

# FAITH ON THE LINE

**DARE TO STAND**

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# EDITOR'S CORNER

**E**xposing deceptions is one of the primary aims of this ministry. But today it is not enough to only talk about truth. There are so many claiming to have the truth. With such a clamor of dissonant voices from every corner, relativism has become the solution to solve the dilemma of WHO has the truth. Now everyone has some truth, no one is wrong; there is truth in every viewpoint and all are equally welcome and accepted. Every new voice is just another angle—a different part of the proverbial elephant. But some angles simply do not blend together. New Age mysticism and the Protestant faith have no commonality and cannot be bedfellows.

In this issue, we expose several deceptions that have crept up on us. Ranging from health to spirituality to prayer, these deceptions must be examined and exposed for what they are. Without exposing the errors in the messages around us, we can easily fall into the same rut as those believing in relativism—a quiet ease—allowing truth and error to blend together without us realizing it.

The Christian faith is more than just the proclamation of truth. It is also the resistance of evil, the examination of every message to see if it corresponds with the Word. As the Bereans of old did, let us also examine and expose the lies and deceptions in our world, so that we and others may not be deceived. It is the lack of this Berean mentality that has allowed deceptive and dangerous messages to seep into our fabric. Let us stand against them.



Our aim is to urge men and women to stand for truth and resist error. We pray that in times of serious compromise our ministry will equip you with solid information on current end-time issues and trends, and encourage you to live a life apart from worldly influences.

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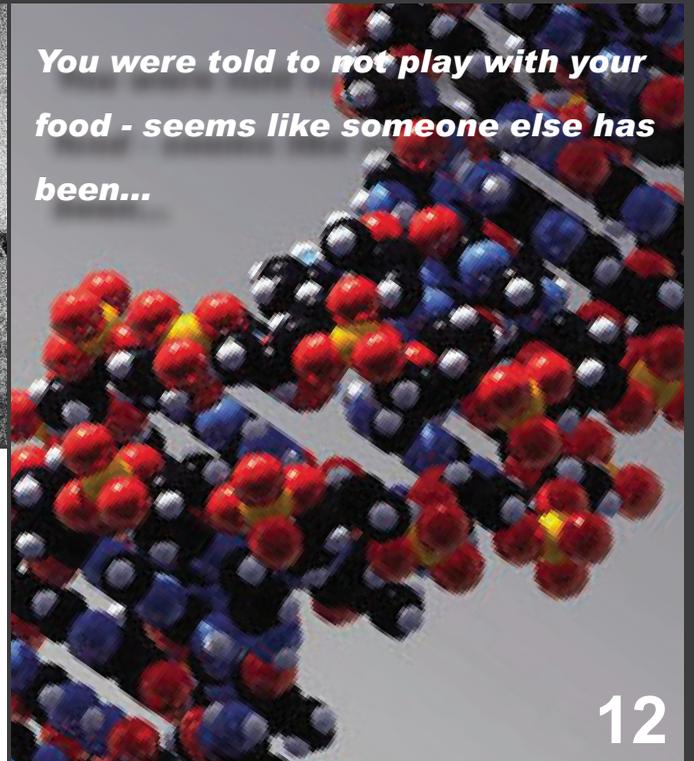
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**FAITH** ON THE LINE  
DARE TO STAND



*You were told to not play with your food - seems like someone else has been...*



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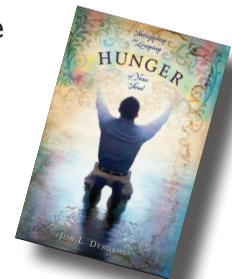
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# IN US NEWS

By Charles Brannaka

There are four bills currently in the House and Senate that we should be watching closely, as they will affect us in a marked way. One has passed in both the House and Senate. The others are about to be voted on.

## EMPLOYEE FREE CHOICE ACT

### Significant Issues of this Bill

On March 10, 2009, the Democrats introduced the Employee Free Choice Act (EFCA). This bill will allow the unions to organize in secret any business with as little as two employees. If 50% of a business' employees sign a card, then the business is organized. The union employees do not have to notify the employer, and they can have their meetings anywhere. All that is required is a signed card. There is no requirement to check the signatures for forgery, fraud, or duress.

Twenty-three states have laws to protect workers' rights. The "right to work" laws state that if a union is formed in your workplace you are not required to join. Under this Employee Free Choice Act you will be required to join or you cannot work. The EFCA would void the "right to work" laws.

In the twenty-three "right to work" states, only 20% of employees in unionized companies choose to join. Under the EFCA, the 80% who choose not to join will now be required to join. How is this employee free choice?

If a union forms in the workplace, the employees will not be allowed a secret ballot to ratify an agreement. They will be required to vote on an agreement with their union bosses watching. Their employer will not be allowed to know how they vote, but the union bosses will. This will create an atmosphere of peer pressure. Union violence against those who oppose its purposes will be rekindled.

### Wise words about Joining Unions

The trades unions will be one of the agencies that will bring upon this earth a time of trouble such as has not been since the world began Letter 200, 1903; 2SM 142.1.

Those who claim to be the children of God are in no case to bind up with the labor unions that are formed or that shall be formed. This the Lord forbids. Cannot those who study the prophecies see and understand what is before us? Letter 201, 1902

These unions are one of the signs of the last days. Men are binding up in bundles ready to be burned. They may be church members, but while they belong to these unions, they cannot possibly keep the commandments of God; for to belong to these unions means to disregard the entire Decalogue. 2SM 143.3.



The trades unions and confederacies of the world are a snare. Keep out of them, and away from them, brethren. Have nothing to do with them. Because of these unions and confederacies, it will soon be very difficult for our institutions to carry on their work in the cities My warning is: Keep out of the cities. Build no sanitariums in the cities. Educate our people to get out of the cities into the country, where they can obtain a small piece of land, and make a home for themselves and their children. 2SM 142.3.

We are not to unite with secret societies or with trades unions. We are to stand free in God, looking constantly to Christ for instruction. All our movements are to be made with a realization of the importance of the work to be accomplished for God. Testimonies, vol. 7, p. 84 (1902); 2SM 143.2.

### **A Matter of Concern**

The House had the votes to pass the EFCA by a large margin, but in the Senate it was a very close race. Thankfully, Republican Senator Arlen Specter took his stand against the bill.

Before you sigh in relief, think again. President Obama says there will be no compromising on this bill and he is using his very persuasive powers of communication to work on our senators. The Democrats say the fight is not over. They are determined to pass this bill.

### **What can we do?**

#### **1. Contact Government Officials**

- Write your congressman and senators.
- Contact your congressman here: [writerep.house.gov](http://writerep.house.gov)
- Contact your senators here: [www.senate.gov](http://www.senate.gov)
- Flood your government officials with your views; it is your right as an American. HR 1444 has not passed yet, but it will pass if we do nothing.

#### **2. Stay Informed**

Keep up with what's happening in government. Visit websites like [www.opencongress.org](http://www.opencongress.org) for up-to-date information on new legislation.

#### **3. Pray**



## **HR 875 AND S 425 FOOD SAFETY MODERNIZATION ACT OF 2009**

The second disquieting bill is HR 875 in the House and S 425 in the Senate. Congresswoman Rosa DeLauro introduced this Food Safety Modernization Act. DeLauro's husband pollster Stanley Greenberg has worked as a consultant for agriculture giant Monsanto.

### **Significant Issues of this Bill**

In short, this bill will govern all food production. It will require all food producers, including home gardeners, to spray their crops at certain times in the growing cycle with insecticides, herbicides, and other chemicals that big businesses say will protect people from food borne illnesses. Essentially, the bill will completely outlaw organic gardening. These restrictions will help the big companies like Monsanto, while crushing independent and organic producers. Noncompliant food producers could be given a \$10,000 fine and two-year prison sentence.

This is what Lin Cohen Cole of OpEdNews said about this bill:

The bill is monstrous on level after level - the power it would give to Monsanto, the criminalization of seed banking, the prison terms and confiscatory fines for farmers, the 24 hours GPS tracking of their animals, the easements on their property to allow for warrantless government entry, the stripping away of their property

rights, the imposition by the filthy, greedy industrial side of anti-farming international “industrial” standards to independent farms - the only part of our food system that still works, the planned elimination of farmers through all these means.<sup>i</sup>

The second part of HR 875 will require all gardeners and food producers to use only GM (genetically modified) seeds. It seems that traditional seed gardens are cross-pollinating the fields of these GM seed gardens, so GM food producers want non-GM seeds outlawed.

### **Why should we be concerned?**

Then God said, “Let the earth bring forth grass, the herb that yields seed, and the fruit tree that yields fruit according to its kind, whose seed is in itself, on the earth”; and it was so. And the earth brought forth grass, the herb that yields seed according to its kind, and the tree that yields fruit, whose seed is in itself according to its kind. And God saw that it was good (Genesis 1:11-12).

GM seeds do not reproduce after their own kind. Plants produced from GM seeds cannot be replanted. For example, if you take seeds from your GM crop and try to plant them in the next season, those seeds will not produce. This ensures that you purchase new seed every year.

When the time comes that we cannot buy or sell, we will not be able to sustain ourselves if GM plants are all we have. We will starve for lack of food. Satan is instigating laws to hedge in God’s people when the pressure mounts. The pressure will be much greater for families, because if they don’t give in, they won’t eat.

## **HR 1388 GIVE ACT (HOUSE) AND S 277 SERVE ACT (SENATE)**

Another Act that we should keep in prayer is HR 1388. When President Obama was running for Office, he stated his desire for a “national civilian security force.” This force would be made up of all Americans aged 18-24. Obama stated that he would require one year of



voluntary service from our youth, to equip them and our military. Obama’s speech on the issue brought to mind “Hitler’s youth,” the program Hitler used to indoctrinate Germany’s youth during the Second World War. Obama said this:

We cannot continue to rely only on our military in order to achieve the national-security objectives we’ve set. We’ve got to have a civilian national-security force that’s just as powerful, just as strong, just as well funded.

A short portion of Obama’s speech is available at: [www.youtube.com/watch?v=Tt2yGzHfy7s](http://www.youtube.com/watch?v=Tt2yGzHfy7s).

### **Significant Issues of this Bill**

How can service be voluntary if it is required? Under section 6104 of the bill, entitled Duties, in subsection B6, the legislation states that a commission will be set up to investigate whether a workable, fair, and reasonable mandatory service requirement for all able young people could be developed, and how such a requirement could be implemented in a manner that would strengthen the social fabric of the Nation and overcome civic challenges by bringing together people from diverse economic, ethnic, and educational backgrounds. Section 120 of the bill also discusses the Youth Engagement Zone Program and states that service learning will be a mandatory part of the curriculum in all of the secondary schools served by the local educational agency.

This part of the bill made so many uncomfortable that the word “mandatory” was taken out just before it passed. But it was added into another bill, HR 1444. Obama quelled the concerns over the original bill, but removing the word “mandatory” does not change the bill’s intent in any way. Now it says, “fair and reason-



## HR 1444 'CONGRESSIONAL COMMISSION ON CIVIC SERVICE ACT'

This bill is in congress to clarify the “mandatory” issue in HR 1388. H.R. 1444 is a stand-alone piece of legislation that contains the portion of the GIVE/SERVE legislation that would have instituted a congressional committee to investigate possible ways to implement mandatory public service for all Americans.

Bill HR 1444 hasn't changed from the original bill:

(5) The effect on the Nation, on those who serve, and on the families of those who serve, if all individuals in the United States were expected to perform national service or were required to perform a certain amount of national service.

(6) Whether a workable, fair, and reasonable mandatory service requirement for all able young people could be developed, and how such a requirement could be implemented in a manner that would strengthen the social fabric of the Nation and overcome civic challenges by bringing together people from diverse economic, ethnic, and educational backgrounds.

able service requirement,” and the word “mandatory” is now in HR 1444. The government’s intent is to cause confusion and to convince us that we need not worry. HR 1388 and S 277 passed in both the House and the Senate, and we the people never heard a word about it.

Conservative blogger Ed Morrissey said this about the bill:

Ask college-age students how they feel about taking two years out of their post-educational lives to dig ditches and build bridges not because they want to do it, but because it will become illegal to refuse. I suspect they will start Google-mapping the best routes to Canada — or stop voting for the people proposing to enslave them.<sup>ii</sup>

This is what Fox News said about the bill:

The House of Representatives passed a measure Wednesday that supporters are calling the most sweeping reform of nationally-backed volunteer programs since AmeriCorps. But some opponents are strongly criticizing the legislation, calling it expensive indoctrination and forced advocacy.<sup>iii</sup>

What this means for us will depend on how lawmakers interpret this bill and what happens to HR 1444.

### **A Matter of Concern**

Passing both laws will have the same effect as if they were one law. These events tell me that Jesus is coming very soon. Events are taking place around us so quickly that it is hard to keep up. These events are being planned in secret, but God sees all and someday He will settle the accounts.

Is there a Christian whose pulse does not beat with quickened action as he anticipates the great events opening before us? The Lord is coming. We hear the footsteps of an approaching God (Mar 220.1).

And do this, knowing the time, that now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed. The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light (Romans 13:11-12 NKJV).

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# MINISTRY OF HERESIES

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By W.D. Frazee

**W**e know that all things work together for good to them that love God, to them who are called according to His purpose”.(Romans 8:28 NIV)

What do all things do? They work together. As we view them they seem to be working at cross purposes, but all things are working together. They are working together for good not for everybody, but for those who love the Lord. We have been given the power of choice. It rests with each one of us whether everything that is working together is working together for our personal good or not. We must never lose sight of the eventual triumph of God’s purpose, the eventual carrying out of His plan. We must never forget those forces that seem to bring defeat are, nevertheless, being used by God.

Notice how Paul spoke of this: “For we can do nothing against the truth, but for the truth” (2 Corinthians 13:8). Isn’t that wonderful? Even the devil can’t do anything against the truth. He is trying all the time, and here in this world, he seems to be having his way. Let us look behind the scenes. God is working out His will.

In the great crisis that is ahead of the Church, which it is even now entering, we shall need the wisdom as well as the courage that comes from reminding ourselves of these promises, appreciating their full import.

“Surely the wrath of man shall praise thee: the remainder of wrath shalt thou restrain” (Psalm 76:10). God uses even the wrath of man to praise Him. We shouldn’t get any credit for that, but God should get a great deal of credit for using even the plans of His enemies and the wrath of the Dragon to work out His will. Any wrath that doesn’t praise Him, He restrains.

This is no credit to Satan or his devils, and it is no credit to human beings that are used by Him. They must all suffer for their rebellion against God and for the specious theories that they have advocated. They are just as guilty as though they had succeeded in subverting the truth of God and unseating God from His throne, but they cannot succeed.

Concerning the security of His children, Jesus said, “no man is able to pluck them out of My Father’s hand” (John 10:29). We can be glad of that.

I’ve been led to study this subject as I have contemplated this inspiring statement from the messenger of the Lord in an article in the *Signs of the Times*, January 6, 1898:

It is thought by some to be a misfortune when erroneous theories are advanced, but the Lord has said, “All things work together for good for them that love God”. The contention among the Corinthians made it necessary for Paul to write his wonderful epistles to them. If the Gentiles [of Galatia] had not backslidden from the faith, Paul would not have written, “I marvel at ye are so soon removed from Him that called you out of the grace of Christ unto another gospel, which is not another.” It was a misapplication of the Scriptures, to prove falsehood and error true. If the Thessalonians had not misinterpreted the instructions they received, they would not have entertained the belief that the Lord was immediately to be revealed in the clouds of heaven, thus making it necessary for Paul to present the truth as it is in Jesus, leaving on record the truth important for all time. And so opposition against light and truth call from Christ a clearer definition of the truth. Every time that error advanced, it will work for good to those who sincerely love God; for when the truth is shadowed by error, those whom the Lord had made His sentinels will make the truth sharper and clearer. They will search the scriptures for evidence of their faith. The advancement of error is the call for God’s servants to arouse, and place the truth in bold relief.

So I want to study with you why God allows erroneous theories to come to His Church either for without or from within, for the Scriptures state clearly that both happen. Paul said, “grievous wolves” shall “enter in among you, not sparing the flock. Also of your own selves shall men arise speaking perverse things, to draw away disciples after them” (Acts 20:29, 30).

Why does God allow His Church to be rent and torn with schisms, factions, contentions, discussions over this and that? Why is the unity of the Church threatened at times by these things? We can see already from the texts we have read that God must have a purpose, or He wouldn't allow these lies.

Let us look at three great purposes accomplished through the ministry of heresies, three objectives that God has in mind in allowing erroneous theories of various kinds to find their way to you and me. God could stop them. Why does He let them come? As we study the ministry of heresies, we shall find at least three answers.

## Sifting

The first is to sift out the false-hearted.

“Little children, it is the last time: and as ye have heard that the antichrist shall come, even now are there many antichrists; whereby we know that it is the last time. They went out from us, but they were not of us; for if they had been of us, they would no doubt have continued with us: but they went out, that they might be made manifest that they were not all of us” (1 John 2:18,19). The false-hearted went out. Why? It might be made manifest. That is, clearly revealed, they were not of us.

Notice this wonderful statement on heresies by the servant of the Lord in *Testimonies for the Church*, vol. 5, p. 707: “God will arouse His people, if other means fail, heresies will come in among them, which will sift them, separating the chaff from the wheat.”

What do heresies do? They sift the Church! What happens to the chaff? It is separated from the wheat. Never forget, as the winds blow, whether they be winds of heresy or the winds of persecution, it's the chaff that goes out; the wheat remains.

When I was visiting Florida, a friend took me to a packing shed where oranges were being sorted according to size. The oranges were on a chute. As they passed over a certain place there were little holes, and the tiniest oranges dropped through them. As the oranges went along, there were holes a little larger, and the little larger oranges fell through them, and so on. Just because we may not be fooled by one heresy, we must be careful not to pat ourselves on the back. In my imagination, I have looked at those oranges going along, and I heard a medium-sized orange say, “Well, we are not going to fall though;

we've already been through that test and this one and we didn't fall through. We are going right through to the end.” However, they hadn't gone the whole length of the sieve yet.

Some of the heresies the devil brings into the church are so crude and bungling that I am amazed they fool anybody. The devil is not finished with the work of placing heresies among God's people, and God is not finished allowing him to do it. Some far more subtle, more seductive, more difficult to discern and detect than we have yet seen are doubtless on the planning boards of the devil's corporation. He is studying our minds and characters, and if there is anything false-hearted, there he will

design something that will sift out the chaff. Our only safeguard is to be sure we are anchored in Jesus and His truth, and that we love God and His Church more than we love our own opinions.

## Softening

There is a second purpose of the ministry of heresies. I trust that God will use this to bless some heart who may feel secure, who may even be secure as far as theology is concerned. We get it from the story of Jehu, one of the kings of Israel.

Let us get a picture of Jehu from the sacred record: “the driving is like the driving of Jehu, the son of Nimshi; for he driveth furiously” (2 Kings 9:20). Jehu was a driver, and he has descendants today. He was furious against the apostasy and heresy of Ahab and rightly so, but there was something that he lacked. He lacked love.

Jehu was full of zeal. Watch him in action:

“when he was departed thence, he lighted on Jehonadab the son of Rechab coming to meet him: and he saluted him, and said to him, Is thine heart right, as my heart is with thy heart? And Jehonadab answered, It is. If it be, give me thine hand. And he gave him his hand; and he took him up to him into the chariot. And he said, Come with me and see my zeal for the Lord. So they made him ride in his chariot. And when He came to Samaria, he slew all that remained unto Ahab in Samaria, till he destroyed him, according to the saying of the Lord, which he spake to Elijah. (2 Kings 10:15-17).



Jehu was doing God's work but not in God's way. Yet, God used him. Baal worship needed to be rooted out, and Jehu did it, but I am afraid we won't see Jehu in heaven.

I am calling attention to this because I read something in the book *Testimonies to Ministers and Gospel Workers*, p. 333:

"All who are longing for some engagement that will represent Jehu riding furiously will have opportunity enough to distinguish themselves."

So Jehu's chariot still rides, and like Jehu of old, some today will stop the chariot just long enough to say, "Is your heart right as my heart is? If it is, get in and ride with me; we're going to go places and destroy Baal worship in Israel. Let me show you my zeal for the Lord."

Notice this inspired comment, an Ellen G. White statement in *The SDA Bible Commentary*, vol. 2, p. 1038:

Men are slow to learn the lesson that the spirit manifested by Jehu will never bind hearts together. It is not safe for us to bind our interests with a Jehu religion, for this will result in bringing sadness of heart on God's true worshipers. God has not given any of His servants the work of punishing those who will not heed His warnings and reproofs. When the Holy Spirit is abiding in the heart, it will lead the human agent to see his own defects of character, to pity the weakness of others, to forgive as he wishes to be forgiven.

Part of the ministry of heresies is to give an opportunity for Jehus to manifest themselves. Just because some in the Church militantly defend the faith, get out their swords, and ride the chariot zealously, is no evidence that they will be with God's people at the finish.

Note the warning in *Testimonies for the Church*, vol. 6, p. 400:

As trials thicken around us, both separation and unity will be seen in our ranks. Some who are now ready to take up weapons of warfare will in times of real peril make it manifest that they have not built upon the solid rock; they will yield to temptation. Those who have had great light and precious privileges, but

have not improved them will, under one pretext or another, go out from us.

There is more than one way to go out. We can get out the way Ahab got out, or we can get out the way Jehu got out. God keeps us from either path of peril. But, remember, God was using them all.

Finally, there is a third ministry of heresies. Oh, I wish every one of us might be among those for whom it accomplishes this third purpose, that is, to lead us to study the Word of God.

Concerning those in Berea, the Scriptures say, "These were more noble than those in Thessalonica, in that they received the word with all readiness of mind, and searched the scriptures daily whether those things were so." (Acts 17:11).

In *Testimonies for the Church*, vol. 5 p. 707, we are told:

There are many in the church who take it for granted that they understand what they believe; but, until controversy arises, they do not know their own weakness. "The fact that there is no controversy or agitation among God's professed people should not be regarded as conclusive evidence that they are holding fast to sound doctrine. There

is reason to fear that they may not be clearly discriminating between truth and error. When no new questions are started by investigation of the Scriptures, when no difference of opinion arises which will set men to searching the Bible for themselves to make sure that they have the truth, there will be many now, as in ancient times, who will hold to tradition and worship they know now what.

One of the reasons that God allows erroneous theories of various kinds to come in is to lead us to go to the Word of God and to study for ourselves what God has said. If heresies accomplish that, has not some good been accomplished?

We need more than a superficial knowledge of the Bible. Satan is adept at quoting Scripture. In the wilderness his first temptation was met by Jesus from the Word. Satan said, "I can do that too." So in the second temptation, he quoted from the Scriptures. Merely, because a man quotes Scripture, does not mean he teaches truth. Just because he gets out leaflets and photocopied material liberally sprinkled with quotations from the Spirit of Prophecy doesn't prove that he is an angel of light.

One of the reasons that God allows erroneous theories of various kinds to come in is to lead us to go to the Word of God and to study for ourselves what God has said.

This may be the most important thing: what we need to study most of all are the original sources – the Bible and the Spirit of Prophecy. Notice this statement in *Testimonies for the Church* vol. 8 p. 298:

Perilous times are before us... The enemy is on our track. We must be wide awake, on our guard against him.... WE must follow the directions given through the spirit of prophecy. We must love and obey the truth for this time. This will save us from accepting strong delusions. God has spoken to us through His Word. He has spoken to us through the testimonies to the church and through the books that have helped to make plain our present duty and the position that we should not occupy....

I beseech those who are labouring for God not to accept the spurious for the genuine. Let not human reason be placed where divine, sanctifying truth should be... Let not erroneous theories receive countenance from the people who ought to be standing firm on the platform of eternal truth.

## “We need more than a superficial knowledge of the Bible.”

Throughout the history of this movement, there have been good men, educated men, and experienced men who have lost their way and fallen on the dark mountains of unbelief. The enemy succeeded in leading them away from the truth, even while they thought they were pursuing truth with all their heart.

We need God. We need the help of our brethren. We need the Holy Spirit. We need to dig deep into the written Word and the inspired commentary of the Spirit of Prophecy. *Testimonies for the Church* vol. 5, p. 273 says this: “Our people need to understand the oracles of God; they need to have a systematic knowledge of the principles of revealed truth, which will fit them for what is coming upon the earth and prevent them from being carried about by every wind of doctrine.”

God allows these false teachings and heresies to get us to study the original sources and to acquire a systematic knowledge of the principles of truth. We need to see how the different principles fit together, to weave a tapestry of truth into our minds, to build a solid temple of truth, and to wear every piece of the heavenly armour. We need all of these elements to wage the battle in which we are now engaged.

Several years ago, the United States government conducted a school in various parts of the country to teach bank cashiers and others how to detect counterfeit money. The instruction lasted for fourteen weeks. How many pieces of counterfeit money did they examine? Not one! The government instructor knew that what they needed was a thorough knowledge of the genuine. Then they could detect the counterfeit.

If we are going to be saved from the many erroneous theories floating around, we need to study the original sources and fill our minds with the Bible and the Spirit of Prophecy. We will never find our safety in the false theories. The better we know the genuine, the more surely will we detect the counterfeit when we meet it.

May God solemnize our hearts. May we not be wise in our own conceits and so sure of our own opinions or those of others that we fail to get on our knees as little children and say, “Dear Lord, there is much I don’t know. I want to know you and your way. Oh, keep me from the delusions of the enemy.” We shall need to pray that prayer again and again. We shall need to intercede with God, for we are entering into the time foretold in *Testimonies for the Church* vol. 5 p. 80: “Every wind of doctrine will be blowing.”

If we would not have the Scriptures clouded to our understanding, so that the plainest truths shall not be comprehended, we must have the simplicity and faith of a little child, ready to learn, and beseeching the aid of the Holy Spirit. *Testimonies for the Church* vol. 5 p. 703.

*The original audio version of this sermon, from which this article has been transcribed and edited, is available, along with many other sermons, for free download at: [www.wdfrazeesermons.com](http://www.wdfrazeesermons.com)*



# GENETICALLY MODIFIED FOODS

By Jean Handwerk

**G**enetic modification may well be the greatest health and environmental threat humanity has ever faced.

Since genetically modified or engineered foods (GM, GE, GMOs) are pervasive in our food supply, it is wise to ask, what are they? Are they essentially the same as non-GM foods? And since humanity faces a global economic and food-supply crisis, do genetically modified crops live up to claims of safety, productivity, and profitability?

Natural, or traditional, breeding processes allow modifications within a species. A horse, for example, bred with a donkey, makes a mule. In genetic modification, though, a gene with desired characteristics from a different species (i.e., a transgene) is physically inserted into the genetic sequence of plant or animal DNA. Perhaps the best-known example is that of specific genetic material from a soil bacterium *Bacillus thuringiensis* (Bt) inserted into corn or cotton, resulting in Bt corn or Bt cotton, each of which manufactures its own pesticide.

Unfortunately, after GM insertion, up to 5% of other genes in the same DNA genetic sequence mutate in ways that can't be predicted, prevented, controlled, or reversed. In appearance and flavor, GM foods may resemble non-GM equivalents, but scientists and watchdog organiza-

tions worldwide report GM's harmful effects on human and animal health and reproduction. They fear side effects such as new toxins, new diseases, and health-compromising digestive problems.

Christ never planted the seeds of death in the system. Satan planted these seeds when he tempted Adam to eat of the tree of knowledge which meant disobedience to God. Not one noxious plant was placed in the Lord's great garden, but after Adam and Eve sinned, poisonous herbs sprang up. In the parable of the sower the question was asked the master, 'Didst not thou sow good seed in thy field? from whence then hath it tares?' The master answered, 'An enemy hath done this' (Matthew 13:27,28). All tares are sown by the evil one. Every noxious herb is of his sowing, and by his ingenious methods of amalgamation he has corrupted the earth with tares (2 *Selected Messages* 288).

You will likely find your favorite foods will not withstand GM scrutiny.

## The Evidence

Studies reveal higher death rates, organ damage, reproductive failures, sterility, damaged immune systems, abnormal cell growth in digestive tracts, lower infant birth weight, and higher infant mortality in animals fed GM crops. Farmers report thousands of sick, sterile, and dead livestock.

Toxic and allergic properties of GM foods have been widely documented. In one experiment, rats refused to eat a GM tomato; some of the force-fed rats developed stomach lesions or died within two weeks. The tomato was approved for market.

Bt toxin survived digestion in mice and caused damage to the small intestines. GM-impaired digestion may increase allergies or digestive maladies. GM peas producing life-threatening inflammatory responses weren't marketed only because a mice study happened to be used for the first time. Soy allergies in the UK increased 50% soon after GM soy was introduced. Rats, similar to humans in reactivity, developed problems similar to humans' multiple chemical sensitivity.

In one UK study done in 1995 by highly respected gene researcher Dr. Arpad Pusztai, rats fed GM potatoes had

marked changes in their development. The most alarming was offspring with smaller livers and heart sizes, weaker immune systems, and, worst of all, smaller brain sizes. Pusztai reported some of these findings in a TV interview (omitting the findings about smaller brains, for fear of panicking the public), and said, "I find it very, very unfair to use our fellow citizens as guinea pigs."

Despite initial commendation, he was shortly fired from his job at the government-supported lab, his research confiscated and discredited, his team dispersed, and a gag order imposed on him. Protests from the international scientific community were unavailing.<sup>i</sup>

One scientist serving on the international Independent Science Panel on GM plants in 2003, stated, "The [GM] process is not at all precise. It is uncontrollable and unreliable, and typically ends up damaging and scrambling the host genome, with entirely unpredictable consequences."<sup>ii</sup> At least two studies of rats fed GM potatoes revealed an unusual increase in cell growth in the small and large intestines. Several scientists have said the situation may lead to cancer.<sup>iii</sup>

Additionally, in one small human study, researchers found GM soy transgenes released during digestion had transferred from the food into human gut bacteria and continued to function there, with unknown consequences. One of many concerns is that because many GM crops are engineered to be antibiotic resistant (as an identifying tag in the development process), it is feared the antibiotic resistance could be transferred to the human or animal. In fact, antibiotic-resistant infections are reportedly on the rise in children, the most vulnerable group.<sup>iv</sup>

Consider, too, the supplement L-tryptophan imported back in the 1980s. Of six brands, one was GM. About 100 Americans died and thousands were sickened or disabled after ingesting it. If symptoms

hadn't been new, unique, and acute—arising so quickly that medical help was sought—the connection to GM L-tryptophan might never have been made. However, if symptoms develop more slowly or with less unique symptoms, how can the cause be reliably determined?

What if human symptoms are related to something the animal ate—like GM corn? No pre-market release safety studies were done on the effects of consuming GM-fed animals, yet independent studies indicate some GM DNA appears in meat, eggs, and dairy.

### Farming Issues

So far, GM food safety claims have proven false. Economic and environmental issues have also emerged. Promises of increased crop yields to alleviate world hunger and poverty haven't materialized. Wind spreads GM pollen onto non-GM fields, making them also GM. GM-free honey cannot be guaranteed, as bees gather nectar from both GM and non-GM flowers.

After picking Bt cotton, Indian shepherds grazed their flocks on the plants. Within a week, one-fourth of the sheep died. Filipino villagers near Bt cornfields developed serious health problems during pollination. Some animals died after eating the corn.

Weeds growing amid GM herbicide-resistant crops become herbicide-tolerant, so farmers must spray more often or use more toxic herbicides. This increases

farmers' expenses, because not only must GM farmers purchase more seeds each year, these plants are designed to be herbicide-resistant to only one particular herbicide, which farmers must, of course, purchase. Not only that, GM

soy has higher herbicide residues, which may trigger allergies. All these effects are compounded, permanent, and global.

Farmers have other concerns, too. Despite FDA claims of "substantial equivalence," nutritional equivalency studies are lack-

GM safety claims have proven false. Economic and environmental issues have also emerged

## More Resources

Visit these websites for support and information on living GMO-free.

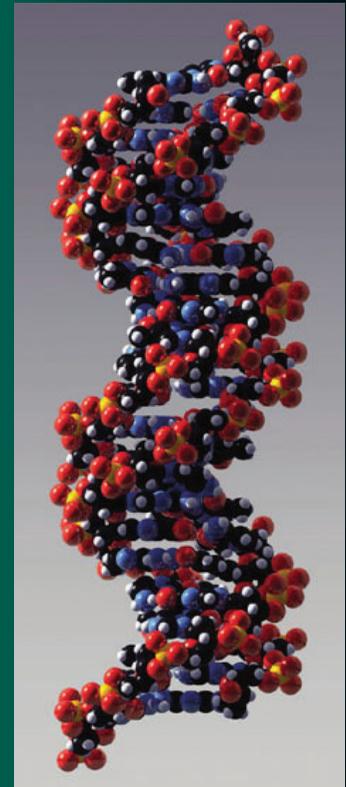
### [seedsofdeception.com](http://seedsofdeception.com)

Are GM foods behind the increase of food-related illnesses and allergies, asthma, migraines, ADD, and diabetes?

Find out here. Are kids' meals really a good choice for your young ones? Watch the free DVD "Hidden Dangers in Kids' Meals."

### [yourmilkondrugs.com](http://yourmilkondrugs.com)

Up to 25% of American cows are injected with GM bovine growth hormone. Find out more here.



**GMO is not the only problem with our food. Pesticides also are a cause for concern.**

## The Dirty Dozen

These twelve produce items are the most contaminated with pesticides:

- #1 Peaches
- #2 Apples
- #3 Sweet bell peppers
- #4 Celery
- #5 Nectarines
- #6 Strawberries
- #7 Cherries
- #8 Pears
- #9 Imported Grapes
- #10 Spinach
- #11 Lettuce
- #12 Potatoes

ing. Back in 1992, one FDA official warned, “[GM] field corn supplies 50 to 75% of the diet of most domestic animals, so small changes in nutrient levels from genetic engineering can have large effects on animal health.” The same applies to humans, because the health consequences of eating GM-fed animals and fish are not known.

### Fears for the Future

Presently, clinical trials are underway for GM-based vaccines and drugs, and for a food-based spermicide (corn with human transgenes) for possible use against overpopulation. A Greenpeace spokesperson was concerned that the spermicide gene would get into non-GM corn and “end up in someone’s corn flakes.” The GM company claims almost no chance for accidental cross-pollination. However, there’s simply no way to prevent genetic material from being spread by wind, pollen, insects, seed matter, animal feces, or birds. Contamination by GM crops has already occurred rather extensively, which jeopardizes the integrity of our entire biosystem.

Independent observers report that years of GMO results indicate no overall increased yields but, instead, increased pesticide use, harmful effects on wildlife from honeybees to aquatic creatures to mammals, herbicide-resistant superweeds and pesticide-resistant bugs, a suicide epidemic in India as GM cotton farmers face financial ruin, and animals and humans falling ill or dying after GM exposure. Genetic modification may well be the greatest health and environmental threat humanity has ever faced.

### What Can We Do?

The official FDA policy from the beginning is that GM foods have “substantial equivalence” to non-GM foods. Therefore, no safety testing or labeling for consumers is required. What follows, then, are some guidelines to protect health.

First, read labels. Conventionally-grown fruits and vegetables have a four-digit code on their stickers. Organically grown produce has five digits starting with 9. GM

produce also has five, beginning with 8.

Second, memorize the risky ingredients. Most US corn (including oil, syrup, flour), canola (canola oil), cotton (cottonseed oil), soy, and sugar beets (as opposed to sugar cane) are GM (three c’s, two s’s). Hawaiian papaya is usually GM as well. Without labeling laws, there’s no way to know the source of sugar in a bag of sugar off the grocery shelf. Fast or snack foods are usually fried in canola or cottonseed oil—sometimes corn oil. High fructose corn syrup is found in thousands of canned, boxed, frozen, and baked products, as

are corn and sugar. Soy appears as dried or fresh beans, tofu, soy flour, soy protein concentrates, soy oil, and soy milk; it often is the source of lecithin.

**Toxic and allergic properties of GM foods have been widely documented.**

The oil in gel capsules may be soy, canola, or corn.

Third, buy organic. If packaging labels read “100% organic,” “organic,” or “made with organic,” then by law no GM products can be in the product. However, if “organic” is only in the list of ingredients and nowhere else on the packaging, then only that particular ingredient is organic and the rest may be GMOs.

Some companies put “non-GMO” or “made without GMOs” on their products. Some limit the “non-GM” status to one common GM ingredient. Consumers should be relatively safe if the other four main GM crops aren’t listed.

Field corn is used for grain products like chips, tortillas, polenta, corn meal, and oil. Unless otherwise labeled, it is likely to be genetically modified, although blue and white corn varieties are usually non-GM. GM sweet corn is gaining popularity; the most common varieties are the Attribute varieties by Syngenta. If organic is not financially feasible, conventional fruits and veggies must do. However, remember that buying the organic variety of the twelve heaviest-sprayed fruits and vegetables will reduce

# The Future of Food

## Special Edition

### 2 DVD Set

the pesticide load by almost 90%. Consider growing your own vegetables and small fruits; turn part of your yards into productive gardens. Build a greenhouse. Even in colder climates, you can grow seasonal produce most of the year.

#### Meat and Dairy Affected

Meats, dairy products, farmed fish, and eggs are usually from GM-fed animals. One can buy organic, wild-caught, or 100% grass-fed and compensate the greater cost with smaller portions, or learn to do without, as vegetarians and vegans do. Plant sources of calcium are actually assimilated better than cow's milk. Furthermore, casein, a protein found in cow's milk, has been indisputably linked to tumor growth.<sup>v</sup>

Many food additives, enzymes, flavorings, and processing agents are GM. Again, buy organic or stick to unprocessed foods. The sweetener aspartame (NutraSweet, Equal), found in many thousands of products, is also GM. Anything "sugar-free" should be suspect; read the labels.

#### Ideal Diet

You will likely find your favorite foods will not withstand GM scrutiny. The biotech industry has necessitated some significant lifestyle changes for health-conscious individuals, but prevention is obviously better when no cure is possible, and much can be said for a simpler diet, anyway. The more unprocessed or minimally-processed and fresh foods we eat, the more likely we will see significant improvement in our health, concentration, sleep, and energy. Better diets improve children's behavior, sleep, and learning. Additionally, by following a simpler, whole-foods diet, not only will we reduce our excitotoxin exposure but our food expenses may actually decrease. A diet based on fruits, vegetables, grains, legumes, nuts and seeds is truly the healthiest for all ages.

#### Protect Your Family

Success of the GM food industry is tied to consumer ignorance. Just a small percentage of people switching to non-GMO brands and writing to food companies demanding they discontinue usage of GM ingredients will force food companies to replace GM ingredients with non-GM in-

gredients. In Europe, that tipping point was reached in 1999 within ten weeks after Dr. Pusztai's research was finally publicly revealed. Over 750 articles written on genetic modification pushed the issue front-and-center. Within a single week, almost all major food companies committed publicly to remove GMOs from their product lines.

A GM moratorium was then imposed in Europe, but the US, Canada, and Argentina blamed lack of scientific basis for the unfair trade barriers hurting their farmers. The World Trade Organization ruled the EU must open its markets to GM foods. Thankfully, labeling is still required there. EU countries still may ban GM crops, but the ruling EU Commission strongly supports biotechnology. Asia and Africa are biotech's newest markets; expect expanding uses for GM technology worldwide, too. The FDA now plans to release unlabeled genetically engineered animals into America's food supply.

If there was one sin above another which called for the destruction of the race by the flood, it was the base crime of amalgamation of man and beast which defaced the image of God, and caused confusion everywhere. (Spirit of Prophecy, volume 1, 69).

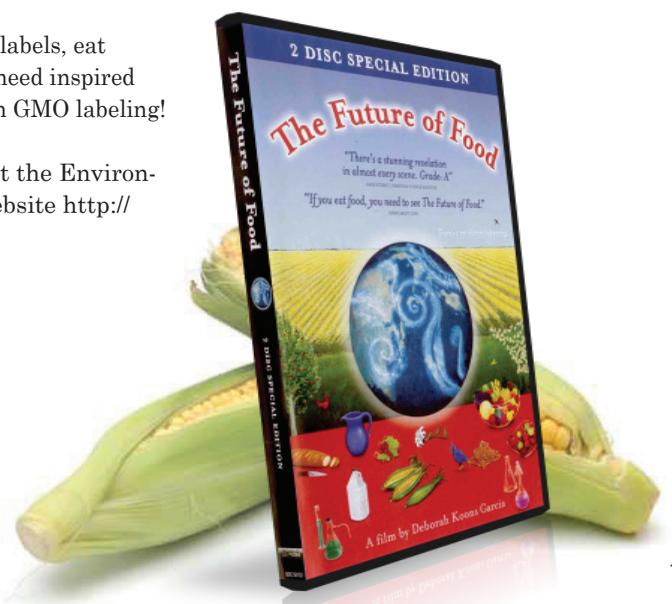
What does God's Word say? And the nations were angry, and thy wrath is come, and the time of the dead, that they should be judged, and that thou shouldst give reward unto thy servants...and shouldst destroy them which destroy the earth. (Revelation 11:18).

Our safest course is to read labels, eat simply, grow our own food, heed inspired health counsel, and insist on GMO labeling!

For more information, visit the Environmental Working Group website <http://www.ewg.org/node/21700>

There is a revolution happening in the farm fields and on the dinner tables of America. A revolution that is transforming the very nature of what we eat. *The Future of Food* offers an in-depth investigation into the disturbing truth behind the unlabeled, patented, genetically engineered foods that have quietly filled grocery store shelves for the past decade. *The Future of Food* examines the complex web of market and political forces that are changing what we eat as huge multinational corporations seek to control the world's largest food system. The film also explores alternatives to large-scale industrial agriculture, citing organic and sustainable agriculture as real solutions to the farm crisis today.

**\$25.00**



# HOW TO STILL THE HUNGER OF THE SOUL: A critique of the book *Hunger*.

By Pastor John Witcombe

Autumn House Publishing produced a book entitled *Hunger: Satisfying the Longing of Your Soul* by Jon Dybdahl. This work deals with a people who live in a culture of excess, yet remain hungry. Dybdahl rightfully desires to lead the reader on a journey that will satisfy the longing of the soul.

Dybdahl does present some helpful, Biblically sound ideas. However, his suggestion that aspects of Eastern meditation can aid in Christian worship raises some questions. He does identify the difference between Eastern meditation and true worship. But in what way do New Age postures and actions benefit Christian worship? Note how he introduces this issue:

*With the rising popularity in North America and Europe of Eastern and New Age religions, questions about meditation have increased. Something that many Christians may earlier have simply neglected they now fear as a subtle way to bring false teaching into the church.*

*My response is that meditation is like music. A powerful tool for either good or evil, it can be God's means for growth and inspiration or the devil's instrument of deception and destruction. Let us look then at the distinctions between Eastern/New Age meditation and true Christian meditation. The differences stem from contrasting concepts of God...At times we will notice occasional similarities between Eastern and Western meditation. Some postures or actions can benefit both types.<sup>i</sup>*

This approach reflects “emerging spirituality,” and is a merger of Eastern and Western forms of meditation. These practices include prayer stations, Taizé, silence, sacred space, ancient prayer practices, spiritual direction, centering prayer, inner light, beyond words, spiritual disciplines, prayer labyrinths, and prayer rooms. They also include contemplative prayer, centering down, “Jesus prayer”, *lectio divina*, and breath prayer.

Emerging spirituality is widely seen as the answer to modern spiritual hunger. But some of its practices are rooted in ancient religions. They were rejected by Protestants in the past, but are now enthusiastically embraced by modern Protestants who have grown weary of the charismatic movement. These practices are also attractive to conservatives who have had only a head knowledge of their religion. In this critique, we will consider the practices suggested in *Hunger*, and whether they are God's answer to our souls' hunger.

Jesus promised to satisfy the hunger of our souls if we would go to Him and take His yoke. This means working with Him in His mission to save humanity. Do the practices suggested in *Hunger* align with Christ's method of stilling our soul hunger?

## **Breath Prayers—Do They Really Connect Us With God?**

*Another method of simple praying is the use of one's own breathing, a form often called the breath prayer. Since most religious traditions practice it, can we consider it Christian? Yes, if the content and context are Christian. The way I use the prayer for myself is to pray for the infilling of the Holy Spirit. I simply say as I inhale, “Spirit of the living God” and as I exhale, “Fall afresh on me!” I find the combination of the words with my breath very powerful, especially as I remember that “spirit” means “wind” or “breath.”<sup>ii</sup>*

Some Christians say that “breath prayer” originated with the Desert Fathers, monks who lived in Egypt during the third and fourth centuries.<sup>iii</sup> However, it has been used with different words since ancient times in other religions.<sup>iv</sup> Apparently, the actual words used matter very little. In Christian practice, breath prayer is supposed to silence the mind<sup>v</sup> so that the soul may communicate with God directly. It is thus related to *glossolalia*, during which the soul communicates with God

i. Jon Dybdahl, *Hunger: Satisfying the Longing of Your Soul* (Hagerstown, MD: Autumn House Publishing, 2007), 61.

ii. *Ibid.*

iii. William Gaultiere, Ph.D., “Spiritual disciplines for the Soul: Breath Prayers,” *Christian Soul Care*, 2006. <http://www.christiansoulcare.com/spiritualdiscipline/spiritualdisciplinebreathprayers.htm>. This article provides a good introduction to breath prayer by a Christian proponent.

iv. Ray Yungen, *A Time of Departing* (Silverton, OR: Lighthouse Trails Publishing, 2006), 75. For instance, it is part of yoga: “I once related Foster's breath prayer method to a former New Age devotee who is now a Christian. She affirmed this connection when she remarked with astonishment, ‘That's what I did when I was into ashtanga yoga!’”

v. Brian Flynn, *Running Against the Wind* (Silverton, OR: Lighthouse Trails Publishing, 2005), 199. “Breath prayer...is used or described as a technique to silence the mind or supposedly to ‘practice the presence.’ Richard Foster also advocates breath prayers as a method to achieve the same purpose. Remember it is repetition that brings one into an altered state of consciousness. Breath prayers are just another way of using meaningless repetition to gain an altered state. The practitioners believe they will feel closer to God through this method.”

in “the language of heaven,” without the participation of the mind.

The Christian example for breath prayers is said to be Jesus on the cross praying, “Father, into Thy hands I commend my spirit” (Luke 23:46). Many instructions for breath prayer sound very Biblical, until we look a little deeper.

Breath prayer implies that repeating a simple phrase is beneficial. It also implies that there is benefit to a particular structure in prayer. This harmonizes with Catholic rosary prayer, but not with Adventist theology. We believe that “prayer is the opening of the heart to God as to a friend.”<sup>vi</sup>

Some promoters readily admit that Christian and Eastern meditation are similar. Vocalist John Michael Talbot wrote this:

*One powerful tool for meditation is breath prayer. Many of us exclusively associate this method with Eastern Religions. But it is also a venerable ancient method used in Christian meditation. It has similarities to the Eastern methods on a physical and psychological level, but has its own distinct Christian flavor and tone from a theological and mystical perspective...*

*With both Christian and non Christian expressions some bodily posture is recommended that will enable the practitioner to stay relatively still and quiet for an extended period of time, say twenty to thirty minutes.*

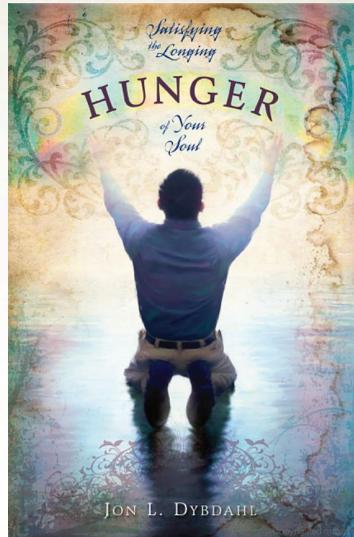
*How do we do it? I teach that we must first find a quiet place that will be relatively free from intrusion for the meditation time. Next we sit either in the traditional cross-legged position or in a straight back chair with feet flat on the ground.*<sup>vii</sup>

If we use practices similar to Eastern meditation, should we not expect similar results? Whether the words are Christian or Hindu, the focused repetition of a word or short phrase can result in an altered state of consciousness. This is what some specifically seek, and interpret as an encounter with God.

Those who promote breath prayer also say that Paul asked us to “pray without ceasing” (1 Thessalonians 5:17). However,

most Christians, including Adventists, understand that Paul was counseling us to be in a constant attitude of prayer. Our minds should naturally turn to God in gratitude and praise when we experience good things, and turn to Him for support when we experience difficulties.

Christian prayer is a way of actively engaging in the service of our Master. When we begin our day with prayer, laying all our plans at His feet,<sup>viii</sup> we keep our requests in mind throughout the day, ready to respond to God’s providential leading.



Ellen White asks us to “cultivate the habit of talking with the Saviour when you are alone, when you are walking, and when you are busy with your daily labor. Let the heart be continually uplifted in silent petition for help, for light, for strength, for knowledge. Let every breath be a prayer.”<sup>ix</sup>

God also asks us to come and reason with Him.<sup>x</sup> He wants us to talk to Him as a friend. By contrast, “breath prayer” suggests a different God who can be engaged through repetition. It suggests that the participation of the mind is not necessary for “experiencing” God. Breath prayer is closer to magic than communication—another substitute for a genuine experience with God.

It is troubling that readers of *Hunger* might be led to accept this counterfeit type of prayer.

### ***Hunger* also Promotes a Spiritual Discipline known as *Lectio Divina***

*The first is a variation of an ancient Christian method called lectio divina, or sacred/divine reading. One reason I use it is that either an individual or a group can employ it. Often I find people are more willing to try meditation personally if they have had a good experience in a group setting.*<sup>xi</sup>

It is unfortunate that Dybdahl does not specifically define *lectio divina*. What he advocates differs from some of the sources he uses. Is *lectio divina* innocent, or should we be aware of potential dangers? Notice what one Christian advocate of the practice says:

vi. Ellen G. White, “The Power of Prayer,” *Signs of the Times* (January 29, 1902). “Prayer is the opening of the heart to God as to a friend. In the secret place of prayer, where no eye but God’s can see, no ear but His can hear, we may pour out our most hidden desires and longings to the Father of infinite pity; and in the hush and silence of the soul, that voice which never fails to answer the cry of human need, will speak to our hearts.”

vii. John Michael Talbot, “Breath Prayer,” *Living Water*, no date. <http://www.johnmichaeltalbot.com/Reflections/index.asp?id=145>.

viii. Ellen White, *Steps to Christ* (Battle Creek, MI: Review and Herald Publishing Association, 1892), 70. “Consecrate yourself to God in the morning; make this your very first work. Let your prayer be, ‘Take me, O Lord, as wholly Thine. I lay all my plans at Thy feet. Use me today in Thy service. Abide with me, and let all my work be wrought in Thee.’ This is a daily matter. Each morning consecrate yourself to God for that day. Surrender all your plans to Him, to be carried out or given up as His providence shall indicate. Thus day by day you may be giving your life into the hands of God, and thus your life will be molded more and more after the life of Christ.” ix. *Ministry of Healing*, 510.

x. “Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool” (Isaiah 1:18).

xi. *Hunger*, 62.

*Lectio divina* is Latin for divine reading, spiritual reading, or “holy reading”, and represents a method of prayer and Scriptural reading intended to promote communion with God and to provide special spiritual insights. The principles of *lectio divina* were expressed around the year 220 AD and practiced by Catholic monks, especially the monastic rules of Sts. Pachomius, Augustine, Basil, and Benedict.

The practice of *lectio divina* is currently very popular among Catholics and gnostics, and is gaining acceptance as an integral part of the devotional practices of the Emerging Church. Pope Benedict XVI said in a 2005 speech, “I would like in particular to recall and recommend the ancient tradition of *lectio divina*: the diligent reading of Sacred Scripture accompanied by prayer brings about that intimate dialogue in which the person reading hears God who is speaking, and in praying, responds to him with trusting openness of heart.” *Lectio is also said to be adaptable for people of other faiths in reading their scripture—whether that be the Bhagavad Gita, the Torah, or the Koran. Non-Christians may simply make suitable modifications of the method to accommodate secular traditions* [author’s emphasis]. Further, the four principles of *lectio divina* can also be adapted to the four Jungian psychological principles of sensing, thinking, intuiting, and feeling.

The actual practice of *lectio divina* begins with a time of relaxation, making oneself comfortable and clearing the mind of mundane thoughts and cares. Some *lectio* practitioners find it helpful to concentrate by beginning with deep, cleansing breaths and reciting a chosen phrase or word over and over to help free the mind.

The practice of *lectio divina* has its roots in Greco-Roman antiquity:

This theoretical study suggests that *lectio divina*, an ancient Christian form of contemplative prayer, attains to the depth psychological goal of illuminating unconscious material. From its origins in Greco-Roman antiquity, through its appropriation by Philo<sup>xii</sup> in the 1st century BC, to its fullest development within the Benedictine monastic tradition in the 6th century, *lectio divina* has given rise to a contemplative attitude, a result of which can be profound psychological insight which often proceeds from the unconscious.<sup>xiii</sup>

Do we need to return to ancient Greece and Rome to get to know God through the Bible? These practices led to monasticism and withdrawing from the world. By contrast, Christ sends us into the world. Ellen White encouraged us to

apply God’s Word to our lives:

*The study of the Bible demands our most diligent effort and persevering thought. As the miner digs for the golden treasure in the earth, so earnestly, persistently, must we seek for the treasure of God’s word. In daily study the verse-by-verse method is often most helpful. Let the student take one verse, and concentrate the mind on ascertaining the thought that God has put into that verse for him, and then dwell upon the thought until it becomes his own. One passage thus studied until its significance is clear is of more value than the perusal of many chapters with no definite purpose in view and no positive instruction gained.*<sup>xiv</sup>

### **Hunger promotes a Type of Prayer known as the “Jesus Prayer”**

A good example of a short prayer is the “Jesus prayer”. Popular in the Russian Orthodox tradition, it has spread widely in Christendom through the book *The Way of a Pilgrim*. The prayer is biblically based (see Luke 18:38) and says simply: “Lord Jesus Christ, Son of God, have mercy on me, a sinner.” You can shorten it even more in various ways, such as “Jesus, have mercy on me” or “Have mercy on me.”<sup>xv</sup>

This style of repetition is problematic because can lead to self-hypnosis. It is unfortunate that *Hunger* does not demonstrate how the techniques it presents are different from the techniques promoted by the recommended authors. If a technique is dangerous, it is not enough to be using a different name for God or even to have a different worldview. For example, in *The Way of the Pilgrim*, referenced in *Hunger*, we find these instructions:

*The continuous interior Prayer of Jesus is a constant uninterrupted calling upon the divine Name of Jesus with the lips, in the spirit, in the heart; while forming a mental picture of His constant presence, and imploring His grace, during every occupation, at all times, in all places, even during sleep. The appeal is couched in these terms, Lord Jesus Christ, have mercy on me...Here is a rosary. Take it, and to start with say the Prayer three thousand times a day. Whether you are standing or sitting, walking or lying down, continually repeat “Lord Jesus Christ, have mercy on me”. Say it quietly and without hurry, but without fail exactly three thousand times a day without deliberately increasing or diminishing the number. God will help you.*<sup>xvi</sup>

xii. It is of interest that Philo, the Jew, set up a system of thought that was adopted by some of the early Church fathers and prepared the way for the changes that caused Jesus to say to the church at Ephesus, “I have somewhat against thee, because thou hast left thy first love” (Revelation 2:4). This system of thought was later adopted by the school at Alexandria whose allegorization method of interpreting the Bible set the foundation for the heresies of the Roman Catholic Church. Kees Waaijman, John Vriend, *Spirituality: Forms, Foundations, Methods* (Peeters, 2002).

xiii. D. Baker, “*Lectio divina*: Toward a Psychology of Contemplation,” (doctoral dissertation, Pacifica Graduate Institute, 2002). <http://www.scribd.com/doc/1048534/National-Institutes-of-Health-medit>.

xiv. Ellen G. White, *Education* (Oakland, CA: Pacific Press Publishing Association, 1903), 189.

xv. *Hunger*, 52.

xvi. Anonymous (translated by RM French), *The Way of a Pilgrim and the Pilgrim Continues His Way* (New York, NY: HarperOne, 1991), 7-8, 13. [http://books.google.ca/books?id=clcAYIDSQnAC&pg=PA291&lpg=PA291&dq=Anonymous+\(translated+by+RM+French\),+The+Way+of+a+Pilgrim+and+the+Pilgrim+Continues+His+W&source=bl&ots=BQRjRm1XnB&sig=icWiO12A2zMP\\_DDw1dHIDHPtw\\_0&hl=en&ei=cFsDSuTVLqegtP7kqTdAQ&sa=X&oi=book\\_result&ct=result&resnum=4#PP1](http://books.google.ca/books?id=clcAYIDSQnAC&pg=PA291&lpg=PA291&dq=Anonymous+(translated+by+RM+French),+The+Way+of+a+Pilgrim+and+the+Pilgrim+Continues+His+W&source=bl&ots=BQRjRm1XnB&sig=icWiO12A2zMP_DDw1dHIDHPtw_0&hl=en&ei=cFsDSuTVLqegtP7kqTdAQ&sa=X&oi=book_result&ct=result&resnum=4#PP1)

Essentially, the “Jesus Prayer” and the “breath prayer” only differ in the words used. Each uses repetition of a phrase, implying that the repetition of these words has some spiritual usefulness. Again, this is more in line with Catholic teachings than with Protestant teachings.

Furthermore, repetition of the name of Jesus will diminish our reverence for God. Ellen White showed the seriousness of using the name of God repetitiously when she wrote, “Even in prayer its frequent or needless repetition should be avoided. ‘Holy and reverend is His name.’ Psalm 111:9. Angels, as they speak it, veil their faces. With what reverence should we, who are fallen and sinful, take it upon your lips!”<sup>xvii</sup>

The origins of “Jesus Prayer” are also troubling:

Hesychasm developed, in part, from the quest for *apatheia* or passionlessness...Monks sought to attain this state through mastery of the mind and body alike, conceived as a unity. *They used breathing techniques and repetitive prayers to achieve a state of self-hypnosis, whereby the mind would become completely cleared of thoughts and, it was believed, able to see God.* A prayer known as the ‘Jesus prayer’ (first described by John Climacus) was used, which in its basic form was simply ‘Jesus, son of God, have mercy on me, a sinner.’ *The form of words varied and sometimes was nothing more than the name ‘Jesus’ repeated over and over again. Chanted in time with the monk’s own breathing, the prayer would almost lose all meaning—but this was precisely the intent, since they sought a state of mind empty of thoughts, into which God might move.* [author’s emphasis].<sup>xviii</sup>

This self-hypnosis is an altered state of consciousness. Users interpret it as being in the presence of God. Similar repetition is practiced in various non-Christian religions.<sup>xix</sup> Although many may be unaware of it, there are distinct dangers associated with these various prayer practices commonly called contemplative prayer.

Richard Foster, an author recommended in *Hunger*, warned that contemplative prayer is for more mature believers. He says that “we are entering deeply into the spiritual realm” where we may encounter “spiritual beings” who are not on God’s side. He suggested a prayer of protection in which one surrounds himself with “the light of Christ,” saying “all dark and evil spirits must now leave,” and other words to keep evil ones at bay.<sup>xx</sup>

In another book, Foster said, “So that we may not be led astray, however, we must understand that we are not engaging in some flippant work. We are not calling on some cosmic bellhop. This is a serious and even dangerous business.”<sup>xxi</sup>

*Hunger* also indicates the need to pray for protection before meditation: “Begin with brief prayer for God’s presence, guidance, and protection from any evil influence. When we become quiet and open to God, we simply want to make sure that anything that happens is under Jesus’ leadership. The prayer itself helps to quiet people and create the setting for meaningful meditation.”<sup>xxii</sup>

If these various authors warn of the possibility of meeting evil spirits through contemplative practice, how can we recommend these things to those who really do “hunger” for a deeper connection with God?

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xvii. *Education*, 243.

xviii. Jonathan Hill, *Zondervan Handbook to the History of Christianity* (Oxford, England: Lion Hudson, 2006) 137-138. See this excerpt online at [http://www.zondervan.com/media/samples/pdf/0310262704\\_samptxt.pdf](http://www.zondervan.com/media/samples/pdf/0310262704_samptxt.pdf).

xix. Luis Vas, “The Path of Japa,” May 2004, [http://www.lifepositive.com/Spirit/Rituals/The\\_Path\\_of\\_Japa52004.asp](http://www.lifepositive.com/Spirit/Rituals/The_Path_of_Japa52004.asp).

“Repetition of any mantra or name of the Lord is known as Japa. From Buddhists to Muslims, Christians to Sufis, this path is hailed as one of the most meritorious forms of prayer in many spiritual traditions...Japa (muttering is one of its meanings in Sanskrit) practice is perhaps the highest common spiritual factor among all religious traditions. It is a discipline involving the (silent, or sub-vocally muttered, or chanted aloud) invocation of a word or phrase, usually pertaining to the divine, sometimes termed a mantra. It is practiced among Hindus—across the board from the Vedantists to the followers of Sri Ramdas at Anand Ashram in Kerala—Buddhists, Sufis and Christians alike. Moreover, despite its apparent simplicity, it is regarded as one of the most meritorious forms of prayer in all these traditions...Japa spirituality is not unknown among Christians either. But it is most prevalent among Orthodox Christians, less so among Catholics and Protestants. A famous Orthodox Christian prayer is known as the Jesus Prayer or the Prayer of the Heart, and goes: ‘Lord Jesus Christ, Have Mercy On Me.’”

Basil Pennington, *Centering Prayer* (Garden City, NY: Doubleday, 1980), 32-33. [http://www.kyrie.com/cp/a\\_gift\\_from\\_the\\_desert.htm](http://www.kyrie.com/cp/a_gift_from_the_desert.htm). “The desert tradition out of which this teaching on prayer of John Cassian, *The Cloud of Unknowing*, and Centering Prayer evolved is the same as that from which the Jesus Prayer issued. However, while Abba Isaac gave St. John a word from the Psalms: ‘O God, come to my assistance; O Lord, make haste to help me,’ the Eastern current derived its source from two passages of the New Testament - that of the blind Bartimeus and that of the publican - to form the well-known prayer: ‘Lord Jesus Christ, Son of the Living God, have mercy on me, a sinner.’ In time, especially under the long domination of the Moslems, the Eastern Christian tradition was enriched or modified by other influences from the East. Thus today the expression “The Jesus Prayer” is a blanket covering a variety of methods. The most highly developed, psychosomatic expression of the Jesus Prayer, presented by Nesophorus of Jerusalem and St. Gregory of Sinai (who actually learned it in Crete and brought it to the Holy Mountain) in the fourteenth century, and by St. Gregory Palamas in the century following, reproduce even to details the dhikr method of the Sufis of the thirteenth century. The Name used by the Sufis, of course, was Allah, while that used by the Orthodox Christians was the Name of Jesus. This dhikr method in its turn reproduces down to details the nembutsu method of meditation used by Buddhists in the twelfth century. We do not necessarily have to postulate a dependency. It may be that spiritual masters coming out of related cultures evolved similar methods.”

xx. Richard Foster, *Prayer: Finding the Heart’s True Home* (New York, NY: HarperCollins, 1992), 156-157.

## Hunger Mentions the Concept of “Centering Down”

*Help people begin to focus on the present situation in preparation to hear God’s Word. Sometimes called “centering down,” it seeks to minimize distraction and let people concentrate as much as they can on God’s Word. For example, suggest that they close their eyes. Also I ask people to relax their bodies consciously and to give any physical tension over to Jesus. Often shoulders and neck in particular need to release their tautness. Occasionally people should take a few deep slow breaths or become conscious of their breathing.* <sup>xxii</sup>

There are many more uses and considerations regarding centering prayer, but it is essentially the process of centering down to the presence of the Lord with you. Centering prayer is taught in all the major faith groups, to a greater or lesser degree: Jewish, Christian, Muslim, Hindu, and Buddhist.

Sadly, it is not widely taught in our faith and many Christians who’ve not heard of it think it is “new age” or even “demonic!” These are terms easily thrown about to discredit time-honored techniques of which the hurler of epithets is merely ignorant. <sup>xiv</sup>

Centering prayer is a two-stage process.

The first stage is to settle into stillness and become aware of God’s presence. Quakers call this centering down. It involves coming into the present moment by quieting the mind, letting go of problems, and releasing distractions.

Find a quiet place and let family members know you do not want to be interrupted. Sit comfortably. Begin repeating a sacred phrase or word: for example, *peace, Lord, love, God is love*. This helps you quiet internal dialogue and become more God-centered. Repeat your sacred phrase effortlessly, in silence, until you reach a state of stillness. Do not concentrate or work at it, just gently repeat it. <sup>xxv</sup>

John D. Dreher characterizes centering prayer this way:

Centering prayer is essentially a form of self-hypnosis. It makes use of a “mantra,” a word repeated over and over to focus the mind while striving by one’s will to go deep within oneself. The effects are a hypnotic-like state: concentration upon one thing, disengagement from other stimuli, a high degree of openness to suggestion, a psychological and physiological condition that externally resembles sleep but in which consciousness is interiorized and the mind subject to suggestion. After reading a published description of centering prayer, a psychology professor said, “Your question is, is

this hypnosis? Sure it is.” He said the state can be verified physiologically by the drop in blood pressure, respiratory rate, lactic acid level in the blood, and the galvanic conductivity of the skin. <sup>xxvi</sup>

In our own *Signs of the Times* magazine, an article encourages the practice of centering prayer:

Contemplation is essentially wordless, but its core cry is “I consent to Your presence and Your action within.” (See Psalm 139:1-4; Romans 8:26, 27.) Feel your hunger for connection with the Divine and express your adoration. God is waiting to connect with you (Revelation 3:20), but it may take some time for you to focus. If you are distracted by thoughts, let them float past you without following. One method, called “centering” prayer [author’s emphasis], encourages you to refocus on God by internally saying one of the names of God that you relate to. This can help you to be present to God again. <sup>27</sup>

Notice the difference between this article’s recommendations and Ellen White’s recommendations:

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. <sup>xxviii</sup>

The *Signs* article says, “If you are distracted by thoughts, let them float past you without following.” In other words, empty your mind. By contrast, Ellen White recommends an active focus on the life of Christ. These are two very different types of contemplation. The emptying of the mind is typical of Eastern meditation.

The silence that Ellen White encourages is essential in order to hear the voice of God. It is not the silence brought about by a mantra-style repetition of words:

All who are under the training of God need the quiet hour for communion with their own hearts, with nature, and with God. In them is to be revealed a life that is not in harmony with the world, its customs, or its practices; and they need to have a personal experience in obtaining a knowledge of the will of God. We must individually hear Him speaking to the heart.

xxi. Richard Foster, *Celebration of Discipline*, (San Francisco, CA: Harper and Row, 1978), 16.

xxii. *Hunger*, 63.

xxiii. *Ibid*, 63.

xxiv. John W. Price, “Centering Prayer,” updated September 15, 2002, <http://www.frjohnwprice.org/Centering.html>.

xv. Christine N. Karcher, “Spiritual Relationship Help & Building Self Esteem,” *Relationships of Grace*, 2003, [http://www.relationshipsofgrace.com/spiritual\\_relationship\\_help\\_article\\_centering\\_prayer.htm](http://www.relationshipsofgrace.com/spiritual_relationship_help_article_centering_prayer.htm).

xvi. John D. Dreher, “The Danger of Centering Prayer,” *This Rock*, Vol. 8, No. 11 (November 1997), <http://www.saint-mike.org>.

xvii. “Stillness Is Golden,” *Signs of the Times—Australia/New Zealand*, Vol. 119 (November 2004), <http://www.signsofthetimes.org.au/archives/2004/november/article5.shtm>.

xviii. Ellen G. White, *The Desire of Ages* (Battle Creek, MI: Review and Herald Publishing Association, 1898), 83.

When every other voice is hushed, and in quietness we wait before Him, the silence of the soul makes more distinct the voice of God. He bids us, "Be still, and know that I am God." This is the effectual preparation for all labor for God. Amidst the hurrying throng, and the strain of life's intense activities, he who is thus refreshed, will be surrounded with an atmosphere of light and peace. He will receive a new endowment of both physical and mental strength.<sup>xxix</sup>

### In Summary

Although the author of *Hunger* wants to teach ways to still the hunger of the soul, some of his recommendations directly counter the instructions of Inspiration. Thus, they can lead only to a counterfeit spiritual experience. The meditative practices of breath prayer, *lectio divina*, and the Jesus Prayer are part of a mystical tradition. They span many forms of spirituality that are incompatible with the Adventist understanding of the nature of God and how He makes Himself known to us.

These practices originated in Eastern pagan religions, were adopted by the Desert Fathers of the Catholic Church, and are now being offered to the Protestant community. While the goal of achieving higher spirituality is commendable, the method is flawed. Deeper spirituality is experienced through sanctifying obedience to the Word of God. We should not worship God using practices based on intrinsically false views of Him.

We cannot expect God to work through these practices just by asking Him to, any more than we can pray over an Ouija board and expect that God will answer our questions. "For what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness? And what concord hath Christ with Belial? or what part hath he that believeth with an infidel? And what agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people. Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you". (2 Corinthians 6:14-17).

Eastern-style meditative practices only make people *feel* spiritual. They do not help to draw them into true fellowship with Christ in His work in this world—a work that is outward-focused, rather than inward-focused. Thus, the spirituality produced by Eastern-style practices is a seducing<sup>30</sup> counterfeit. It is unfortunate that these practices are being recommended in a book sold in our Adventist Book Centers.

For more information visit: <http://spiritualformationsda.wordpress.com/>  
Pastor John Witcombe is a pastor in the Oregon Conference.

xix. *Ministry of Healing*, 58.

xxx. Ellen G. White, *Testimonies for the Church, Vol. 8* (Mountain View, CA: Pacific Press Publishing Association, 1904), 293. "The experience of the past will be repeated. In the future, Satan's superstitions will assume new forms. Errors will be presented in a pleasing and flattering manner. False theories, clothed with garments of light, will be presented to God's people. Thus Satan will try to deceive, if possible, the very elect. Most seducing influences will be exerted; minds will be hypnotized."

## Authors Recommended in *Hunger*

It is concerning that the author of *Hunger* recommends some books whose authors promote mystical aspects of the spiritual life. Some also specifically encourage the study of pagan applications:

**Thomas R. Kelly:** "Deep within us all there is an amazing inner sanctuary of the soul, a holy place, a Divine Center, a speaking Voice, to which we may continually return...It is a Light Within that illumines the face of God and casts new shadows and new glories upon the human face...Here is the Slumbering Christ, stirring to be awakened, to become the soul we clothe in earthly form and action. And He is within us all...The Inner Light, the Inward Christ, is no mere doctrine, belonging peculiarly to a small religious fellowship, to be accepted or rejected as a mere belief. It is the living Center of Reference for all Christian groups - yes, and of non-Christian groups as well who seriously mean to dwell in the secret place of the Most High." —*A Testament of Devotion* (HarperSanFrancisco, 1996), 3.

**Henri J. M. Nouwen:** "The quiet repetition of a single word can help us to descend with the mind into the heart...This way of simple prayer...opens us to God's active presence." —*The Way of the Heart* (San Francisco, CA: Harper, 1991), 81.

**Richard J. Foster:** "[W]e must be willing to go down into the recreating silences, into the inner world of contemplation. In their writings, all of the masters of meditation strive to awaken us to the fact that the universe is much larger than we know, that there are vast unexplored inner regions that are just as real as the physical world we know so well." —*Celebration of Discipline: The Path to Spiritual Growth* (New York, NY: HarperCollins, 1980), 13.

"Thomas Merton has perhaps done more than any other twentieth-century figure to make the life of prayer widely known and understood...his interest in contemplation led him to investigate prayer forms in Eastern religion...[he is] a gifted teacher" —*Renovare*, Richard J. Foster, Emilie Griffin, *Spiritual Classics* (New York, NY: HarperCollins, 2000), 17.

**Thomas Merton:** "If only they [people] could all see themselves as they really are...I suppose the big problem would be that we would fall down and worship each other...At the center of our being is a point of nothingness which is untouched by sin and by illusions, a point of pure truth...This little point...is the pure glory of God in us. It is in everybody" —*Conjectures of a Guilty Bystander* (Garden City, NY: Doubleday, 1989), 157, 158.

**Morton Kelsey:** "You can find most of the New Age practices in the depth of Christianity [Christian church tradition]" —"In the Spirit of Early Christians," *Common Boundary Magazine*, Jan./Feb. 1992, 19.

**Tilden Edwards:** "This mystical stream [contemplative prayer] is the Western bridge to Far Eastern spirituality" —*Spiritual Friends: Reclaiming the Gift of Spiritual Direction* (Mahwah, NJ: Paulist Press, 1980), 18-19.

-Continued on Page 17

**Thomas Keating:** A Trappist monk who began teaching a form of Christian meditation that grew into the worldwide phenomenon known as centering prayer. Twice a day for 20 minutes, practitioners find a quiet place to sit with their eyes closed and surrender their minds to "God." "My acquaintance with eastern methods of meditation has convinced me that . . . there are ways of calming the mind in the spiritual disciplines of both the east and the west...Many serious seekers of truth study the eastern religions." —*Open Mind Open Heart: The Contemplative Dimension of the Gospel* (Warwick, NY: Amity House, 1986), 37.

"We should not hesitate to take the fruit of the age-old wisdom of the East and "capture" it for Christ. Indeed, those of us who are in ministry should make the necessary effort to acquaint ourselves with as many of these Eastern techniques as possible... Many Christians who take their prayer life seriously have been greatly helped by Yoga, Zen, TM and similar practices." —M. Basil Pennington, Thomas F. Clarke, *Finding Grace at the Center: The Beginning of Centering Prayer* (Still River, MA: St. Bede Publications, 1978), 5-6.

"If you are aware of no thoughts, you will be aware of something and that is a thought. If at that point you can lose the awareness that you are aware of no thoughts, you will move into pure consciousness...A fifth kind of thought arises from the fact that through the regular practice of contemplative prayer the dynamism of interior purification is set in motion. This dynamism is a kind of divine psychotherapy, organically designed for each of us, to empty out our unconscious." —*Foundations for Centering Prayer and the Christian Contemplative Life* (Continuum International Publishing Group, 2002), 64, 82.

**M. Scott Peck:** "Since the unconscious is God all along, we may further define the goal of spiritual growth to be the attainment of Godhood by the conscious self. It is for the individual to become totally, wholly, God." — *The Road Less Traveled* (New York: Simon and Schuster, 1978), 283.

"Zen Buddhism should be taught in every 5th grade class in America." —*Further Along the Road Less Traveled* (Simon & Schuster Audioworks, 1992).

"Christianity's greatest sin is to think that other religions are not saved—*Further Along the Road Less Traveled* (Simon & Schuster Audioworks, 1992).

"If the New Age can reform society rather than just adversely challenge it then it can be extremely holy and desperately needed." —*Further Along the Road Less Traveled* (Simon & Schuster Audioworks, 1992).



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# VICTOR GILL SLEEPWALKING



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**I**f you spend your life focused on overcoming sin, you will never succeed. But if you focus on Christ, He will make you sinless by your willingness to let Him work in your life changing and preparing you for eternity. The same principal applies to losing weight. If you do not focus on losing weight, but focus on being healthy, the weight takes care of itself in the process.

Many weight-loss programs and health tips only lead to unbalanced lifestyles. Here is some practical advice to help you dispel the rumors and establish a lasting healthy lifestyle.

### **Scales and Calories**

The weigh scale is not your friend; it is actually your enemy. One of the best things you can do for losing weight and feeling good is to throw the scale out. It is easy to become captive to the scale and only focus on your weight, rather than your health. When this happens, you desperately try anything to lose the weight, and that is where weight loss programs and supplements come in. After a while, people on these programs can't wait to start bingeing again because they think they deserve to resume bad eating habits as a reward for their hard work.

Another practice to throw out is counting calories. This habit can lead to restrictions from foods that your body really needs in order to be healthy. For example, don't stay away from potatoes, stay away from what you usually put on potatoes.

A potato has around 150 calories until it is deep fried into potato chips and then it becomes 1200 calories. Food is not the problem with weight gain. It is what we do to the food before we eat it that is the problem.

### **How much Protein?**

It is often said that weight-loss diets must contain plenty of protein to be effective. What we must remember, however, is that there is protein in everything from lettuce to bananas to nuts. Protein is the very structure of the cells of the plant. The suggested diet we give below is rich in vegetable protein, but limits concentrated proteins such as tofu, nuts, and nut butters.

We have a misconception in North America that we need a lot of protein. People are consuming excessive amounts and suffering from poor health as a result. The recommended dietary allowance (RDA) for protein is 0.8 g/kg/day. For a person weighing 150 pounds, that works out to 54 grams of protein. Most people are consuming upwards of 300 grams of protein every day. These habits contribute to many of our culture's "diseases of excess." If we are consuming excessive amounts of protein, our liver and kidneys will be overworked trying to eliminate this excess. This strain on our organs leads to disease.

Our bodies run almost exclusively on glucose. The easiest source of glucose is from carbohydrates such as whole

grains, brown rice, organic corn, organic potatoes, and other high-starch vegetables. When consumed in moderation, these carbohydrates provide sustained blood sugar levels to keep our energy levels up throughout the day.

High protein/low carbohydrate diets are effective in weight loss simply because our bodies would much rather turn fat into glucose than turn protein into glucose. Therefore, when high amounts of protein are consumed with low carbohydrate intake, the body starts to burn the fat.

A high-protein diet will not increase your metabolism, nor will it add lipase (an enzyme used in fat metabolism) to your body. Your body will produce lipase as necessary to metabolize fats consumed. However, excess protein intake can cause weight gain just as surely as high carb intake. An excess of either carbs or protein will end in weight gain.

High protein intake does not curb hunger. It is actually the fiber and nutritional content of the food that signals to the body that it is satiated, and then the slow release of glucose from the metabolism of complex carbohydrates (such as grains and starchy vegetables) that keep the energy levels up. High amounts of protein will actually leave you feeling tired and "heavy."

### **Detoxification**

For weight loss to be effective, we need to understand why there is excess weight



If a carcass (of an unclean animal) falls on a seed which is to be sown, it shall remain clean; but if water falls on that seed, while the carcass is there, it is unclean. You must not plant it. You must not eat it. Leviticus 11:37, 38

God here is concerned not that the seed will yield bad fruit, but that it may be genetically impaired by the chemicals thus released when water is involved.

to begin with. As our bodies become toxic, our livers and other organs become overloaded trying to deal with the toxins, and begin to store them in adipose (fat) tissue. This is a slow process, augmented by over-eating, a sedentary lifestyle, and poor stress management.

We do inherit natural tendencies that will also factor in weight gain, but these traits have a minimal effect. Therefore, in order to lose weight, the body will require daily exercise, good stress management, and good nutrition to neutralize the toxins.

When our bodies intake nutrients, they can go to work removing and neutralizing the toxins stored in adipose tissue. This process is called detoxification. As the tissues are freed from toxin, the body will break down the adipose tissue and the weight will come off. That is the reason why we have had countless individuals tell us that after they did a ten-day cleanse their weight literally fell off.

Of course, you don't need a ten-day cleanse to detoxify the body, but because cleanses are intensive, the results are quicker. Body cleansing, along with high nutritional input and regular exercise, is the only way that your body will keep the weight off.

#### Planning Your Day

There is a lot of confusing information out there, but as we follow what God has revealed to us, we can be confident of His blessing. We are told in *Counsels on Diet and Foods* p. 174 that a two-meals per day plan would be best for most of us—a far cry from the five to six small meals that many health practitioners are currently prescribing. We need to give our digestive systems plenty of time to digest the food we eat, and then have a period of rest.

We also need to eat a balance of fruits, nuts, grains, and vegetables as the perfect fuel provided by God. Grains should be in their most whole forms, such as well-cooked whole oats, quinoa, millet, and brown rice. Due to the high levels of genetically modified corn, ensure your corn is organic. A healthy balance will include whole-grain breads and pasta in moderation, and some starchy vegetables like potatoes, yams, corn, squash, and legumes.

Several years ago Jeanie and I ran a weight-loss program at our Bayside Health Clinic for one month. Individuals came to stay with us for the month, and we placed everyone on the same schedule: they had two full meals a day, six to eight glasses of fresh vegetable juice, daily exercise, and steam baths for cleansing and "feeding" their bodies. The average weight loss was one pound per day! This shows that cleansing and nutrition lead to good health and weight loss.

In all the years that we have been helping people with their weight problems we have discovered some key things that really work. However, these tactics do take some effort, and few people are willing to practice self-denial.

#### The High Nutrition Diet

If you are truly serious about becoming healthy and are currently overweight, this diet is for you. I am giving you an outline for a weight-reducing, health-producing diet. But remember this: for this plan to work, the focus needs to be on health, not weight loss. Our focus is on adding good things to what you are currently doing rather than focusing on quitting things that may not be so good.

Your body builds itself from the foods you eat. You need to feed your living body with living foods. Any food heated past 107 degrees Fahrenheit has greatly diminished enzymes. Cooking at even higher temperatures will destroy most of the remaining nutrients as well. The good news is that you can have a 20% cooked food, 80% raw food diet and have a long, healthy life. All you have to do is make sure you have a good amount of raw and living foods before you have your cooked foods and follow the recommendations below.

The current North American-style, cooked food diet, will only produce disease. People who have accustomed themselves to the rich, highly stimulating North American diet have developed an unnatural taste, leaving them with no desire for plain and simple food. It will take time for the taste buds to be restored and for the stomach to recover from the abuse it has suffered. But those who persevere in the use of wholesome food will, after a couple of weeks, find it enjoyable. They will appreciate the delicate and delicious flavors. The stomach—neither fevered nor



overtaxed—will readily perform its work with no stress.

I find that most people's diets are very deficient in green foods. I have also found that adding plenty of greens to the diet greatly helps in returning the body to health. I am recommending that you have a very special concentrated green foods diet for the next eight weeks. You will need to get a good vegetable juicer, blender, and coffee grinder.

### The Crucial Ingredients

#### Green Smoothies

Look for these leafy greens at your grocery store: kale leaves, collard greens, mustard greens, alfalfa sprouts, dark green romaine lettuce, parsley, dandelion greens, bok choy, or any other leafy greens. Also purchase pineapple juice, orange juice, or tomato juice.

Put two cups of juice into your blender and add one large handful of each of the greens you have chosen for the week. Select two or three greens each week and change to a different combination of greens the following week so your body gets a good variety. Add one tablespoon of Udo's Oil 3,6,9 blend with DHA and blend well until smooth.

You can also use different fruit juices from time to time such as guava or mango juice. The key is to get a good variety so that you do not become bored of the flavors. The drink should be the consistency of a medium thick shake. If you find that the drink is too thick, add fewer greens. Have two 16oz smoothies each day. Follow the smoothie with the rest of your meal such as oatmeal or toast for breakfast, or a baked potato, rice dish, or sandwich for lunch.

If you find that you are not hungry after your smoothie, do not eat anything else. You will be fine until your next mealtime. If you find that 16oz is too much, adjust the amounts to suit you.

#### Seeds

In the morning, take 2 heaping tablespoons of flax seeds. Grind them in a coffee grinder and add them to your green smoothie or put them on your fruit. Flax seeds will bind any excess estrogens and other hormones and remove them from your system through the bowels.

Half an hour before bed, take one teaspoon of psyllium (seed or husks) in a glass of pineapple juice or water.

Follow this with another glass of water.

Stir in the psyllium very quickly and drink it immediately because it will get too thick very fast.

Psyllium is considered to be an intestinal broom, and will clean your bowels very effectively. If you find that your bowels are not moving, or slowing down, reduce the psyllium intake to half of a teaspoon. If you still find that your bowels are not moving right or have slowed down, then stop using the psyllium and continue with the flax seed in the morning.

Take the flax seed and the psyllium for six months for a good bowel cleansing.

#### Water

In the morning, drink four glasses of room temperature water within ten minutes. This will help your body complete its important morning functions.

Each day, drink one ounce of water for every two pounds of body weight up to what your body weight should be. Also, have one ounce of water for every twenty-five pounds that you are overweight. You should sip your water throughout the day instead of gulping it down all at once. Start drinking water about one hour after eating and stop drinking it about a half hour before a meal. You should not drink any liquid with your meals, as this will dilute the digestive juices.

#### Exercise

Six days a week, do 30 minutes of brisk exercise, or as much as you are able. Walking is the best form of exercise, but a stationary bicycle will work as well. Exercise to the point of sweating, as this will release toxins from under the skin.

#### Sample Menus

*Breakfast:* Green smoothie by itself, or with bananas and apples with oatmeal;

pineapple, mangoes and toast; pears, grapes, and cereal; or oranges, grapefruit, and trail mix.

*Lunch:* Big green salad (with onions, peppers, celery, and tomatoes) with a baked potato, brown rice, pasta, or baked beans. Or, have another green smoothie.

*Supper:* Green smoothie by itself, or with popcorn, apples, dates, raisins, or a toasted tomato sandwich.

Do not eat between meals or after supper. Rather, drink water and vegetable juice.

Never mix unjuiced fruit and unjuiced vegetables together at any meal, as this will cause digestive problems. Also, avoid dessert. If you want to regain your health, you will follow these guidelines seriously.

Eat a rainbow of foods every day to get a good variety of nutrients, and ask the Lord to help your body heal itself.

If you are currently taking a prescription drug of any kind, tell your doctor that you are changing your diet and lifestyle. Ask them to monitor you because your medication may become too strong, and you may need the dose diminished. This way, your doctor can see and record the results of a proper diet and lifestyle. They in turn may help others by sharing with them the things you have been doing. ■

*Rudy and Jeanie Davis enjoy taking long hikes throughout the Maritimes, where they also operate a health center in Baie-St-Anne, New Brunswick. They hold public health seminars across the country bringing the principles of health reform to many people who would otherwise never enter a church.*



# RELIGIOUS DOUBLESPEAK

By Wendy Goubej

“If you do not contend with your whole heart, against the impious government of the Pope, you cannot be saved.” -Luther

## An Introduction

Throughout history, language has always been a means of communication. God used language to communicate to us when He inspired the Holy Scriptures to be written. It was at the Tower of Babel that God created many languages (Genesis 11:7,9), making communication more complicated. It kept people apart and problems more localized. But because language is so critical to effective communication, people have overcome the language barrier, learning a second language in order to communicate better with another people group. During the Protestant Reformation, it was the translation of the Word into the common people's tongue that helped them break away from tyranny and oppression by Rome. Nowadays, it seems like language is hardly a barrier at all. In our international world, business is conducted in every language and the UN Assembly meets in multiple languages to discuss world issues.

But language is not always used for helpful communication. It can also be used to exclude others, even within the same tongue. Imagine if you were to suddenly find yourself at a physics convention. Would you understand what was being said? Recently, I participated in a class on linguistics – the study of language and its structure. I thought the class would be easy to understand since it was all about how we communicate.

Instead I found myself lost in a sea of academic jargon. Jargon is a specialized language or vocabulary that is specific to a particular trade, profession, or group. In the case of this class, the struggle to make sense of straightforward concepts couched in exhaustingly long words was maddening.

But of all language uses, the worst is when language itself is used to conceal the truth and deceive others. Clear communication is based on the assumption that the person speaking or writing is *sincere*. Even if language barriers pose a problem, a sincere desire to be understood is necessary and expected in order to achieve final comprehension of what is being said. We bring in interpreters or rephrase our sentences into simpler ones so that the hearer can better understand. But when language is used *insincerely* or *deceptively*, when there is a gap between one's *real* aims and one's *stated* aims, communication becomes dangerous because it can numb us into a false security. In this case, one message is being communicated to the masses while an entirely different meaning is intended that is purposefully not explained.

George Orwell writes in *Politics and the English Language* that instead of being “an instrument for expressing thought,” language can be a means “for concealing or preventing thought”. According to Orwell, “if thought corrupts language, language can also corrupt thought.” Could someone's carefully formulated language actually corrupt the thoughts of listeners? Orwell was primarily referring to political communication, when he wrote his essay, but perhaps his observations can apply in other areas as well.

Language that is evasive, deceptive, misleading, or self-contradictory is known as “doublespeak.” Doublespeak is not rare. It is all around us and is causing a communication crisis of unimaginable proportions in the religious world. As we draw near to Christ's Second Coming, we cannot afford to be confused. Many of the messages we are

hearing from Christians, religious leaders, and the media are lulling us to sleep because we believe we understand what we are hearing. Thus, many of us are not alarmed and we raise no protest. I'd like to suggest that Satan plays the game of doublespeak best, hijacking words without our knowledge and making them mean something entirely different and then using them on us. But we, not knowing of the change in meaning, accept what is said without question.

The Bible teaches that we should test what we hear so we can properly understand it and prove its correctness (Acts 17:11). God counsels us to be wise as serpents (Matthew 10:16). He also warns us that at the end of time, deception will be so rampant that even the very elect are in danger of being deceived (Matthew 24:24). In this article, and future ones, we'd like to examine some of the words being used in Christian circles to find out what is really being intended.

## Natural Law and Reason

On April 19, 2008, Pope Benedict addressed the world from New York. In his speech, the Pope upheld the UN as a crucial defender of human rights and a force for peace. He claimed that unless these human rights were considered “God-given,” they would be subject to erosion or revocation. The Pope urged the world to set human rights in stone, as they are the key to world peace and security. Human rights, he said, “are based on the natural law inscribed on human hearts...”

It all sounded very nice and very caring. To most people, the Pope didn't say anything alarming at all. On the contrary, he seemed to be upholding the principles of brotherly love between all mankind. After all, if people paid better attention to human rights, this world would be a better place, wouldn't it? People wouldn't get massacred, and children would grow up in a better world with more access to education, medical attention, and be well taken care of, right?

Well, if we believe that, then we have been victims of the Pope's doublespeak. Not only have we been unbelievably conned, but because of our ignorance as to what exactly the Pope was saying, we could be aiding and abetting the greatest oppression ever to be foisted on Planet Earth.

Now don't get me wrong. The idea of treating others with dignity and equality, giving the right to life, liberty, and security, freedom of religion and thought are not wrong. Equality of mankind and freedom of choice originated with God. And His law does teach respect for others. In fact, it goes beyond that to loving our enemies and praying for those that are spiteful to us. There is more to the Pope's speech than meets the eye.

Let's put on our investigative hats, and do some research to better understand what the Pope is actually saying.

## Background and History:

### **Where did human rights come from?**

Human rights have been around in some form or another for a long while, but during the French Revolution, a specific human rights declaration was drawn up consisting of 17 rights all declaring the right of liberty, property, security, and resistance to oppression. (see sidebar p. 29). In 1948, 13 more rights were added, and the entire list was re-worked so that there are now 30 human rights in the UN Declaration of Human Rights. <sup>1</sup> The UN calls upon all countries to publicize the text of the Declaration and to "cause it to be disseminated, displayed, read, and expounded principally in schools and other educational institutions, without distinction based on the political status of countries or territories."

Shouldn't the head of a Christian church like the Pope be proclaiming the law of GOD in his address in New York – rather than human rights started during the French Revolution?

There was much more about the French Revolution than just human rights. It was an all-out war against the God of heaven, the dethroning of God, replacing Him with the sovereignty of another universal god. During the French Revolution, Bibles were burned - the two witnesses spoken of in Revelation 11 who were clothed in sackcloth and who are overcome by the beast from the bottomless pit in the great city which spiritually is called Sodom and Egypt. (Zech 4:11-14; Revelation 11:2-11)

In 2005, Condoleezza Rice, then Secretary of State extolled the Bush Administration for continuing "the work of the 18th century French Revolution" (*The New American*, March 7, 2005). Considering that the French Revolution consisted of debasing debauchery and outright rebellion against God, such a comment from Rice is more shameful than praiseworthy. During that awful period of earth's history, God's reality was replaced with a different reality. And that is exactly what is happening today. It is doubtful if *anything* coming from the French Revolution could be a real key to peace and security on this earth, as the Pope would like us to believe.



### **Who does the Pope really think he is?**

In 1455, Pope Nicholas V published the *Decretal De Translat. Episcop. Cap.* where he said about himself:

"I have the authority of the King of Kings. I am all in all and above all. Wherefore if the things that I do be said not to be done of man, but of God, what can you **make me but God?** ... Wherefore, no marvel if it be in my power to **change time and times: to alter and abrogate laws**, to dispense with all things, yea, with the precepts of Christ... The Pope has power to change times, to abrogate laws, and to dispense with all things, **even the precepts of Christ**. He can pronounce sentences and judgements *in contradiction* to the rights of nations, to the law of God and man... He can *free himself* from the commands of the apostles, he being their superior, and from the rules of the Old Testament." <sup>2</sup>

Sounds a lot like 2 Thessalonians 2:4 where the man of sin "opposeth and exalteth himself above all that is called God..." What is the connection between this arrogant attitude and the Pope's interest in human rights? We all know from history how little respect the Catholic Church had for human rights. Has the Roman system changed?

## Defining the Jargon:

Before we go any further, we need to learn some of the jargon of the Catholic Church.

### Reason

During the French Revolution, a Goddess of Reason was proclaimed by the French Convention. As personification for the goddess, a profligate woman was chosen. The goddess was celebrated in Notre Dame de Paris and put on the high altar in the Cathedral. This deification of women is a

Luciferian theology, and is a basis for the Gaia Hypothesis that controls the current environmental focus. This, we shall later see, is part of the Pope's interest as well.

In *Facts for the Times*, Pope Nicholas (Dist. 96) is quoted to have said: "The Pope's will stands for reason. He can dispense above the law; and of wrong make right, by correcting and changing laws." <sup>3</sup>

So the Pope's will stands for (or equals) REASON. We shall see that "reason" or "reasonable" are important words in the Pope's doublespeak.

### Natural Law:

The Pope said that human rights, "are based on the *natural law* inscribed on human hearts..."

Thomas Aquinas, in his book *Summa Theologica*, was the first to set forward the principles of a natural law.

In *The Chronicle Review: a Chronicle of Higher Education*, Alan Wolfe, Jewish Professor at Boston College wrote an article entitled "The Intellectual Advantages of a Roman Catholic Education" in the issue dated May 31, 2002. He writes:

"Among Catholic intellectuals, as well as some who are not Catholic, *the most important Catholic inheritance is the natural law tradition*, which is premised on the idea that there are certain truths in the world that remain true irrespective of whether the laws and conventions of any particular society adhere to them. At its worst, belief in natural law can lead to ideological rigidity and inflexible inhumanity. ... **Catholics are likely to hold that the truth of God's existence must mean the truth of man's reason**, art's beauty, and morality's universality."

In other words, man's reason is unfallen. God's existence and man's reason as well as art's beauty and morality's universality are all on an equal level. By reason we can change things.

Is this Biblical? Roman Catholic Natural law is derived from the premise that reason is unfallen. Protestant Law of Nature embodies reason subdued by the Word.

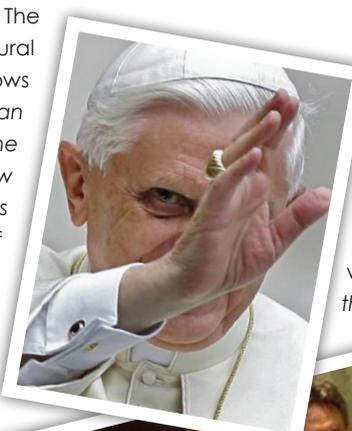
The Bible tells us that the whole head is sick (Isaiah 1:5), that the heart is deceitful above all things and desperately wicked (Jeremiah 17:9), that in our flesh there dwelleth "no good thing" (Romans 7:18), and that by our own selves, we can do nothing. (John 15:5). But the Roman Catholic Church says "No". Rome says that the Pope is the superior – that he can correct the apostles and free himself from the Word. Thomas Aquinas says that we may have fallen bodies but our intellect, our reason, is unfallen and therefore we can make decisions equal to the law of God.

Earlier we read that the Pope's will stands for reason. So who will be the one deciding what is reasonable? The Pope, of course, who rules by divine right and considers himself equal to God Himself. By the end of this study, we shall surely see that under natural law, we become a number, and cannot rise above the thought pattern of the community (or leadership).

Richard M. Gula, Professor of Moral Theology at the St. Patrick's Seminary in California wrote in his book *Reason Informed by Faith – Foundations of Catholic Morality*:

**"Natural law is central to Roman Catholic theology..."**

The advantage of using natural law is that the church shows great respect for human goodness and trusts the human capacity to know and choose what is right. Also by means of appealing to natural law, the church can address its discussion and claims for the rightness or wrongness of particular actions to all persons of good will, not just to those who share its religious convictions.... The magisterium has



appealed to natural law as the basis for its teachings pertaining to a just society, sexual behaviour, medical practice, human life, religious freedom, and the relationship between morality and civil law... In any case, the development of natural law tradition among Christian thinkers is due *not so much to the scriptures as to the influence of Greek philosophy and Roman law.* (pp. 120,121)

Let's pull this loaded quotation apart point by point:

**#1:** "*Natural law is central to Roman Catholic theology...*". So now we know that whenever the words "natural law" are used in a speech by a representative of Rome, we should listen because they are speaking about a central issue of their theology.

**#2:** "*...the church shows great respect for human goodness and trusts the human capacity to know and choose what is right...*" The human capacity can be trusted? The Bible doesn't tell us that. Doesn't goodness come from God?

**#3:** "*the church can address its discussion and claims for the rightness or wrongness of particular actions to all persons of good will*"

Note that it does not say that the church can work with all persons. Only all persons of good will. There's a difference. Who decides who is of good will and who is not? What are the criteria? We are left to wonder.

**#4:** "*the development of natural law tradition among Christian thinkers is due not so much to the scriptures as to the influence of Greek philosophy and Roman law*". So natural law, which is central to Catholic theology (meaning the basis of all its doctrines and teachings), comes NOT from the Scriptures but from the leopard beast (Greece) and from Roman law. (the 4<sup>th</sup> beast)

**#5:** "*...natural law as the basis for its teachings pertaining to a just society, sexual behaviour, medical practice, human life, religious freedom, and the relationship between morality and civil law*". So all of our lives, from the justice system, to medicine, to our religious freedom, to our civil laws, and even to our right to exist, are to be based on the principles of natural law according to the Roman Catholic Church.

**Let's summarize our findings thus far:**

▶▶ The Pope has power to change laws, and to dispense with all things, even the precepts of Christ. He is above the law – even God's law. Since the Pope believes he is God on earth, doesn't have to follow any of Christ's rules, and can do anything he wishes, anytime he discusses God, or theology, or law, he could very easily be actually discussing his own law, theology, or intentions.

▶▶ The tenets of the Roman Catholic church are based on something called "natural law" which, if the Pope has anything to say about it, will govern all aspects of our existence.

▶▶ The Pope did NOT extol God's law. He is the champion of human rights. THEY are the key to world peace and security.

▶▶ Natural law recognizes only people of good will. Those deemed to be without "good will" do not fit in with world peace plans.

▶▶ Human rights are a part of that natural law. These are the same human rights that were formed during the French Revolution when the goddess of Reason was crowned. "Reason" is an important keyword in Catholic theology, as is "natural law" and "human rights".

▶▶ The Pope's will stands for reason (and all things reasonable).

Now let's address one last point of Gula's revealing paragraph:

**#6:** "*the church can address its discussion and claims for the rightness or wrongness of particular actions to all persons of good will, not just to those who share its religious convictions*"

The aim of historical Rome, which has always been one of total global domination, is still valid today. The Catholic Church would like to be the spokesman for and to ALL religions, not just Catholics. Its principles of natural

law are to be the controlling principles over all religions. The Pope would like to be the universal ruler and to unite all religious systems under one law—a law based on “reason”, the natural law of the Roman Catholic Church. Do we not see him speaking and acting as one who has authority and influence over all areas of society, over nations and religions? Only the most uninformed could possibly not have noticed.

On July 7, 2009, the Pope made another speech calling for a “God-centered” global economy. Was he speaking of our true God? Or was he speaking of himself? In this most recent encyclical, the Pope calls for a reform of the UN that will establish a “true world political authority” with “real teeth” to manage the global economy with God-centered ethics.<sup>4</sup> We should ask ourselves who this true world political authority is going to be. From ethics and human rights to the financial crisis to political authority, the head of the Roman church has a solution for the world.

In the next issue we will study these issues further by examining Rome’s idea of economic health, and who the champion of world ethics really is. ■

-to be Continued

Adapted from “They Have Made Void Thy Law Part 1” in the *Rekindling the Reformation* series by Walter J. Veith.

## ORIGINAL HUMAN RIGHTS DECLARATION OF THE FRENCH REVOLUTION

1. Men are born free and remain free and equal in rights. Social distinctions can be based only on public utility.
2. The aim of every political association is the preservation of the natural and imprescriptible rights of man. These rights are liberty, property, security, and resistance to oppression.
3. The sources of all sovereignty resides essentially in the nation; no body, no individual can exercise authority that does not proceed from it in plain terms.
4. Liberty consists in the power to do anything that does not injure others; accordingly, the exercise of the rights of each man has no limits except those that secure the enjoyment of these same rights to the other members of society. These limits can be determined only by law.
5. The law has only the rights to forbid such actions as are injurious to society. Nothing can be forbidden that is not interdicted by the law, and no one can be constrained to do that which it does not order.
6. Law is the expression of the general will. All citizens have the right to take part personally, or by their representatives, and its formation. It must be the same for all, whether it protects or punishes. All citizens, being equal in its eyes, are equally eligible to all public dignities, places, and employments, according to their capacities, and without other distinction than that of their virtues and talents.
7. No man can be accused, arrested, or detained, except in the cases determined by the law and according to the forms it has prescribed. Those who procure, expedite, execute, or cause arbitrary orders to be executed, ought to be punished; but every citizen summoned in virtue of the law ought to render instant obedience; he makes himself guilty by resistance.
8. The law ought only to establish penalties that are strict and obviously necessary, and no one can be punished except in virtue of a law established and promulgated prior to the offense and legally applied.
9. Every man being presumed innocent until he has been pronounced guilty, if it is thought indispensable to arrest him, all severity that may not be necessary to secure his person ought to be strictly suppressed by law.
10. No one should be disturbed on account of his opinions, even religious, provided their manifestation does not upset the public order established by law.
11. The free communication of ideas and opinions is one of the most precious of the rights of man; every citizen can then freely speak, write, and print, subject to responsibility for the abuse of this freedom in the cases is determined by law.
12. The guarantee of the rights of man and citizen requires a public force; this force then is instituted for the advantage of all and not for the personal benefit of those to whom it is entrusted.
13. A general tax is indispensable for the maintenance of the public force and for the expenses of administration; it ought to be equally apportioned among all citizens according to their means.
14. All the citizens have a right to ascertain, by themselves or by their representatives, the necessity of the public tax, to consent to it freely, to follow the employment of it, and to determine the quota, the assessment, the collection, and the duration of it.
15. Society has the right to call for an account of his administration by every public agent.
16. Any society in which the guarantee of the rights is not secured, or the separation of powers not determined, has no constitution at all.
17. Property being a sacred and inviolable right, no one can be deprived of it, unless illegally established public necessity evidently demands it, under the condition of a just and prior indemnity.



<sup>1</sup> <http://www.un.org/en/documents/udhr/>

<sup>2</sup> Ferraris' *Ecclesiastical Dictionary*

<sup>3</sup> *Facts for the Times* (1893) pp. 55,56

<sup>4</sup> [http://www.usatoday.com/news/religion/2009-07-07-pope-encyclical\\_N.htm](http://www.usatoday.com/news/religion/2009-07-07-pope-encyclical_N.htm)

# india

## REPORT

March 24 - April 20, 2009

Dear Reader:

Mark Kiefiuk and I have returned from India, where God has been working in wonderful ways.

India is not an easy place to go. It is thirty-five hours away, a pagan country, and very, very hot at this time of year. To add to the difficulty, I had a terrible cough when we left. I was restless at night, and I had little energy. In fact, while waiting for our next flight in Frankfurt, Mark said, "Pastor, I don't think we should go any further. You are sick, let's go back."

I said, "No Mark, I will never go back. God is in this thing, and He will see me through." I knew Satan was trying to discourage me right from the very start.

Friends, we are on a battlefield for our Lord (Ephesians 6:12). As soldiers, we must never give up! We must keep pressing on, until God tells us otherwise. Everything had been put in place in January. People depended on me to come and fulfill my commitment. I could not let them down. I prayed, "Lord give me strength."

We left Frankfurt 11:30 p.m. By the time we got to our hotel in Hyderabad it was close to 3:00 a.m. We slept for a few hours then took a six-hour sweltering train ride to Mancherial for the Sabbath.

On Sabbath, we visited many who had come to my meetings in January. We had a wonderful time. Together we sang hymns expressing our great joy to God for Jesus. The people were so glad that we came to visit them. One could not help but sense the love and appreciation these new Sabbath keepers had for truth. They had found a hope beyond this old world.

It was very encouraging for me to see the continual evangelism going on in Mancherial. Since we were there in January, there have been several other evangelistic series conducted there. It was in Mancherial that we had previously purchased a whole complex including a church and grounds to start a new conference. God is blessing the work in Mancherial. Like in Bible times, the Lord is adding "unto the church daily such as would be saved" (Acts 2:47).

At 5 a.m. we boarded a train back to Hyderabad. On the way, Mark said to me, "Something strange is happening to me. I'm all numb around the mouth, my hands are all numb and I feel very weak."

The only thing to do was pray—and that we did. We were not sure what the problem really was. Mark had heard me say before, "You never want to end up in a hospital in India." The ones that I had seen were not to inviting to say the least. But we had no choice.

We finally checked in at our hotel, and went to the hospital. We were pleasantly surprised by the cleanliness of the emergency ward. From their loving nature, it was obvious that all the doctors and nurses were Christians. They checked Mark thoroughly, but all that could be determined was that he was dehydrated.

Once we were back at our hotel, the conference president came to ask me to preach at his church on Sabbath, as they would be having communion. I told him that I was already preaching at another church. But after further conversation with the man, I agreed to do the service.

On Sabbath, we went first to Pastor Devadas Devarapelli's church. I had taught the Sabbath to him five years ago, and have not seen him since. This man is still not a SDA as such, but he believes and teaches our truth as far as he understands it. We've been corresponding with each other through emails, and I have been sending him literature, tapes, and money to help him with his work there.

Pastor Devadas' church was a room about eight feet by ten feet, plus a shelter covered with a tarp outside about three times that size. The place was packed. I preached and encouraged the people there to be faithful and obey the Word, ever trusting in Jesus for salvation. That was an experience we will never forget.

Then Pastor Devadas came with us to the other church. They were singing awaiting our arrival. Mark gave a talk, which was very good and well received, and I preached the message the Lord gave me on the way.

Then, the men and women separated, the men going outside under a tree on the one side and the women going outside on the other side of the church.

Pastor Devadas had never participated in an Adventist foot washing or communion service before, and was going to just quietly slip away. But I asked him, "are you not going to participate with us? He said, "I haven't fasted or prayed about this, do you think I could?"

I said, "Well, brother, you know your own heart, is everything all right with you and the Lord?"

He said, "I have no unconfessed sin in my life, is it alright for me to participate?"

I said, "By all means." I had the opportunity to wash his feet, and we were both so blessed.

Pastor Devadas had been in an auto accident about three weeks before

and shattered his collarbone. His arm had been in sling ever since, until that morning, when he took it off to come to church.

After I had washed his feet, he tried to lift himself up with his hands and experienced excruciating pain in his collarbone. He felt he had broken it again. Mark and I asked him what happened. He told us, and Mark laid hands on him and prayed. Immediately, the pain was gone and he has had no problem since. Praise God!

The next morning we took another eleven-hour train ride, this time to Rajamundry. We stayed in a hotel there, even though it was a seventy-five-minute drive from our meeting place in Atilli, because there was no fit place to stay that was closer.

In Atilli, we preached four times a day. With no fans and no breeze in 43-45 degree temperatures, this was very draining. But God is good, and He supplied the strength. Here we saw many of the same pastors I had met with in January, along with a number of new ones. Many of them were very much convinced of the Sabbath. What they will do with their new knowledge remains to be seen.

Our goal was not to make Seventh-day Adventists out of them, but to teach them God's last warning message for the world, so they could return and preach it to their congregations. They now have all my sermon outlines in Telegu, their own native language.

After two weeks of preaching in Atilli, we worked with our own pastors and Bible workers in Rajamundry. Our meeting place was not far from our hotel, which was a real blessing.

Here we had around a hundred men, and a number of translators from the conference. Here Mark was really blossoming into a real preacher. We were excited about how God was using him. We felt it was in answer to our prayers.

We prayed a lot in India. We would usually rise at 4 a.m. and pray until 7. We felt a real need for prayer as we were making the devil angry with our preaching, exposing his errors and deceptive plans to take the world captive. God blessed our ministry.

After our series in Rajamundry, we preached in Vinukonda, a village two hours from the hotel. It seemed to get hotter everyday.

During this time, Mark took sick again. We felt it was demonic attacks and prayed earnestly that Satan would not be able to afflict him in any way, but he continued to be weak and numb. We had real concern for him and looked all over for a hospital. We saw several, but none that looked clean and safe.

I called the conference president and he came to help us find a hospital. We did find one, but it wasn't very nice either. The doctors checked Mark out as best they could and decided he was dehydrated. They hooked him up to an IV, and once he was finished, he went back to the hotel.

In the mean time, I had a hundred men waiting for me two hours away. And with Mark sick, I had to preach all four sermons by myself.

Mark decided to go back to the nice hospital in Hyderabad. Again, they could find nothing wrong with Mark, so he decided to catch the next

flight home.

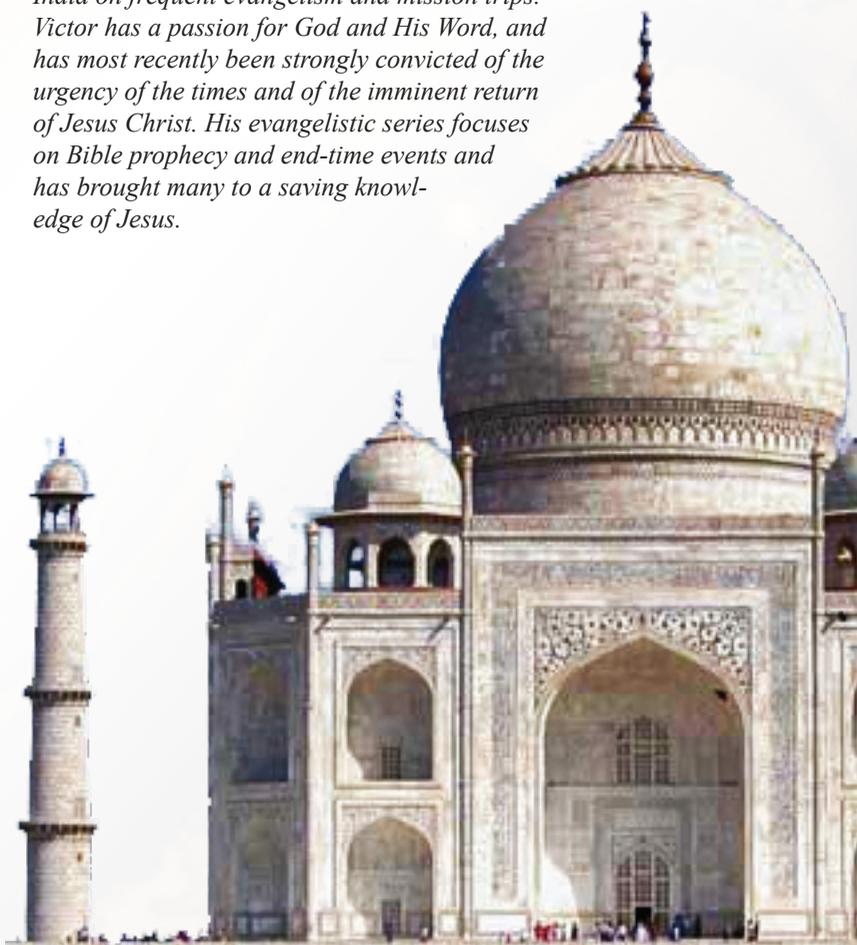
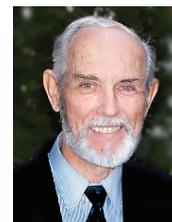
I stayed and continued preaching to these pastors in Vinukonda. I started out with eighty-seven pastors, and it grew to 210 before the week was over. For the most part, these were non-SDA pastors. The hall could not hold them. They were seated outside the walls listening. We gave them all Steps to Christ and my sermon outlines in their own language.

India is ripe for the Gospel. Doors of opportunity are opening wide everyday. The conference wants me back again in November. Only eternity will reveal the true results. Thanks to those who have helped make all this possible. Keep investing in souls for the kingdom, "For where your treasure is, there will your heart be also" (Matthew 6:21).

By the way, Mark returned to Penticton and had every test you can imagine. The doctors found nothing. He was very sick for an entire week with the flu. But in service on Sabbath April 25, we had a special prayer and anointing for him and he was divinely healed.

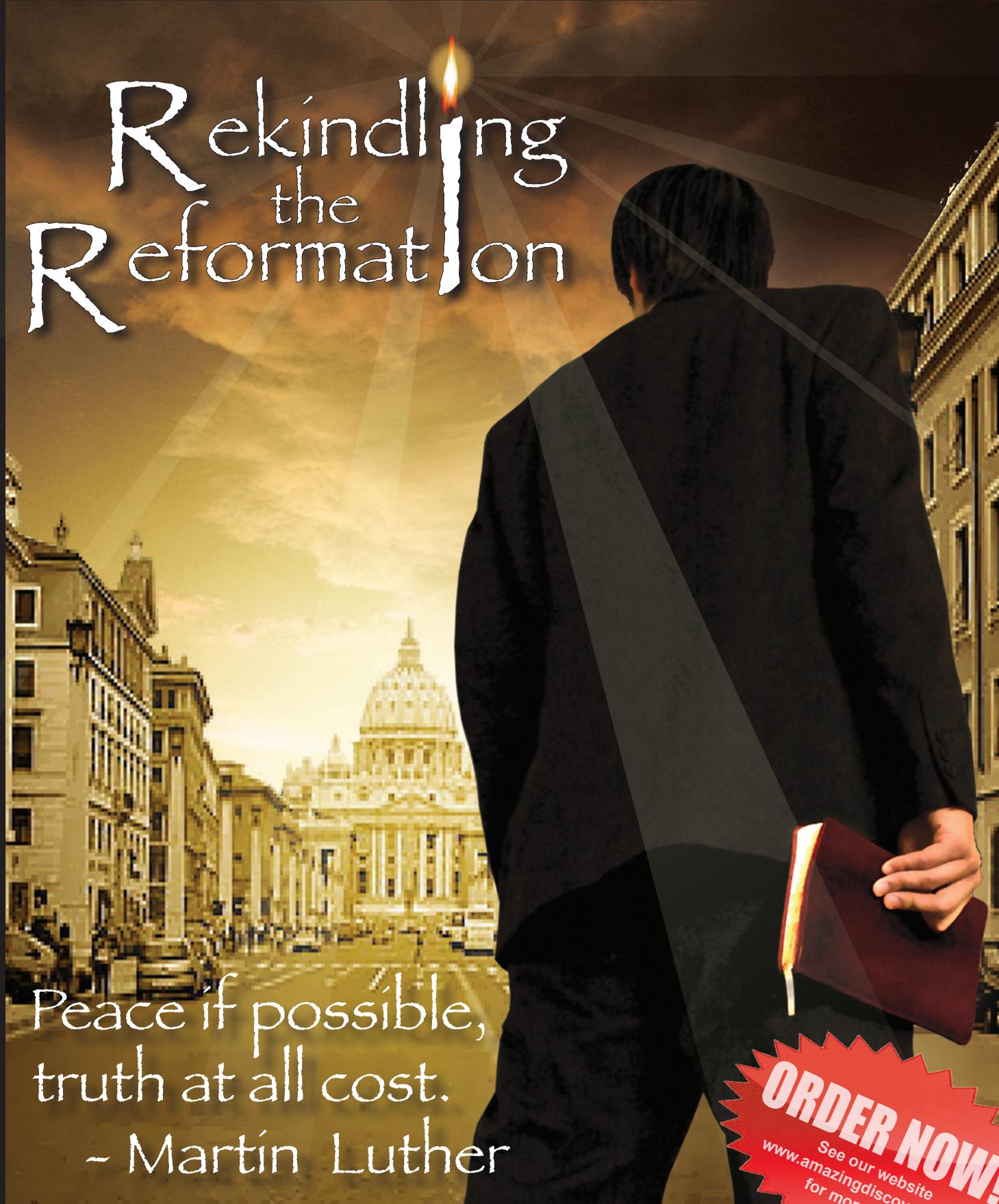
All glory be to God.

*Victor Gill has served for twenty-two years as a well-loved pastor of various churches from Newfoundland to BC. Thirteen of those years were also spent in evangelism in both Canada and the Ukraine. Although now officially retired, Victor Gill is still involved in evangelism and revival ministry both in Canada and abroad, traveling with his wife, Nettie, to Ukraine and India on frequent evangelism and mission trips. Victor has a passion for God and His Word, and has most recently been strongly convicted of the urgency of the times and of the imminent return of Jesus Christ. His evangelistic series focuses on Bible prophecy and end-time events and has brought many to a saving knowledge of Jesus.*



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