leaving meat entirely alone. The most aggravated diseases are now prevalent and the very last thing that physicians who are enlightened should do, is advise patients to eat meat." --CDF:412.

A vegetarian diet that is heavy in process and refined foods and not adequate in fruits, vegetables, whole grains, legumes and nuts may be deficient in iron. Iron-deficiency anemia ("tired blood") can ensue. Beginning signs of this problem include weakness, fatigue, irritability, intestinal symptoms (such as heart burn, gas and cramps), neuralgic pains, numbness and tingling in the extremities, and heart palpitations.

Women who often complain of feeling cold may not be getting enough iron. Henry Lukaski, of the U.S. Department of Agriculture's Human Nutrition Research Center in Grand Forks, N.D., and Pennsylvania State University nutritionist John L. Beard, conducted separate studies strongly suggesting that women who often feel chilly suffer iron deficiency.

Another U.S. Department of Agriculture study showed that women who had an iron deficient diet had 20 percent more nighttime awakenings than those with the normal iron diet. This mineral along with copper enhances the quality of sleep, allowing one to fall asleep faster, enjoy a good night's sleep and wake up feeling refreshed.

Other types of anemia can result when the diet is inadequate in protein, copper, magnesium, niacin, folic acid and the B vitamins (especially B-12). These nutrients can also be supplied by a well balanced variety diet.

Supplemental dietary iron may be necessary for pregnant and lactating women and young children and others who may be eating an iron-poor diet. Caution here is in order to avoid excess iron which can be toxic.

Other health habits are also important in correcting the various types of anemias.

Calvin and Agatha Thrash, M.D.s., writing in "Nutrition For Vegetarians" remind us that adequate rest for body repair and rebuilding of blood cells is vital. Fatigue causes poor blood. Nervous tension should be avoided, while physical exercise is encouraged. This stimulates the bone marrow to produce blood cells and is a most important therapy for anemia. Sunshine stimulates vitamin D production which aids in the making of blood. Good posture and deep breathing of pure air are crucial in nourishing and building all the cells of the body. This is a natural protection against anemia.

The doctors Thrash emphasize that the "proper clothing of the extremities keeps the circulation equalized between the trunk and extremities. Proper blood building can be accomplished only by healthy bone marrow activity. Congestion of the trunk by blood which should be more equally distributed inhibits proper functioning of the bone marrow in the flat bones, where blood cells are manufactured. Habitual chilling of the extremities causes a tax on the body."

--Editor

FATTY DIET LINKED TO BREAST CANCER

A study of women in northern Italy aged 30 - 75 strongly suggests that those whose diets contain a high amount of animal fat have three times the risk of developing breast cancer as do women on diets low in animal fat. According to co-author Paolo Toniolo, an assistant professor of environmental medicine at New York University Medical Center, researchers compared the consumption of total fat, saturated fat, animal proteins, and other macronutrients of 250 women diagnosed with breast cancer with a control group of 500 women. They found that the women who consumed the most fat --at least 30 percent of their total caloric intake--had a three times greater risk for breast cancer. The researchers identified high-fat dairy products and red meat as foods associated with high risk. --East West Journal, September 1989.

"True religion and the laws of health go hand in hand." --My Life Today, p. 135.

SALT-BLOOD PRESSURE LINK AFFIRMED

Salt has a greater link to high blood pressure than previous studies have indicated, and even those not at risk should cut their salt intake by about one-third, researchers said in a recent article in the *British Medical Journal*. The researchers surveyed 78 studies involving 47,000 people to make the connection, which had been disputed in a number of recent studies.

Every study that discounted the benefits of a low-salt diet lasted less than five weeks, which was not enough time, said Dr. Malcolm Law of the University of London, who directed the review. "The bottom line is that everyone--even if their doctor didn't tell them they were at high risk for heart disease--should reduce the amount of salt in their diets by at least 3 grams [half a teaspoon] a day," Law said.

For a typical American adult, that would mean cutting salt intake by a third--from 1½ teaspoons a day to a single teaspoon, he said.

Hypertension, or persistently high blood pressure, has been associated with an increased risk of stroke and heart attacks. About 32 million people in the United States are hypertensive.

Law said low-salt diets would save one in five people from strokes, one in six from heart disease and one in two from needing anti-hypertensive drugs. That works out to about 250,000 fewer deaths a year in the United States.--The Los Angeles Times, April 8, 1991.

The dangers of excessive salt are well documented and certainly not overstated. Other information regarding this product follow:

* Salt or sodium chloride, is about 40% sodium and is the main source of sodium in the American diet. When salt consumption is high, the body retains more water to dilute it to the proper proportion in the cells and blood. This leads to a

greater volume of blood and high blood pressure can result because more force is needed to pump the increased volume. High blood pressure in turn can increase the risk of heart attack, stroke and kidney disease. This condition (hypertension) rarely shows symptoms until it becomes severe. It is known as the "silent killer," and is more common than cancer and just as deadly.

* The tribesmen in New Guinea, the Amazon Basin, the highlands of Malaysia and rural Uganda all eat very little salt. Hypertension is virtually unheard of in those regions, and the blood pressure of individuals does not rise steadily with age, as it does in the United States and other salt-loving nations. But when salt is introduced into a salt-free culture, blood pressure climbs.

* Any sodium compound can cause the same problems as sodium chloride--table salt. Various sources of sodium:

sodium ascorbate	celery salt
baking soda	sea salt
sodium chloride	sodium gluconate
sodium caseinate	sodium nitrite
sodium phosphate	sodium nitrate
disodium phosphate	baking powder
sodium benzoate	sodium biphosphate
garlic salt	brine
monosodium glutamate	onion salt
sodium propionate	sodium hydroxide

* Watch out for hidden salt. Read labels. Do not buy any product if salt is listed among the first three ingredients.

* Children whose families have a history of high blood pressure or heart or kidney disease are especially sensitive to the salt in their diet according to Dr. Bernard Gauthier, a specialist in children's kidney disease and hypertension.

* American children and teenagers eat lots of salty "junk" and "fast" foods. About 10% of adolescents and 5% of children under 11 have high blood pressure. A high sodium intake in early life may be particularly detrimental. The start from birth of a low-salt diet may help prevent this condition in later life. No salt should be added to a baby's food. Babies thrive on mother's milk which is extremely low in

sodium--five times lower than cow's milk.

* Salt is one of the most widely used food additives. Much is added to foods for flavor; some, however, is used as a preservative--often when freezing or canning (minus the salt) would serve the same purpose.

* Different companies use different processing methods, many of them established before salt was thought to be potentially dangerous. Amazing differences from brand to brand of the same kind of product often result. Read labels! Most canned whole tomatoes and some canned and frozen fruits are bathed in a caustic solution of sodium hydroxide (lye) to remove their peel. Because peas and other vegetables are sorted in brine (a salt water solution), for canning, a tablespoon of canned peas has as much sodium as 5½ pounds of fresh peas.

* High sodium foods include pastries, cheese, instant breakfast cereals, frozen dinners, cured meats, "vegetarian" meats, canned soups and vegetables, bread, snack foods, fast foods and condiments such as catsup, soy sauce, steak sauce, barbecue sauce, mustard, salad dressings and pickle relish. Dairy products, eggs, meat and fish are all naturally high in sodium and are usually heavily salted additionally. Your drinking water may also be an important source of hidden salt.

* Avoid fast-food restaurants. Nearly all their foods are heavily laden with sodium.

* Sodium sulfite is used to bleach and preserve dried fruits which are then colored to look commercially attractive.

* Sodium nitrite is present in all processed meats. Known to former generations as saltpeter, this compound can cause cancer when ingested in small amounts over a period of years. MSG (monosodium glutamate) tastes less salty than sodium chloride but has three times the sodium content.

* Baking soda (sodium bicarbonate) and baking powders (calcium phosphate or sodium phosphate) are other high sodium products that should be limited. Use yeast raised breads, rolls and muffins.

* Medicines that have a high sodium content include certain pain relievers, antacids, cough medicines, laxatives and sedatives. Alka-Seltzer, some toothpastes and even the glue our government puts on our stamps are all high in sodium.

* Soft drinks, aside from everything else that is wrong with them, are usually made from sodium-rich water.

* Lowering salt intake not only lowers high blood pressure, it also adds elasticity to the larger arteries. It therefore seems to reverse age-related hardening of the arteries. This report was printed in two major journals published by the American Heart Association--"Arteriosclerosis" and "Circulation".

* A low salt diet can clear up Meniere's disease and can prevent some cases of migraine. Meniere's disease is a disturbance of the middle ear which causes disabling dizziness, nausea, headache and ringing in the ears.

* The symptoms of Raynaud's disease can be greatly eased on a low-salt diet. This circulatory disturbance, causing cold hands and feet can also be triggered by the consumption of caffeine containing beverages (coffee, tea, colas, etc.) and drugs and cigarette smoking.

* A preliminary study at Harvard University now indicates that lowering the level of salt in the blood reduces the frequency and severity of sickle-cell crises.

* Those who have arthritis should cut back on salt. Sodium can cause swelling that stresses the joints.

* A diet rich in sodium may spell trouble for asthmatics. A researcher in England found a strong correlation between table salt purchases and intake in different regions in England and death from asthma in

both men and children.

* Many women can completely eliminate the discomfort they suffer just before menstruation by eliminating salt from their diet during that time. Premenstrual syndrome (PMS) causes millions of women severe distress each month with feelings of moodiness, depression and bloatedness. Other symptoms are anxiety, fatigue, breast tenderness, irritability and sleeplessness. Eliminating sugar, caffeine, alcohol and artificial sweeteners also greatly eases these symptoms, as does cutting back on fat in the diet.

* A diet high in salt can also lead to a swelling of the tissues called "edema." After a time the body can become crowded with water and this can cause a heart attack, congestive heart failure, stroke or kidney disease.

* Extensive studies conducted on dogs and rats reveal that significant elevation of blood cholesterol takes place if the sodium chloride intake is excessive. The exact mechanism by which this takes place is not yet understood.

* Sodium occurs naturally in celery, carrots, beets, chard, kale, spinach and other vegetables and foods. To remain healthy people need a daily minimum of 230 milligrams, or about one-tenth of a teaspoon of salt.

* A simple squeeze of lemon juice is the ultimate substitute for salt to some. Others are not convinced. Experiment with various herbs like parsley, tarragon, finely chopped garlic and onions and others.

* It may take from three to six weeks for you to adjust to life with less salt. Cutting back makes the palate more sensitive to the subtle natural flavor of foods. As a result of restricting sodium intake, people come to prefer less salty food.

* Sodium is necessary in moderation and dangerous in excess. Inspiration has the last word on this important subject. Ellen White offers this information: "I use some salt and always have, because

from the light given me by God, this article, in the place of being deleterious, is actually essential for the blood."

CDF:344. The problems come when we use too much. Inspiration warns: "Do not eat largely of salt." CDF:311.

--Editor

GELATIN-FREE CAPSULES NOW AVAILABLE

That's right! Vegicaps, vegetable-based capsules, are now available to those who wish to avoid animal-derived gelatin capsules. It, of course, is common knowledge that the only available gelatin capsules heretofore, were derived from animal bones and scraps of hide, with pigskins being a major source.

Vegicaps are made of carbohydrate gum from vegetable cellulose. They can be purchased in natural food stores in packs of 100 and 500 and can be filled with dried herbs and used without guilt. Vegicaps have the added advantage of dissolving in the stomach more quickly than gelatin capsules.

Several companies are planning to offer a line of herbs and vitamins encapsulated in Vegicaps in early 1991.

A MEATLESS AMERICA?

If many anti-aging scientists have their way, all Americans will be vegetarians in the future. The Physicians Committee for Responsible Medicine in Washington, D.C., is waging an all-out war to scratch meat and dairy products from the four basic food groups long billed as a healthy diet.

The group wants to eliminate meat and dairy products (high in cholesterol and saturated fat), add low-fat, fiber-rich legumes, retain whole-grain cereals and breads and split fruits and vegetables into separate groups.

Under the new diet, daily eating would include five or more servings of whole grains, three or more servings of vegetables, two to three servings of legumes and three or more servings of fruit. (A typical serving

is half a cup.) A wealth of studies have linked such a diet with low rates of cancer, heart disease and other life shortening conditions.

It may take some time before the American public embraces a meatless diet. But, notes Neal Barnard, M.D., president of the committee, "Only 20 years ago, eating steak was an enviable sign of affluence. Now when people eat red meat, it's with a guilty conscience because they know it's bad for them." --Longevity, June 1991

AIDS VIRUS COUSIN FOUND IN CATTLE

A weak relative of the AIDS virus is "widely distributed" among cattle in the United States according to government researchers. Bovine immunodeficiency-like virus seems to be prevalent among dairy cattle in the south, said Martin Van Der Maaten of the Agriculture Department's National Animal Disease Center in Ames, Iowa.

The researchers have not determined whether the virus actually impairs the immune defenses of cows, but some infected cattle have developed enlarged lymph nodes, excess white blood cells and mock aggressiveness--all signs of immunosuppression.

The researchers have not determined how the virus is spread, although Van Der Maaten said it may be transmitted through blood, perhaps by insects or during minor surgical procedures and vaccinations.

Dr. Matthew Gonda, who has been using BIV (bovine immunodeficiency virus) in his AIDS research for the National Cancer Institute claims that there is "absolutely no" risk of humans contracting the cow virus. He said the most significant aspect of BIV is that it is a safe model to work with in researching ways to slow the human AIDS epidemic.

Several government studies on BIV done by Van Der Maaten and colleagues were released by Jeremy Rifkin, president of

the Foundation on Economic Trends and a frequent critic of government health policies. Rifkin called BIV "cow AIDS" and said it poses a serious potential threat to the health of American cattle and the future of the cattle industry. He called for a quarantine of infected cows while the potential health risks to humans and animals are investigated and for government testing of milk, dairy products and raw beef to check for possible contamination. --Riverside, Calif. Press-Enterprise, June 1, 1991.

Inspiration, again, years ago warned of this dangerous situation that we are now facing:

"Flesh was never the best food; but its use is now doubly objectionable, since disease in animals is so rapidly increasing.

"Animals are becoming more and more diseased and it will not be long until animal food will be discarded by many besides Seventh-day Adventists. Foods that are healthful and life sustaining are to be prepared, so that men and women will not need to eat meat.

"When will those who know the truth take their stand on the side of right principles for time and for eternity? When will they be true to the principles of health reform? When will they learn that it is dangerous to use flesh meat? I am instructed to say that if ever meat eating were safe, it is not safe now.

"The light given me is that it will not be very long before we shall have to give up using any animal food. Even milk will have to be discarded. Disease is accumulating rapidly. The curse of God is upon the earth, because man has cursed it. The habits and practices of men have brought the earth into such a condition that some other food than animal food must be substituted for the human family. We do not need flesh food at all. God can give us something else."
--CDF:384

"The more nearly we come into harmony with God's original plan, the more favorable will be our position for the recovery and preservation of health." My Life Today, p.136.

SEVENTH-DAY ADVENTISTS AND LAWSUITS

ELLEN G. WHITE

When troubles arise in the church we should not go for help to lawyers not of our faith. God does not desire us to open church difficulties before those who do not fear Him. He would not have us depend for help on those who do not obey His requirements. Those who trust in such counselors show that they have not faith in God. By their lack of faith the Lord is greatly dishonored, and their course works great injury to themselves. In appealing to unbelievers to settle difficulties in the church they are biting and devouring one another, "to be consumed one of another" (Gal. 5:15).

These men cast aside the counsel God has given, and do the very things He has bidden them not to do. They show that they have chosen the world as their judge, and in heaven their names are registered as one with unbelievers. Christ is crucified afresh, and put to open shame. Let these men know that God does not hear their prayers. They insult His holy name, and He will leave them to the buffetings of Satan until they shall see their folly and seek the Lord by confession of their sin.

Matters connected with the church are to be kept within its own borders. If a Christian is abused, he is to take it patiently; if defrauded, he is not to appeal to courts of justice. Rather let him suffer loss and wrong. God will deal with the unworthy church member who defrauds his brother or the cause of God; the Christian need not contend for his rights. God will deal with the one who violates these rights. "Vengeance is mine, I will repay, saith the Lord" (Rom. 12:19). An account is kept of all these matters, and for all the Lord declares that He will avenge. He will bring every work into judgment.

The interests of the cause of God are not to be committed to men who have no connection with heaven. The interests of

those who are disloyal to God cannot be safe counsellors. They have not that wisdom which comes from above. They are not to be trusted to pass judgment in matters connected with God's cause, matters upon which such great results depend. If we follow their judgment we shall surely be brought into very difficult places, and shall retard the work of God. Those who are not connected with God are connected with the enemy of God, and while they may be honest in the advice they give, they themselves are blinded and deceived. Satan puts suggestions into the mind and words into the mouth that are entirely contrary to the mind and will of God. Thus he works through them to allure us into false paths. He will mislead, entangle, and ruin us if he can.

Anciently it was a great sin for the people of God to give themselves away to the enemy, and open before them either their perplexity or their prosperity. Under the ancient economy it was a sin to offer sacrifice upon the wrong altar. It was a sin to offer incense kindled by the wrong fire.

We are in danger of mingling the sacred and the common. The holy fire from God is to be used in our efforts. The true altar is Christ; the true fire is the Holy Spirit. This is our inspiration. It is only as the Holy Spirit leads and guides a man that he is a safe counselor. If we turn aside from God and from His chosen ones to inquire at strange altars we shall be answered according to our works.

Let us show perfect trust in our Leader. Let us seek wisdom from the Fountain of wisdom. In every perplexing or trying situation, let God's people agree as touching the thing they desire, and then let them unite in offering prayer to God, and persevere in asking for the help they need. We are to acknowledge God in all our counsel, and when we ask of Him, we are to believe that we receive the very blessings sought. --Manuscript 196, 1898, pp. 1-4. ("Appealing to Lawyers.")

When you engaged in that lawsuit against A. I said if Elder B has gone so far as to enter into that business, it will be

a blot upon his life. I have sorrowed because of your course in this; I know that it is not right, and will not in the least relieve the situation for you in any way. It is only a manifestation of that wisdom which is not from above.

I was informed that you intended to institute a suit against me, on the ground that you had been wronged by the testimonies given in your case. A letter came to me, threatening that if I did not acknowledge that I had wronged you, the suit would be entered upon. Now, I could hardly believe that you had gone so decidedly on the enemy's ground, knowing my life-work as well as you do.

All that I have written to you, every word of it, was the truth. I have no retractions to make. I have done only that which I know to be my duty to do. My only motive in publishing the matter was the hope of saving you. I had no thought but of sincere pity and love for your soul. You yourself know that I have great interest for your soul....

If anyone shall seek to hinder me in this work by appealing to the law, I shall not abate one jot of the testimonies given. The work in which I am engaged is not my work. It is the work of God, which He has given me to do. I did not believe that you would do so terrible a thing as to lift your finite hand against the God of heaven. Whoever shall do this work, let it not be B....

I want to say to you, Do not extort money from anyone because of words spoken against you or yours. You harm yourself by so doing. If we are looking unto Jesus, the Author and Finisher of our faith, we shall be able to pray, "Lord, forgive us our trespasses, as we forgive those who trespass against us." Jesus did not appeal to the law for redress when He was unjustly accused. When he was reviled, He reviled not again; when He was threatened, he did not retaliate.--Letter 38, 1891. (Nov. 10, 1891).

Something must be done to save the people of God from being deceived and led astray. There may be those whose hearts are accustomed to resistance, who will seek to

do harm to the one who has reproved them, and resort to the law for "damages" done to their poor souls. Cain killed his brother because, when Abel reproved him for disregard of God's expressed requirements, he thought he had done him damage....

If a suit is instituted in earthly tribunals, and God suffers it to come to trial, it is that His own name may be glorified. But a woe will be upon the man who gives himself to do this work. God reads the motives, whatever they may be. I pray that the Lord will teach our brethren to be straightforward, and make no compromise in the matter. The cause of God has been bruised and wounded by any such men connecting with it, and the sooner they are separated from it, the better.

But the Lord has a controversy with those who have acted in an underhanded manner, those who have failed to do their duty in their responsible positions of trust. Every soul is worth saving, and this poor soul might have been saved from the tempter's power if those connected with him had done their duty. The Lord holds them accountable for their neglect of frank, open dealing. Years ago a plain, straightforward work should have been done....

The Lord has sent warnings and reproof, but they have not been heeded. In the Battle Creek buildings important interests have been piled up which should have been distributed over a larger territory. Man's reasoning and devising has made things very complicated and hard to disentangle. Let the men who are so fearful of their record here in this world only be one quarter as anxious to have their record good on high, to have their motives pure, and lofty, and unsullied, and they will feel safe in committing their case to God's tribunal. Then they can say, "It is a small thing for me to be judged by any man's judgment."--Letter 19a, 1897. (To "Brethren in Battle Creek," July 27, 1897).

I have written largely in regard to Christians who believe the truth placing their cases in courts of law to obtain redress. In doing this, they are biting and devouring one another in every sense of the word "to consume one another." They cast

aside the inspired counsel of God and in the face of the message He gives they do the very thing He has told them not to do. Such men may as well stop praying to God, for He will not hear their prayers. They insult Jehovah, and He will leave them to become the subjects of Satan until they shall see their folly and seek the Lord by confession of their sins....

I ask you, my brother, to help those who have acted like men with their eyes put out to wake up and be converted, that God can use them. We have a solemn message from God. We have no time to lose. Ask and receive, that you may give.
--Letter 61, 1898, (To A.T. Jones, August 1, 1898).

The world and unconverted church members are in sympathy. Some, when God reproves them for wanting their own way, make the world their confidence, and bring church matters before the world for decision. Then there is collision and strife, and Christ is crucified afresh and put to open shame. Those church members who appeal to the courts of the world show that they have chosen the world as their judge, and their names are registered in heaven as one with unbelievers. How eagerly the world seizes the statements of those who betray sacred trusts!

This action, of appealing to human courts, never before entered into by Seventh-day Adventists, has now been done. God has permitted this that you who have been deceived may understand what power is controlling those who have had entrusted to them great responsibilities. Where are God's sentinels? Where are the men who will stand shoulder to shoulder, heart to heart, with the truth, present truth for this time, in possession of the heart?--Manuscript 64, 1898. ("The Danger of Rejecting Light," May 19, 1898).

The widow and the fatherless are the objects of the Lord's special care, and those who in any way rob them of the means they should have, those who regard their wants with indifference, will be

death with by the Judge of all the earth. Men cannot receive God's favor while they are unfeeling and selfish. The Lord will test His people as individuals. He will not suffer His heritage to be oppressed.

If you are afflicted or unjustly used, cry to God. Turn away from those whose hearts are as steel, and make your requests known to your Maker. Your case may seem discouraging, but do not look at outward appearances. Continue to pray. Have faith in God; for He has promised that He will hear the prayer of faith. "Cast not away therefore your confidence, which hath great recompense of reward. For yet a little while, and He that shall come will come, and will not tarry."

The judge spoken of in this parable represents those judges who, when human life is in the balance, decide the question in accordance with debased, perverted sentiments. He neither feared God nor regarded man. Self was his god. By this God would show us to what depths of degradation men can sink. This judge was filled with Satanic attributes. Appetite and passion had destroyed his powers of perception. When men yield their powers to Satan, their lower nature is fully developed.

There are judges now in office who neither fear God nor regard man. Intemperate practices, liquor drinking, and tobacco using are perverting the judgment of many who occupy positions of responsibility. These unfaithful stewards will be stripped of their robes of honor. They will one day stand before the bar of God, to be tried, and the Judge of all the earth will judge righteously....The teaching of this parable is applicable to the church of God at this time. When troubles assail, do not go for help to lawyers not of our faith. God would not have us open church difficulties before those who do not fear Him. Let God's people agree as touching the thing they desire, and then let them unite in offering prayer to God, persevering in asking for deliverance. God would not have us depend for help upon those who do not obey His requirements. They have not that wisdom that cometh down from above. Those who trust in such

counselors show that they have not faith in God. They dishonor Him by appealing to unbelievers to settle difficulties in the church. What do they think they will gain by opening to lawyers the supposed wrongdoings of their fellow church members?...

Much pride of heart has been revealed by the professed people of God. Many selfish opinions have been cherished. It has been regarded as justifiable to appeal to lawyers to adjust difficulties. Thus God's people have shown, as did ancient Israel, that notwithstanding He has led and prospered them, they will dishonor Him by seeking help from unbelievers....

From this we see that the Lord requires His people to be particular in carrying out right principles. When they are in trouble He would have them call upon Him, in the place of betraying the cause of God into the hands of unbelievers. It is a betrayal of sacred trust to open before unbelievers the working of God's institutions. In this way false statements are made, and these statements are reported to others. Those who do this counterwork the cause of God. They are adversaries of the truth.--Manuscript 72, 1898. ("Shall Not God Avenge His Own Elect?" June 14, 1898).

How can men to whom have been committed the living oracles of God appeal to lawyers who are disloyal to God, to settle matters relating to the cause of God? Can we be surprised that more souls are not convinced of the truth when pride, self-love, and self-exaltation make those who claim to believe the truth more like men who have lost their first love than like the children of God? --Manuscript 75, 1898. ("Come Out From Among Them, and Be Ye Separate," June 16, 1898).

The saints are to judge the world. Then are they to depend upon the world, and upon the world's lawyers to settle their difficulties? God does not want them to take their troubles to the subjects of the enemy for decision. Let us have confidence in one another.--Manuscript

71, 1903. ("To Every Man His Work," June 18, 1903).

To lean upon the arm of the law is a disgrace to Christians; yet this evil has been brought in and cherished among the Lord's chosen people. Worldly principles have been stealthily introduced, until in practice many of our workers are becoming like the Laodiceans--halfhearted, because so much dependence is placed on lawyers and legal documents and agreements. Such a condition of things is abhorrent to God. --Manuscript 128, 1903. ("Wrongdoing to Be Condemned; Righteousness to Be Exalted," October 4, 1903).

I want to tell you that the very first thing you must do is to follow the following Scriptures:

"Your glorying is not good. Know ye not that a little leaven leaveneth the whole lump? Purge out therefore the old leaven, that ye may be a new lump, as ye are unleavened. For even Christ our passover is sacrificed for us: therefore let us keep the feast, not with old leaven, neither with the leaven of malice and wickedness; but with the unleavened bread of sincerity and truth."

"Dare any of you, having a matter against another, go to law before the unjust, and not before the saints? Do ye not know that the saints shall judge the world? and if the world shall be judged by you, are ye unworthy to judge the smallest matters? Know ye not that we shall judge angels? how much more the things that pertain to this life? If then ye have judgments of things pertaining to this life, set them to judge who are least esteemed in the church. I speak to your shame. Is it so, that there is not a wise man among you? No, not one that shall be able to judge between his brethren? But brother goeth to law with brother, and that before the unbelievers. Now therefore there is utterly a fault among you, because ye go to law with one another. Why do ye not rather take wrong? Why do ye not rather suffer yourselves to be defrauded? Nay, ye do wrong, and defraud, and that your brethren. Know ye not that the unrighteous shall not inherit the kingdom of

God?"

Will you consider that you have known what it means to feel the moving of the Holy Spirit upon your heart, before you had educated yourself to criticize, to find fault, to accuse, to rail against your brethren? When I consider what you might have been, had you improved your God-given powers, had you striven to be kind and pure and unselfish, exerting a spiritual influence and increasing in stability and good works, my heart aches! Had you set a Christlike example, many souls would have been helped in following it. Who can estimate what a good work you might have done had you followed without deviation the instruction given in the teachings of Christ? You have left off to be wise and to do good. But I have hope that you will see yourself as you are and make diligent efforts to counterwork your past influence. I have hope that you will enter the narrow way and pass through the gate that leads unto eternal life....If you are saved from sin you must have an experience altogether different from that which you now have. God hath shined in our hearts, to give what? A knowledge higher, greater, and infinitely more ennobling than the knowledge that this world gives. When church members have this knowledge, their practice will be of a character to recommend their faith. By a well ordered life, and godly conversation, they will reveal Christ. There will be no lawsuits between neighbors or brothers.

I call upon you in the name of Christ to withdraw the suit that you have begun and never bring another into court. God forbids you thus to dishonor His name. You have had great light and many opportunities, and you cannot afford to unite with worldlings and follow their methods. Remember that the Lord will treat you according to the stand that you take in this life.

I plead with you to turn to the Lord before it is too late....

I tell you solemnly that if you take the action which you now purpose to take, you will never recover from the result of it.

If you open before the world the wrongs that you suppose your brethren have done you, there will be some things that will have to be said on the other side. I have a caution to give you. In regard to the case of those who shared large responsibilities with you in the Review and Herald, and who have turned to be enemies of the work, you will not wish to hear the verdict that shall be passed upon them when the judgment shall sit and the books shall be opened, and every man shall be judged according to the things written in the books. I want to save you from following a course that would link you up with those who have linked themselves up with fallen angels, to do all the harm they possibly can to those who love God, and who, under great difficulty, are striving to proclaim present truth to the world.

Those against whom you bring your charges know that I have not approved of their manner of dealing with you, and that I have reproved them for their unfeeling management of your case. There are those who have not acted honorably. They have not done as they would be done by. But because of this, should you, in the face of the warnings given, move so manifestly against the instruction given? I beg of you not to cut yourself off from the confidence of your brethren and from taking a part in the publishing work. I would rather share your loss than to have you push this matter through to the injury of your soul, giving Satan an opportunity to present your case before unbelievers in a most ridiculous light, and to hold up the office of publication in a disparaging light....

Take this case out of the lawyers' hands. It seems awful to me to think that you will go directly contrary to the plain word of God, and will open to the world your cruel work against God's commandment-keeping people. If this action of yours were to tell only against those who have done injustice, the harm would not be so far-reaching; but can you not see that it will arouse prejudice against God's people as a body? Thus you will bruise and wound Christ in the person of His saints, and cause Satan to exult because through you he could work against God's people and against His

institutions, doing them great harm.
--Letter 301, 1905. (To Frank Belden,
October 20, 1905). --Manuscript Releases,
Vol. 5. pp. 410-422.

HOW TO TURN WASTED TIME INTO GOOD USE

V.T. HOUTEFF

You are aware of the fact that we are given a great work and that the time in which to do it is very short; that we should therefore, learn how to turn wasted time into good use. Someone has said that on the average, more than half of mens' life and energy are wasted on useless talking and in policing others. One of our greatest needs therefore, is that we learn to control our tongues and to keep our noses out of other people's business in order to conserve time and energy, peace and integrity.

It is well to remember too, that our tongues are given to us for the purpose of speaking God's Truth and His praise, and our energies to proclaim His Truth and to bless His people. Let us be talking of and working for these heaven born principles. If you accidentally happen to see or to hear that someone is doing something that according to your best judgment is not proper for a Christian to do, and if you think you can help him, then do not make of yourself a talebearer by telling it to anyone but rather plead with the guilty one.

Do not make yourself a criterion for any either, and do not force your ideas on anyone but on yourselves. It is no one's duty to police another. Understand that no one is in debt to bring his life to anyone's standards and maximums. Hear what Inspiration says: "Who are thou that judgest another man's servant? to his own master he standeth or falleth. Yea, he shall be holden up: for God is able to make him stand" Rom. 14:4, but since you are not able to, then why try!

Do not make enemies by your tongues. Make friends. And do not have your feelings

on your finger tips. If you do, you yourself will feel the loss of friends, of social joy, and of the opportunity and privilege to win souls to Christ. Do not end the day with no credit to be recorded on your page of Heaven's ledger. Do not misinterpret other peoples' motives either. Try to see and interpret everything in the right way, give everyone a chance. See the good in everyone and close your eyes to all evil.

Let your conversation be on the subject of promoting God's Truth for the day. It will keep you busy talking of something profitable and commendable. Think and study, and when you talk religion, by all means do not become a bore. Go on with your talk only as far as your listeners follow you. (Quotes Matt. 7:6).

Tongues are hard to control, and ears always anxious to hear. It will therefore be better if you do less visiting. Much visiting is only a waste of time and a temptation to discuss the motes in the eyes of others and to overlook the beam that is in your own eye.

Whenever you are by yourself you can get something done. You can then either work or study. But when you get together with others, the chances are that you get nothing done but harm to yourself and to others. Now is the time to study and to learn the Truth for this time, to find out how to give a study and how to answer questions in a simple way, without having to go into a lot of history or biography. And if you are determined to walk with God daily and to study His will concerning your own duties, not the duties of others, you will find plenty to keep you busy and out of mischief.

Remember, too, that you are candidates for the first fruits, to be either one with, or one of the 144,000, that you are to be without guile in your mouths. Rev. 14:5.

Measure your words by the golden rule. If you will do to others what you would have them to do to you, you will have less trouble, greater joy in life, and many friends all around you, and fair sheaves for the Heavenly Garner. --1 TG.4:25-27.

ELLEN G. WHITE

Mothers, you should give your children enough to do. If they get weary, it will not injure health. There is much difference between weariness and exhaustion. Indolence will not be favorable to physical, mental, or moral health. It throws open the door, and invites Satan in, which opportunity he improves, and draws the young into his snares. By indolence, not only the moral strength is weakened, and the impulse of passion increased, but Satan's angels take possession of the whole citadel of the mind, and compel conscience to surrender to vile passion. We should teach our children habits of patient industry. We should beware of indulging them too much. When they meet with difficulty in their labour, we must help them through it instead of carrying them over it. It might be easier for us at the time to do the latter; but we fail to teach a useful and valuable lesson of self-reliance to our children, and are preparing the way to greatly increase our cares in the end. We should awaken in our children generous, noble principles, and urge them to active exertions, which will shield them from a multitude of temptations, and make their lives happier.

THE RELATION OF DIET TO MORALITY

My sisters, as mothers we are responsible in a great degree for the physical, mental, and moral health of our children. We can do much by teaching them correct habits of living. We can show them, by our example, that we make a great account of health, and that they should not violate its laws. We should not make it a practice to place upon our tables food which would injure the health of our children. Our food should be prepared free from spices. Mince pies, cakes, preserves, and highly seasoned meats, with gravies, create a feverish condition in the system, and inflame the animal passions. We should teach our children to practise habits of self-denial; that the great

battle of life is with self, to restrain the passions, and bring them into subjection to the mental and moral faculties.

My sisters, be entreated to spend less time over the cooking-stove, preparing food to tempt the appetite, and thus wearing out the strength given you of God to be used for a better purpose. A plain, nourishing diet will not require so great an amount of labour. We should devote more time to humble, earnest prayer to God, for wisdom to bring up our children in the nurture and admonition of the Lord. The health of the mind is dependent upon the health of the body. As Christian parents, we are bound to train our children in reference to the laws of life. We should instruct them, by precept and example, that we do not live to eat, but that we eat to live. We should encourage in our children a love for nobleness of mind and a pure, virtuous character. In order to strengthen in them the moral perceptions, the love of spiritual things, we must regulate the manner of our living, dispense with animal food, and use grains, vegetables, and fruits, as articles of diet.

THE FORCE OF EXAMPLE

Mothers, is there not a work for you to do in your families? You may inquire, How can we remedy the evils which already exist? How shall we begin the work? If you lack wisdom, go to God. He has promised to give liberally. Pray much, and fervently, for divine aid. One rule cannot be followed in every case. The exercise of sanctified judgment is now needful. Be not hasty and agitated, and approach not your children with censure. Such a course would only cause rebellion in them. You should feel deeply over any wrong course you have taken, which may have opened a door for Satan to lead your children by his temptations. If you have not instructed them in regard to the violation of the laws of health, blame rests upon you. You have neglected an important duty, the result of which may be seen in the wrong practices of your children. Before you engage in the work of teaching your children the lesson of self-control, you should learn it yourself. If you are easily agitated, and become impatient, how

can you appear reasonable to your children, and faithfully present to them the sure work of ruin upon their constitutions, if they continue the course they have begun; that as they debilitate the physical and mental, so, also, the moral must feel the decay, and that in this they are sinning, not only against themselves, but against God.

You should make them feel, if possible, that it is God, the pure and holy God, that they have been sinning against; that the great Searcher of hearts is displeased with their course; that nothing is concealed from Him. If you can so impress your children that they will exercise that repentance which is acceptable to God, that godly sorrow which worketh repentance unto salvation, not to be repented of, the work will be thorough, the reform certain. They will not feel sorrow merely because their sins are known; but they will view their sinful practices in their aggravated character, and will be led to confess them to God, without reserve, and will forsake them. They will sorrow for their wrong course because they have displeased God and sinned against Him and dishonoured their bodies before Him who created them, and has required them to present their bodies a living sacrifice, holy and acceptable unto Him, which is their reasonable service.

"What! know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price; therefore glorify God in your body, and in your spirit, which are God's." 1 Cor. 6:19,20.

You should present encouragements before your children that a merciful God will accept true heart repentance, and will bless their endeavours to cleanse themselves from all filthiness of the flesh and spirit. As Satan sees that he is losing control over the minds of your children, he will strongly tempt them and seek to bind them to continue to practise this bewitching vice. But with a firm purpose they must resist Satan's temptations to indulge the ani-

mal passions, because it is sin against God. They should not venture on forbidden ground, where Satan can claim control over them. If they in humility entreat God for purity of thought, and a refined and sanctified imagination, He will hear them, and grant their petitions. God has not left them to perish in their sins, but will help the weak and helpless, if they cast themselves in faith upon Him. Those who have been in the practice of secret indulgence until they have prostrated their physical and mental strength, may never fully recover from the result of the violation of nature's laws; but their only salvation in this world, and that which is to come, depends upon entire reform. Every deviation is making recovery more hopeless. None should be discouraged if they perceive no decided improvement in their health after the habit has been broken off for some time. If nature's laws have not been too long abused, she will carry on her restoring process, although it may not be immediately realised. But some have so long abused nature that she cannot recover entirely. Such must reap as long as they live, to a greater or less degree, the fruit of their doings.

We do not charge all the youth who are feeble of being guilty of wrong habits. There are those who are pure-minded and conscientious, who are sufferers from different causes over which they have no control.

A SURE REFUGE

The only sure safety for our children against every vicious practice is, to seek to be admitted into the fold of Christ, and to be taken under the watchcare of the faithful and true Shepherd. He will save them from every evil, shield them from all dangers, if they will heed His voice. He says, "My sheep hear My voice, and they follow Me." In Christ they will find pasture, obtain strength and hope, and will not be troubled with restless longings for something to divert the mind and satisfy the heart. They have found the pearl of great price, and the mind is at peaceful rest. Their pleasures are of a pure, elevated, heavenly character. They leave no painful reflections, no remorse. Such

pleasures do not enfeeble the body, nor prostrate the mind, but give health and vigour to both.

Communion with, and love for, God, the practice of holiness, the destruction of sin, are all pleasant. The reading of God's Word does not fascinate the imagination and inflame the passions like a fictitious story book, but softens, soothes, elevates, and sanctifies the heart. When the youth are in trouble, when assailed by fierce temptations, they have the privilege of prayer. What an exalted privilege! Finite beings, of dust and ashes, admitted, through the mediation of Christ, into the audience-chamber of the Most High. In such exercises the soul is brought into a sacred nearness with God, and is renewed in knowledge and true holiness, and fortified against the assaults of the enemy.

No matter how high a person's profession, those who are willing to be employed in gratifying the lust of the flesh cannot be Christians. As servants of Christ, their employment, and meditations, and pleasure, should consist in things more excellent.

Many are ignorant of the sinfulness of these habits and their certain results. Such need to be enlightened. Some who profess to be followers of Christ know that they are sinning against God and ruining their health, yet they are slaves to their own corrupt passions. They feel a guilty conscience, and have less and less inclination to approach God in secret prayer. They may keep up the form of religion, yet be destitute of the grace of God in the heart. They have no devotedness to His service, no trust in Him, no living to His glory, no pleasure in His ordinances, and no delight in Him. The first commandment requires every living being to love and serve God with all the might, mind, and strength. Especially should professed Christians understand the principles of acceptable obedience.

Can any expect that God will accept a profession, a form, merely, while the

heart is withheld, and they refuse to obey His commandments? They sacrifice physical strength and reason upon the altar of lust, and can they think that God will accept their distracted, imbecile service, while they continue their wrong course? Such are just as surely self-murderers as though they pointed a pistol to their own breast, and destroyed their life instantly. In the first case they linger longer, are more debilitated, and destroy gradually the vital force of their constitution and the mental faculties; yet the work of decay is sure. While they live, they curse the earth with their imbecile influence, are a stumbling-block to sinners, and cause their friends living sorrow, and an immeasurable weight of anxiety and care as they mark the signs of their decay, and have daily evidence of their impaired intellect.

SELF DESTRUCTION AND ITS PENALTY

To take one's life instantly is no greater sin in the sight of Heaven than to destroy it gradually, but surely. Persons who bring upon themselves sure decay by wrongdoing will suffer the penalty here, and, without a thorough repentance, will not be admitted into heaven hereafter, any more than the one who destroys life instantly. The will of God establishes the connection between cause and its effects. Fearful consequences are attached to the least violation of God's law. All will seek to avoid the result, but will not labour to avoid the cause which produced the result. The cause is wrong, the effect right, the knowledge of which is to restrain the transgressor.

The inhabitants of heaven are perfect, because the will of God is their joy and supreme delight. Many here destroy their own comfort, injure their health, and violate a good conscience, because they will not cease to do wrong. The injunction to mortify the deeds of the body, with its affections and lusts, has no effect upon them. They profess Christ, but are not His followers, and never can be until they cease their wrong-doing, and work the work of righteousness.

Females possess less vital force than the other sex, and are deprived very much of

the bracing, invigorating air by their indoor life. The result of self-abuse in them is seen in various diseases, such as catarrh, dropsy, headache, loss of memory and sight, great weakness in the back and loins, affections of the spine, and, frequently, inward decay of the head. Cancerous humour, which would lie dormant in the system during their lifetime, is inflamed, and commences its eating, destructive work. The mind is often utterly ruined, and insanity supervenes.

The only hope for those who practise vile habits is to leave them forever, if they place any value upon health here, and salvation hereafter. When these habits have been indulged in for a length of time, it requires a determined effort to resist temptation and refuse the corrupt indulgence. Those who destroy themselves by their own acts will never have eternal life. They that will continue to abuse the health and life given them of God in this world, would not make a right use of health and immortal life were they granted them in God's everlasting kingdom.

The practice of secret habits surely destroys the vital forces of the system. All unnecessary vital action will be followed by corresponding depression. Among the young, the vital capital and the brain are so severely taxed at an early age, that there is a deficiency and great exhaustion, which leave the system exposed to diseases of various kinds. But the most common of these is consumption. None can live when their vital energies are used up. They must die. God hates everything impure, and His frown is upon all who give themselves up to gradual and sure decay.

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are." 1 Cor. 3:16,17.

Those who corrupt their own bodies cannot enjoy the favour of God, until they sincerely repent, make an entire reform,

and "perfect holiness in the fear of the Lord." None can be Christians and indulge in habits which debilitate the system, bring on a state of prostration of the vital forces, and end in making a complete wreck of beings formed in the image of God. This moral pollution will certainly bring its reward. The cause must produce the results. Those who profess to be disciples of Christ should be elevated in all their thoughts and acts, and should ever realise that they are fitting for immortality, and that, if saved, they must be without spot, or wrinkle, or any such thing. Their Christian character must be without a blemish, or they will be pronounced unfit to be taken to a holy heaven to dwell with pure, sinless beings in God's everlasting kingdom.

SATAN'S SPECIAL WORK

It is the special work of Satan in these last days to take possession of the minds of youth, to corrupt their thoughts, and inflame their passions, knowing that by thus doing he can lead them to self-pollution, and then all the noble faculties of the mind will become debased, and he can control them to suit his own purposes. All are free moral agents; and as such they must bring their thoughts to run in the right channel. Their meditations should be of that nature which will elevate their minds, and make Jesus and heaven the subjects of their thoughts. Here is a wide field in which the mind can safely range. If Satan seeks to divert the mind from this to low and sensual things, bring it back again, and place it on eternal things; and when the Lord sees the determined effort made to retain only pure thought, He will attract the mind, like the magnet, and purify the thoughts, and enable them to cleanse themselves from every secret sin. "Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ." 2 Cor. 10:5.

The first work of those who would reform is, to purify the imagination. If the mind is led out in a vicious direction, it must be restrained to dwell only upon pure and elevated subjects. When tempted to yield

to a corrupt imagination, then flee to the throne of grace, and pray for strength from Heaven. In the strength of God the imagination can be disciplined to dwell upon things which are pure and heavenly.

Some young persons who have been initiated into vile practices of the world, seek to awaken the curiosity of other inquisitive minds, and impart to them that secret knowledge, ignorance of which would be bliss. They are not content with practising themselves the vice they have learned. They are hurried on by the devil to whisper their evil communications to other minds, to corrupt their good manners. And unless the youth have fixed religious principles, they will be corrupted. A heavy penalty will rest upon those who suffered Satan to use them as mediums to lead astray and corrupt the minds of others. A heavy curse rested upon the serpent in Eden because he was the medium Satan used to tempt our first parents to transgress; and a heavy curse from God will follow those who yield themselves as instruments in the subversion of others. And although those who permit themselves to be led astray, and learn vile habits, will suffer for their sin, yet those guilty of instructing them will also suffer for their own sins, and the sins they led others to commit. It were better for such if they had never been born.

Those who would have that wisdom which is from God must become fools in the sinful knowledge of this age, in order to be wise. They should shut their eyes, that they may see and learn no evil. They should close their ears, lest they hear that which is evil, and obtain that knowledge which would stain their purity of thoughts and acts. And they should guard their tongues, lest they utter corrupt communications, and guile be found in their mouths.

THE SOURCE OF HELP

All are accountable for their actions while upon probation in this world. All

have power to control their actions. If they are weak in virtue and purity of thoughts and acts, they can obtain help from the Friend of the helpless. Jesus is acquainted with all the weaknesses of human nature, and, if entreated, will give strength to overcome the most powerful temptations. All can obtain this strength if they seek for it in humility. Jesus gives all a blessed invitation who are burdened and laden with sin, to come to Him, the sinner's friend. "Come unto Me, all ye that labour, and are heavy laden, and I will give you rest. Take My yoke upon you, and learn of Me; for I am meek and lowly in heart; and ye shall find rest to your souls. For My yoke is easy, and My burden is light." Matt. 11:28-30.

Here the most inquisitive may safely learn in the school of Christ that which will prove for their present and everlasting good. The uneasy and dissatisfied will here find rest. With their thoughts and affections centred in Christ, they will obtain true wisdom, which will be worth more to them than the richest earthly treasures.

Many professed Christians do not labour perseveringly. They make too little effort, and are not ready and willing to deny self. The prayer of the living Christian will be to "be filled with the knowledge of His will, in all wisdom and spiritual understanding, that ye may walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God, strengthened with all might, according to His glorious power, unto all patience and long-suffering with joyfulness." Col. 1:9-11. "In whom are hid all the treasures of wisdom and knowledge." Col. 2:3.

Here is the true knowledge, which should be desired and possessed by every Christian. This knowledge will not lead to ungodliness. It will not break down the constitution, nor bring a gloomy cloud over the mind; but will impart substantial joys and true happiness. This wisdom is divine, and flows ceaselessly from a pure fountain which gives peace, joy, and health.

Even many professed Christians seem to have no earnest desire for this heavenly knowledge, and remain in willing ignorance of this divine grace which it is their privilege to obtain. The only safety for the youth is to seek this precious wisdom, which will assuredly destroy all desire for corrupt knowledge. And when they have acquired a relish for the pure, calm, satisfying joys of faith and holiness, every feeling of their being will rise in abhorrence to corrupting pleasures. All can choose life if they will. They can resist sin, take pleasure in the ways of righteousness and true holiness, and be rewarded with eternal life in God's everlasting kingdom.

If they choose to corrupt their ways before the Lord, defile their own bodies and commit self-murder, they can do so; but they should remember that the judgment is to sit, and the books are to be opened, and they are to be judged out of those things which are written in the books, according to their works. What a fearful, spotted record will be opened before them, of their secret thoughts and vile acts. Sentence is pronounced upon them, and they are shut out from the city of God, with the ungodly, and miserably perish with the wicked.

Now is the time of preparation. None need to expect that God will do the work of preparing and fitting them up, without their efforts. It is for them to work the works of righteousness, and crowd all the right-doing they can into the little space of time allotted to them before probation closes, that they may have a clean record in heaven. I close with the entreaty of the prophet, "Turn ye, turn ye, from your evil ways; for why will ye die?" Eze. 33:11.

--Ed. Appeal, p. 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

I will praise thee, O Lord, with
my whole heart;
I will shew forth all thy marvelous
works.
I will be glad and rejoice in
Thee;
I will sing praise to thy name,
O thou most High.

--Psalm 9:1,2.

THY KINGDOM COME!

Lo! the world is growing older,
And our hearts are growing colder;
Death is strong, and sin is bolder,--
Let thy kingdom come.

Ah! the world is full of sighing,
Men are weeping, men are dying;
Father! hear thy children crying,--
Let thy kingdom come.

Here beside thine altar kneeling,
Grant us thy love revealing,
By thy blood our spirits sealing,--
Let thy kingdom come.

Angels harps and voices ringing,
Messages of love are bringing,
Ah! they charm us by their singing,--
Let thy kingdom come.

When we stand by Jordan's river,
And this clay and spirit sever,
Hear our prayer, O gracious Giver,--
Let thy kingdom come.

By that land where all is glory,
By that cross once red and gory,
Hear thy children plead their story,--
Let thy kingdom come.

--T.A.B.

A PRAYER FOR COMMUNITY

O Father of mercies, grant that I may look on the defects of my neighbor as if they were my own, that I may conceal and be grieved for them; and that making Thy love to us, O blessed Jesus, the pattern of my love to them, I may above all things endeavor to promote their eternal welfare....

Teach me to have compassion for the weakness and frailties of my brethren; to put the best construction on all their actions; to interpret all doubtful things to their advantage, and cheerfully to bear with their real infirmities.

Sanctify the friendship which Thou hast granted me for these Thy servants...that our prayers may be heard for each other while our hearts are united in Thy love and graciously unite them therein more and more.

--John Wesley

THE 1992 SESSION - JULY 24 - AUG. 8

FIRST ANNOUNCEMENT

The 1992 Session will be held at the General Headquarters, Mt. Carmel Center, Mountandale, New York, beginning on Friday, July 24 and continuing through Sabbath, August 8. As in years past, the meetings will be comprised of religious, business and social activities.

All members should plan to be in attendance. Pray much for the Lord's direction and guidance as we make plans for this important occasion.

THE "ROD" IN OTHER LANGUAGES

A careful investigation has been made concerning the possibility of translating the "Rod" into several foreign languages. The most important factors considered were:

- 1) Cost
- 2) Accuracy

We are admonished to "read closely every page of the solemn message contained in The Shepherd's Rod publications. Let not a line escape your attention. Study every word carefully and prayerfully. Be earnest and diligent in your perusal of Truth...." 5 Ans. 29.4

This, of course, necessitates accuracy as we embark on this endeavor.

As far as cost is concerned, the lowest quoted price that we received was one hundred and twenty-five thousand dollars, (\$125,000.00) for one language (including typesetting). Needless to say, any commercial venture at this time is not feasible.

In view of these facts, it would be of great help to the work if various ones would volunteer their services in the task of translating the "Rod" into their language. Please notify the office if the Lord leads you in this direction. We

would also like to take this opportunity to thank those of you who are already at work in this important endeavor.

THAT I MAY KNOW HIM

-ELLEN G. WHITE

"A life in Christ is a life of restfulness. There may be no ecstasy of feeling, but there should be an abiding, peaceful trust. Your hope is not in yourself; it is in Christ. Your weakness is united to His strength, your ignorance to His wisdom, your frailty to His enduring might. So you are not to look to yourself, not to let the mind dwell upon self, but look to Christ. Let the mind dwell upon His love, upon the beauty, the perfection, of His character. Christ in His self-denial, Christ in His humiliation, Christ in His purity and holiness, Christ in His matchless love,--this is the subject for the soul's contemplation. It is by loving Him, copying Him, depending wholly upon Him, that you are to be transformed into His likeness." --Steps to Christ, pp. 70,71.

"It would be well for us to spend a thoughtful hour each day in contemplation of the life of Christ. We should take it point by point, and let the imagination grasp each scene, especially the closing ones. As we thus dwell upon His great sacrifice for us, our confidence in Him will be more constant, our love will be quickened, and we shall be more deeply imbued with His spirit. If we would be saved at last, we must learn the lesson of penitence and humiliation at the foot of the cross." --The Desire of Ages, p. 83.

"And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent." John 17:3.

"Acquaint now thyself with him, and be at peace." Job 22:21.

"Finally, my brethren, be strong in the Lord, and in the power of his might." Eph. 6:10.

NEWS FROM THE WORLD FIELD

AFRICA

A Bible correspondence course student has requested membership in this Association. What makes this so unique is that he is a former Catholic. He began studying our course, requested baptism, was referred to the SDA church, studied the message, was baptised and now wants to be a Davidian.

Three countries are requesting workers. Two additional branches are being established.

SOUTH SEAS ISLANDS

We are being inundated with request for tapes, literature and workers in this area.

UNITED STATES OF AMERICA

A minister has requested studies. He has vowed that if this Davidian message proves true he will join our ranks.

Request for the Bible correspondence course are increasing. The work is growing in Florida, California and New York. A DLI class is being conducted in California. The students are Spanish. The Spanish work is growing in Kansas, Florida and Puerto Rico.

EUROPE

Several requests for literature have been received from the Eastern European countries.

"And this gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come." Matt. 24:14.

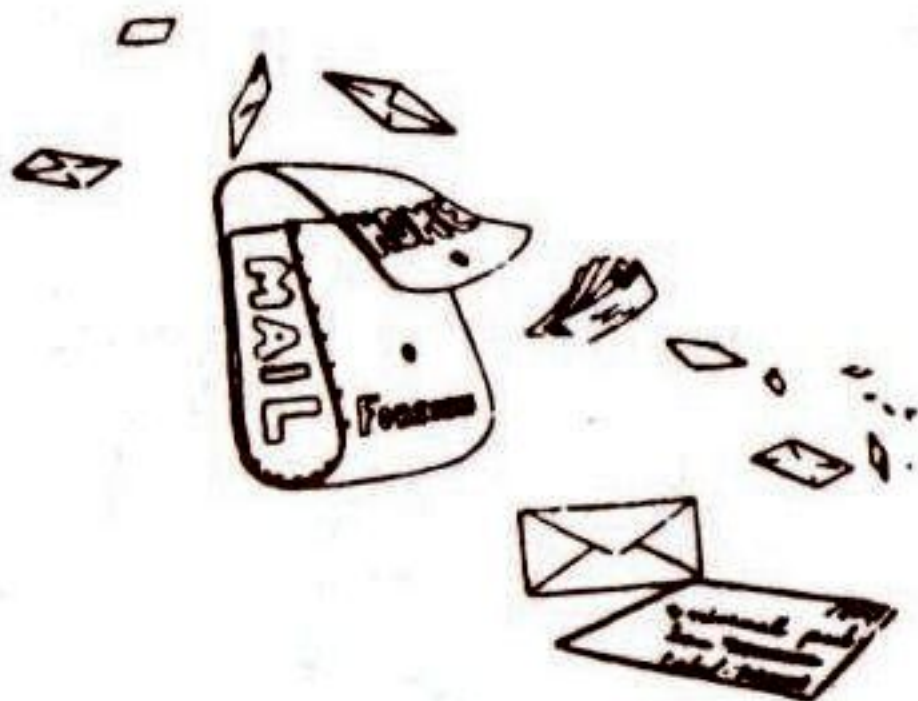
"The unselfish labor of Christians in the past should be to us an object-lesson and an inspiration. The members of God's church are to be zealous of good works, separating from worldly ambition, and walking in the footsteps of Him who went about doing good. With hearts filled with sympathy and compassion, they are to minister to those in need of help, bringing to sinners a knowledge of the Saviour's love. Such work calls for laborious effort, but it brings a rich reward. Those who engage in it with sincerity of purpose will see souls won to the Saviour; for the influence that attends the practical carrying out of the divine commission, is irresistible.

Not upon the ordained minister only rests the responsibility of going forth to fulfil this commission. Every one who has received Christ is called to work for the salvation of his fellow-men. 'The Spirit and the bride say, Come. And let him that heareth say, Come.' The charge to give this invitation includes the entire church. Every one who has heard the invitation is to echo the message from hill and valley, saying, 'Come.'

It is a fatal mistake to suppose that the work of soul-saving depends alone upon the ministry. The humble, consecrated believer upon whom the Master of the vineyard places a burden for souls, is to be given encouragement by the men upon whom the Lord has laid larger responsibilities. Those who stand as leaders in the church of God are to realize that the Saviour's commission is given to all who believe in His name. God will send forth into His vineyard many who have not been dedicated to the ministry by the laying on of hands.

Hundreds, yea, thousands, who have heard the message of salvation, are still idlers in the market place, when they might be engaged in some line of active service.... Let them understand that there is a large work to be done outside the pulpit, by thousands of consecrated lay members."
--Acts of the Apostles, pp. 109-111.

THE MAIL BAG



Dear Sir:

I would like to thank you for giving me a better understanding of the Bible through the your Bible correspondence course I have received over the past year. The course has changed and enlarged my life and makes the Bible so plain; everything in the Old and New Testament just flows together.

I wouldn't have understood the Bible prophecies (the books of Daniel and the Revelation) if you had not sent me your course. Glory be to God that I am a member of the Seventh-day Adventist church. I am happy that I am on the right path.

I shall be happy if you place my name on your mailing list and would like to receive the Bible and Spirit of Prophecy books when they are donated to you.

May God richly bless this publishing association.

NIGERIA, WEST AFRICA

Dear Friend:

My name is _____ . I am a minister of the Seventh-day Adventist church. I have been working for nearly 4 years now and am interested in the Bible course that you offer. It's really a light of truth shining in my life and it helps me and guides me in my ministry.

There is yet much precious truth to be revealed in this time of the end. I would like to receive from you your booklet on evangelistic work and study guides. This will help me to present the truth to the lost people here in Vanuatu.

Thank you and may the Lord richly bless you as you share the gospel.

VANUATU

Dear Sir:

I have enjoyed, appreciated and profited by the little booklets you have sent. Therefore I kindly request you through Jesus' name to send me other booklets.

Your kindness is highly appreciated.

KENYA, EAST AFRICA

Dear Believers:

Here is how I became a member. It was one Sabbath day after the Bible study. On the way home we were discussing some of the mistakes which are in our church today.

Well, one of the members started explaining how your Association is working to solve some of these mistakes. Truly there are many problems in our church and we have sinned against God.

So, please I would like to join you. Let us pray very hard like Daniel did in Babylon. Jesus is fighting for us. Let us have more faith in Him. He will lift us up.

Help me also to study more prophetic books. I was happy to hear that there is this Association. Amen.

Your fellow believer.

ZAMBIA, CENTRAL AFRICA

Dear Sir/Madam:

Please send me the series of nine letters signed by V.H. Jezreel, H.B. Also send me the eyesalve, the present truth literature to heal me from the deadly Laodicean malady, that I may declare the message.

I would also like an application blank for fellowship in the Davidian Seventh-day Adventist Association. I am a vegetarian, I don't smoke tobacco and I don't drink any kind of beer. I became a vegetarian when I received the "Entering Wedge" from you. I joined the S.D.A. church and strive to follow the Ten Commandments and dress like a Christian. That I may gain Jesus Christ, I am of the same mind as Paul: Phil. 3:8-11; Heb. 10:39. I was a Roman Catholic.

Prayer: Lord Jesus: I pray that the word of the Lord may bear fruit and spread rapidly and be glorified. Amen.

ZAMBIA, CENTRAL AFRICA

Dear Brothers in Christ:

I am your co-worker in this Davidian spiritual truth to be shared among our brothers and sisters in every Laodicean church in my little country.

Here are more names to be enrolled in the Bible correspondence course. (50 names were sent). Here is the result of how I was teaching the truth everywhere, in the homes, in the church, in the streets and one by one in private areas.

Pray for us as we share the Davidian message. Please send more literature. May God richly bless you all. I'm longing to hear from you very soon.

I'm yours faithfully in D.S.D.A.

VANUATU

THE ONLY PEACE OF MIND

It's but the product of the divine touch
It's unbargainable.

In seeking for peace of mind man ventures
for treasure.

He is astounded when he doesn't experience
completeness despite.

I have perused volumes advocating how to
attain peace.

But they're all missing one dimension and
so are vain.

The Shepherd's Rod is dynamite, it's got
the real antidote.

It not only keeps you abreast about the
amazing future,

But settles your current tempestuous life
full of stress.

When you feel mad and crazy turn to the Rod,
I can't convince you of

The amazing power incorporated in it until
you give it a trial.

You need the divine touch for your
peace of mind,

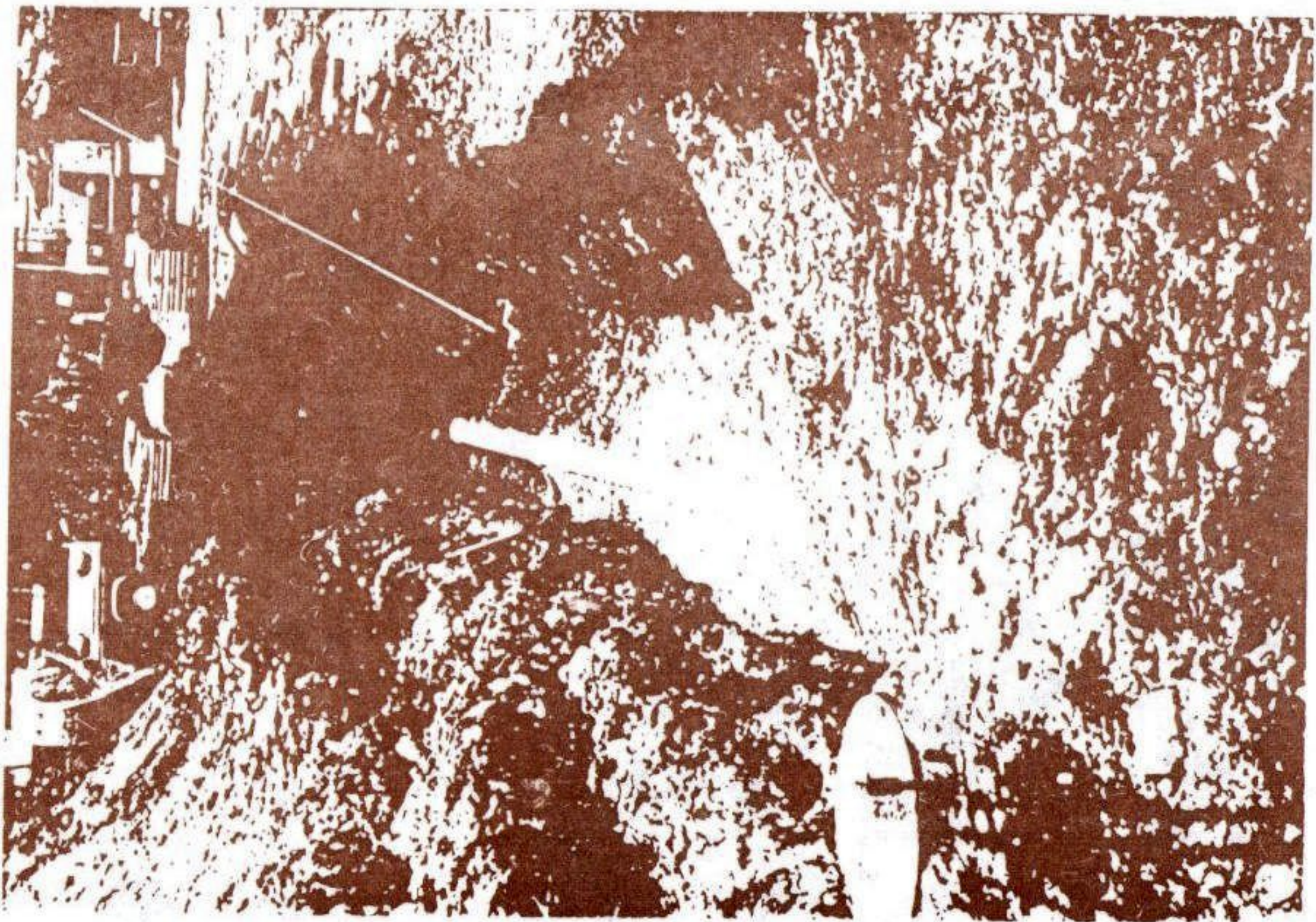
And this touch is nothing else other than
the Shepherd's Rod Message.

--Levi Hachibondo, Zambia

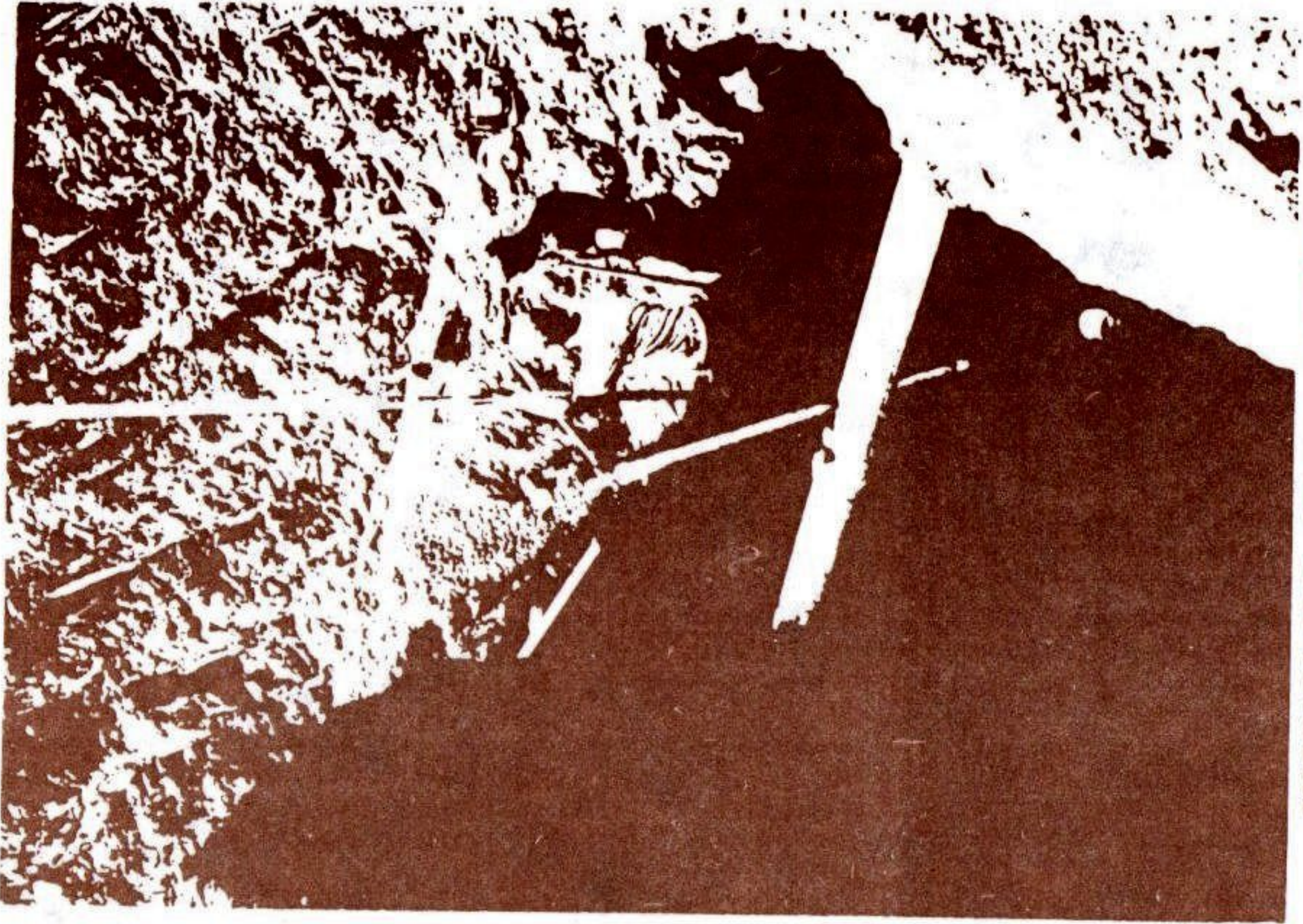


DEDICATION OF
GROUNDS FOR
HEALTH CENTER

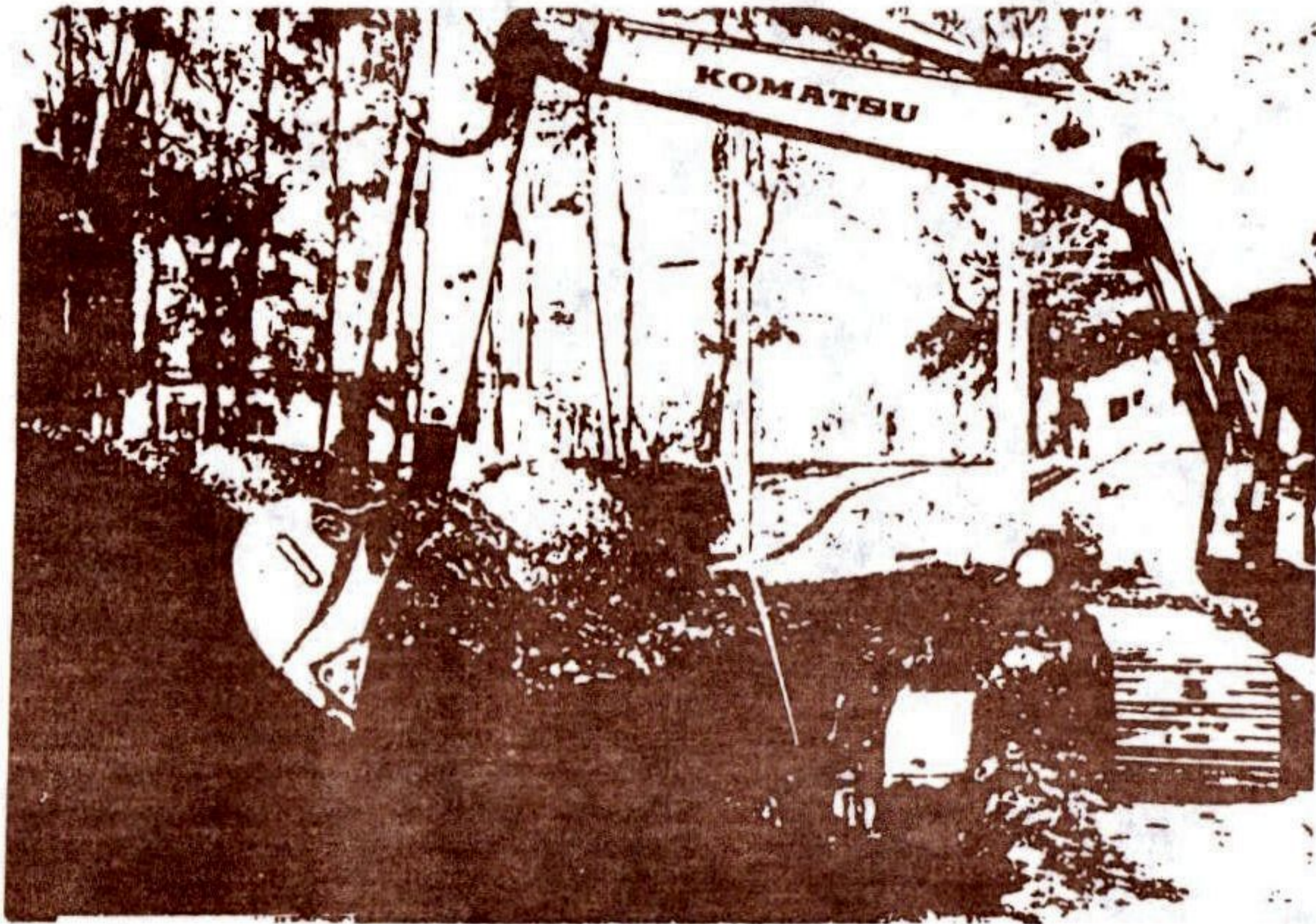
WORKERS AND STUDENTS CLEARING LAND FOR HEALTH
CENTER



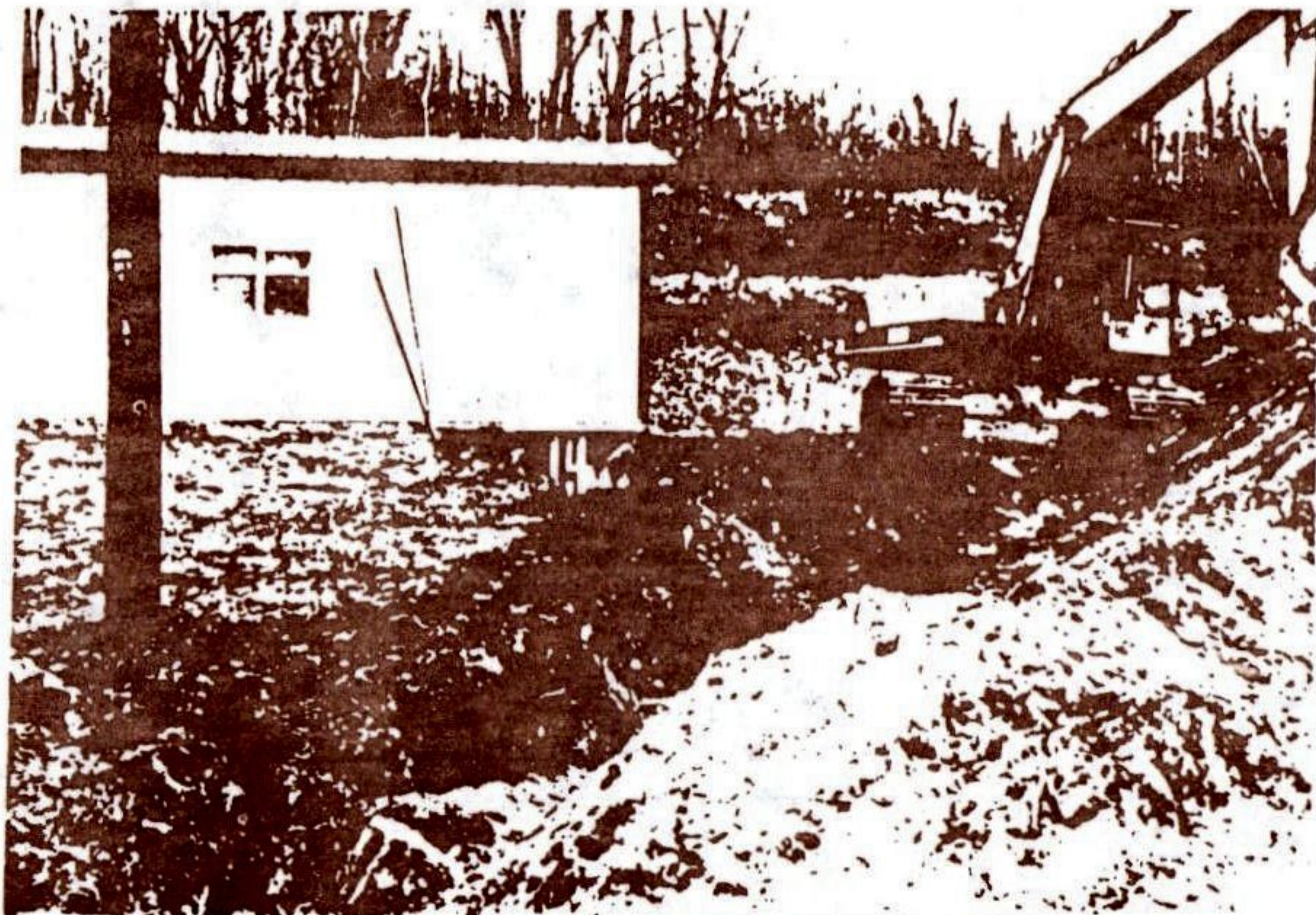
INSTALLATION OF SEWER



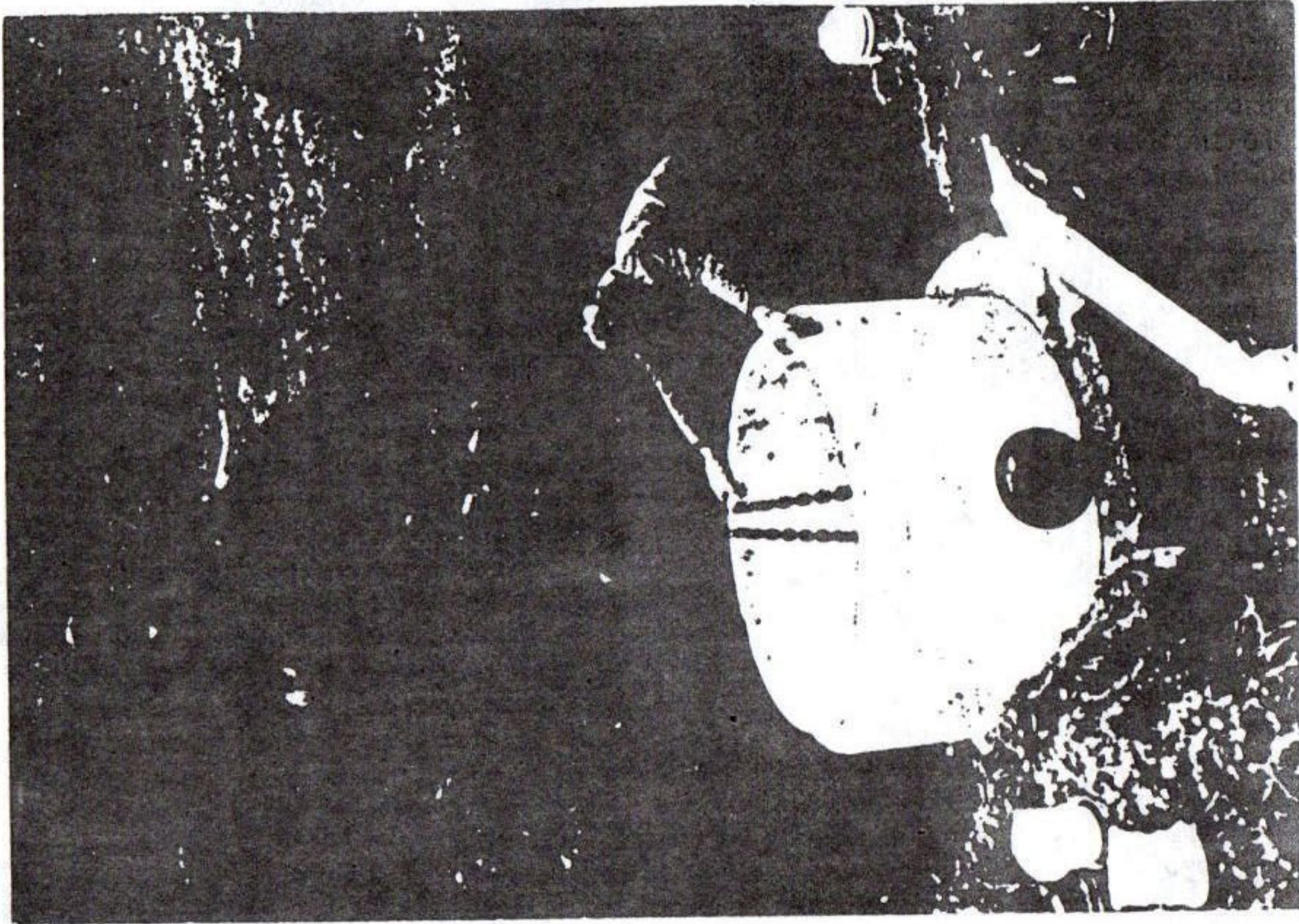
INSTALLING SEWER EXTENSION
FOR HEALTH CENTER



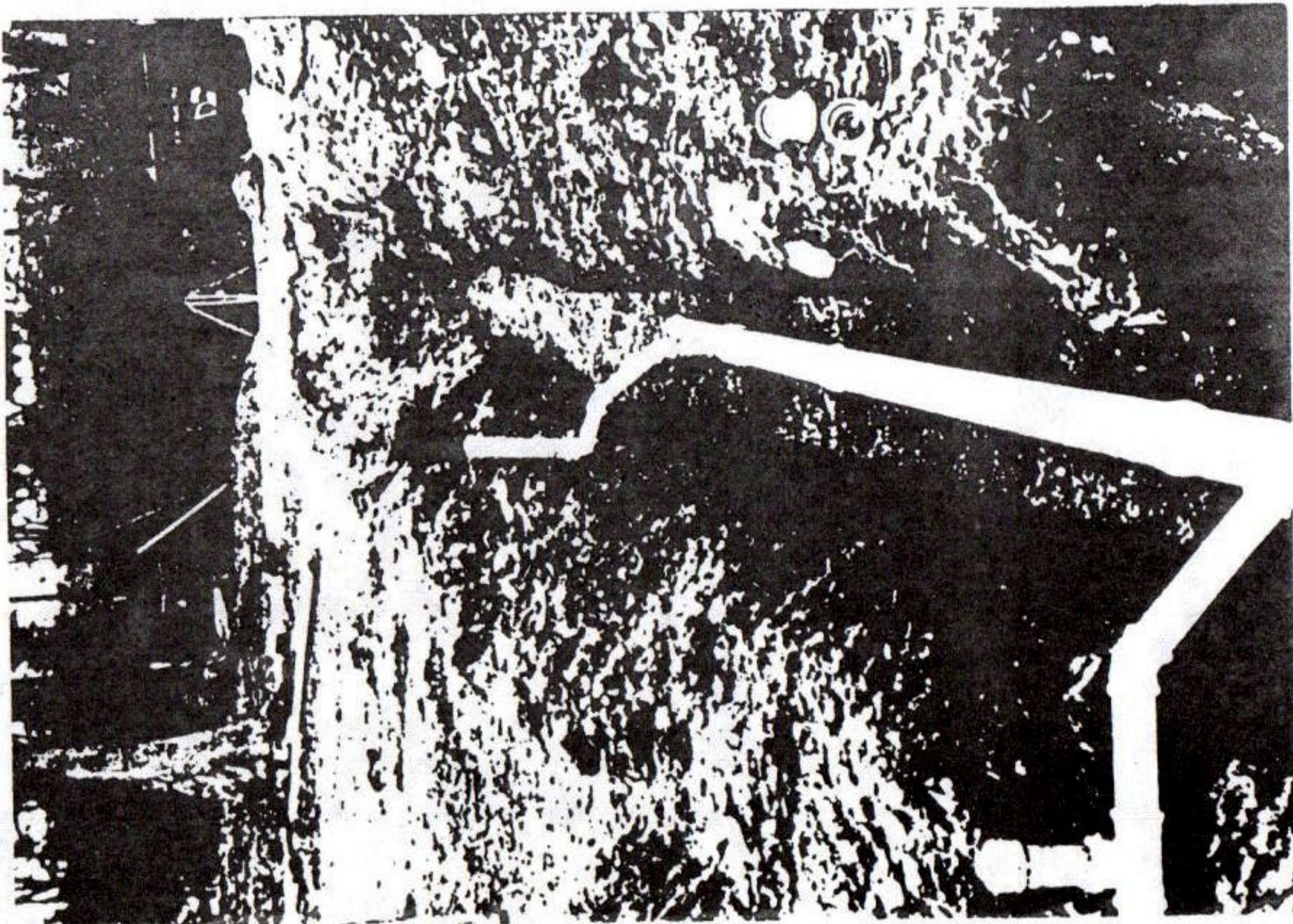
AT MT. CARMEL ENTRANCE



CONNECTING SEWER TO PRINT SHOP

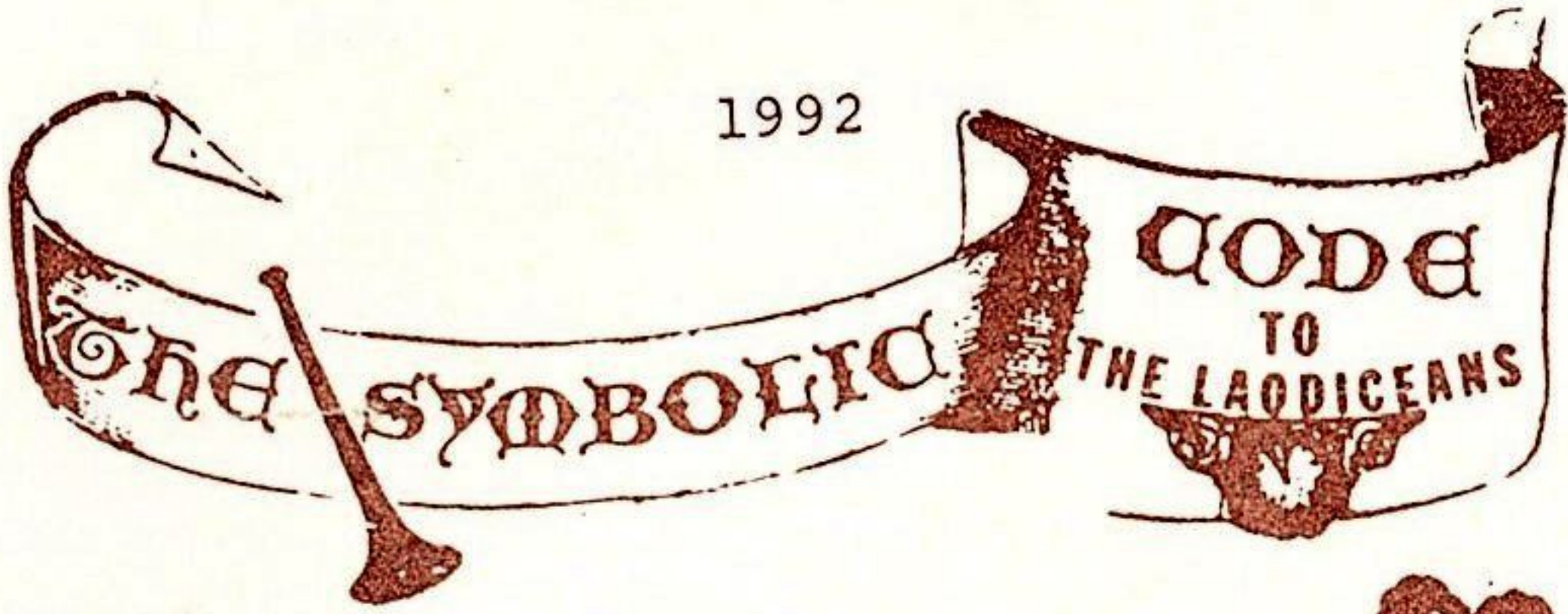


LAST MANHOLE BEING INSTALLED



CONNECTIONS TO SEWER LINE

1992



WINTER ISSUE

MOUNT CARMEL CENTER N.Y.