

DARE TO STAND

## **FIONA**

I've recently added to my menagerie of pets a white German Shepherd named Fiona. She's 16 weeks old and has been fun to play with and spend time with throughout the day. We've also slowly begun obedience training with her, and, as a result I've again been brought to contemplate my obedience to God and His desire for our lives.

When Fiona first came to our home, she had to learn our expectations for her. Biting is one of the behaviours we needed to curb; chasing cats is another one. As we cared for her, she grew to know us and love us, and soon her wags and licks were from true love and friendship. As we asked her to sit or come, she obeyed for two reasons: because we were the masters and our authority over her demanded it, but also because she loves us.

However, Fíona hasn't learned to obey perfectly yet. She needs lots of repetition, and often she has her own mind. As she is teething, her desire to nip and bite is greater, and we need to realize that she needs appropriate toys to chew in order to calm the discomfort of her teeth. When she bites our fingers, it's often just a reflex, an inadvertent grasp on our finger instead of the toy. As we say "ouch" and teach her that her actions hurt us, she chooses to stop out of respect and love for us.

None of this discipline happens without missteps, but if we are patient and consistent, she will eventually understand and have full control of herself.

As I watch Fiona's efforts to grow up and learn about her world and her limitations, I think of our own process of sanctification. In order for Fiona to learn, she must focus on us, our expectations, and our word commands. She obeys out of love for us and a humbling of herself to our authority. Sound familiar?

Do we not also have to submit to God's will—to His ways of doing things, to His standard and not ours? Does not God also want our obedience to take place because of our love and respect for Him? Do we not also have to stay focused on our Lord and on His Word in order to keep paramount in our minds throughout the day what the standard is, and Who our Helper is?

unfortunately, I do not have the power to make Fíona obey. I rely solely on her willingness to submit and her desire to love me. Sometimes she obeys out of love, because she wants to. Other times, I need to lean more on my authority and insist that she obey regardless of what she wants to do.

God never insists, but He gives us the desire to obey Him, and the ability to carry out His expectations. He draws us into obedience when we gaze upon His goodness, and He empowers us with strength to accomplish that obedience from a willing heart.

Fíona's inherent nature is the only thing she really struggles against. Unfortunately for us, we not only struggle against our own nature, but Satan uses our nature's weaknesses

Continued on page 16

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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#### **Managing Editor**

Wendy Goubej

Copy Editor
Cailey Bennett

Proofreader Charlene Kwiatkowski

#### **Contributing Writers**

Dan Gabbert, Victor Gill, Walter Veith, Nettie Gill

#### **Amazing Discoveries Directors' Board**

Wenzel Goubej, Mark Cleminson, Nettie Gill, Victor Gill, Dagmar Goubej, Wendy Goubej, Mark Kiefiuk

**Contact** 

PO Box 189 7101C - 120th St Delta BC V4E 2A9

PO Box 4480 Blaine WA 98231- 4480 USA

#### Tel

604-856-9457 Toll Free: I-866-572-9457

Web

www.a mazing discoveries.org

Email

editor@amazingdiscoveries.org

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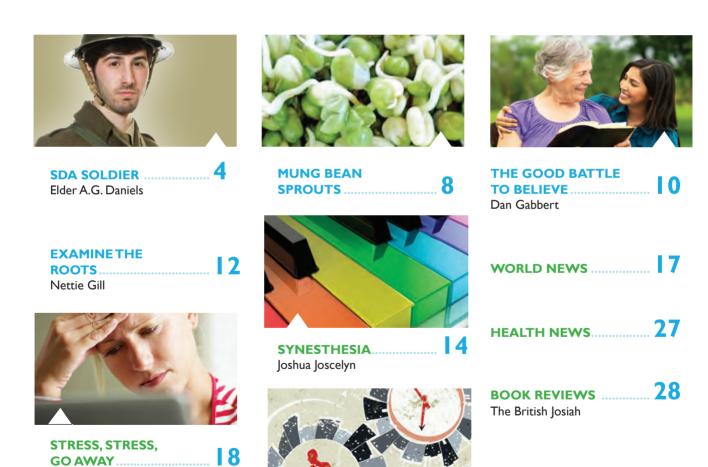
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Lorna Vanderhaeghe

# SPRING 2012

## in this issue:



STRESS Q & A .....

Dan Gabbert

# SEVENTH-DAY ADVENTIST

A story told by Elder A.G. Daniels, as it was told to him by the young man himself.

First printed in Francis Wilcox' Seventh-Day Adventists in Time of War (1936): 182-186.

e had been the secretary and stenographer to the president of the Latin Union Conference; and when he came of age, he was called into the service—the army. Everyone in France had to spend three years in the army. Brother B answered the call—there was no way out of it.

When he was called in by the captain to receive his instructions, he ventured to tell the captain that he was a Sabbath keeper, and to ask if his work could not be arranged somehow so that he could keep the Sabbath.

The captain flew into a terrible passion and jumped to his feet, exclaiming, "Are you a fool? Do you think you are going to run the French army and boss

the lot of us?"

He struck the desk a terrible blow and said, "Don't let us have any more such nonsense from you. You are going to obey orders, like any of the rest of us, and we will teach you that you are not going to run the affairs of the army."

Brother B said, "I don't wish to dictate to the army. That isn't it. And I don't think I am a fool either. I tell you plainly, I do this from a conscientious standpoint. I fear God, and believe the Bible, and am trying to live a Christian life, and I feel that it is my duty to obey that commandment of God."

The captain tried to show him that there was nothing in that, that when it came to the requirements of the army a man had to obey them above everything else.

The young man replied, "I can't do that in disobedience to God."

The commander told him to stop, go back to this barracks, and obey the orders and regulations of the army. He said, "If you don't do that—if you venture to disobey—we will send you to the fortress."

Brother B replied, "Then I shall go, Captain."

"Well," the officer remarked, "you will only want to go once."

But our brother said, "Captain, we might as well understand this thing now. I shall go to the fortress until I go to my death before I will work on the Sabbath. You may as well know, when you start in, that it isn't imprisonment in the fortress for one week, or one month, but for the rest of my life. That is where I stand."

Then the captain declared, "I will draft you off into the African fortress. I will send you to the worst climate in Africa, and with the scum of the French army—with the worst lot of rascals we have."

"Very well," the young man said, "I can go there, but I cannot work on the Sabbath and disobey my God."



The captain drove him out and said, "You will report Saturday for duty."

But Sabbath morning, B took his Bible and went off through the woods, and stayed there all day, and read the Bible and prayed to God; and he settled it with the Lord. He went over the experience of death in the fortress and down in the African jungles, and he faced it all, and took his stand to live for God, no matter what the consequences might be.

He expected to be summoned before the captain Sunday morning, but he wasn't. Monday morning the captain called for him and said, "You were not on duty Saturday."

He replied, "No I was not."

The captain wanted to know where he was and what he was doing, and he told him. The captain was furious, and he said, "Now I am going to take you to the higher officer, and he will give you your sentence."

So he led this young man in, and reported to the higher officer.

This officer looked at him kindly. "Well," he said, "my man, what's the matter?" Brother B explained to him about the Sabbath.

The officer listened, and then said, "Do you think you can't do any work whatsoever on the Sabbath, on Saturday?"

He said, "No."

"Well," he said, "do you think that the French government can surrender to your whims?"

He answered, "I don't know what they can do. I only know what I cannot do—I cannot work on the Sabbath day."

After some conversation, the commander stepped out with the captain, and the young man remained in the room, and he prayed to the Lord to move on their hearts, that the right thing might be done. After a bit, the captain came back, but the commander went away.

The captain asked, "Well, how do you feel just now since seeing the officer?"

He answered, "I feel just the same."

"You do not intend to do any work on Saturday?"

"No."

"You say you were a stenographer and secretary before you came here, and you can do that work now?"

"Yes, if I have a chance."

Then the captain asked, "How would you like to be my stenographer and secretary?"

"Why," he said, "Captain, I would like it fine, only no work on the Sabbath."

"Very well," he said, "that's taken for granted now." And he made that boy his secretary, and gave him the EST bath from sundown Friday until sundown ESfgd/Sk night.

He had been there a full year, and his two weeks' holiday was to come in connection with our camp meeting: but as it was to begin on Friday, just as our meeting was about to close, he would get only one Sabbath, the meetings closing on Sunday.

He had his work all finished, so he went to the captain and told him about the camp meeting, and asked him if he would be willing to let him leave early and cut the time off the other end of his vacation.

He said, "Captain, I would stay up all night tonight, and all night tomorrow night, and do everything necessary, if you would let me go."

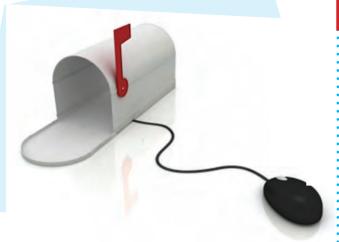
The captain said, "I haven't anything to do now, and you have everything finished, so you can go now."

Brother B said, "Very well, Captain. I will come back as soon as it is over."

But the captain replied, "Your regular time closes Saturday, and you are no good Saturday, and I don't want to be fussing around here Sunday; so you needn't come back until Monday."

There he was, with the full time of his holiday and eight days over.

His story was a revelation to me of splendid Christian heroism, of real, firm, definite loyalty to God. Just a French boy, only twenty-two years old, and he would



Thank you very much for all the wonderful work on amazing discoveries.org. I've been able to lead a few people to the feet of Jesus though your site and Walter's lectures. I'm very grateful to God and to all of you for this wonderful website! ~RF

I just want to say thank you for the wonderful ministry you guys have. Thank you for the videos. ~Anonymous

May God bless you for the wonderful work you are doing. Thank you for standing no matter the weather and the storm. ~Anonymous

I am an Adventist who just loves your messages, the messages for this time in earth's history—the Three Angels' Messages. I watch your TV programming exclusively, I just love all your preachers. ~CQ

I just want to tell you that you helped my wife Lina and I understand more of the love of Christ and how serious we have to be in serving and trusting the Lord. God is good and I am so thankful that we had a chance to hear you preach the Word of God. We've truly been blessed.

We have learned so much since being introduced to you and Dr. Veith since letting go of cable TV and purchasing a Christian satellite network. Amazing Discoveries has really blessed our family. Thank you Pastor Gill, we have enjoyed your presence. ~Rudy and Lina in Texas

Amazing Discoveries has really strengthened my faith and knowledge. Thanks. ~MM

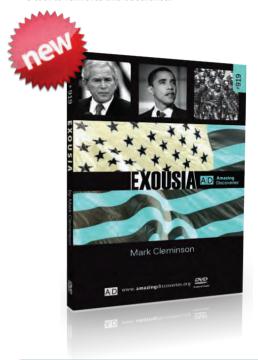
I have been an SDA for the past 8 years. Professor Veith has surely opened my eyes to so much information on current events, it is just so amazing. I am using his materials to witness. Thank you Dr. Veith. ~SD

#### by Mark Cleminson

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We are living on the verge of a tremendous breaking point in the Church, our society, and the world. As Mark Cleminson explains, now is the time when we must choose whom we will serve. Will you join those who "Fight the good fight of faith, refusing to think or to talk unbelief" (8T, 53), or will you settle for mediocrity in the kingdom of this world? Your eternal future hangs in the balance.



# THE NARROW WAY

Do you long for victory in your life? Are you willing to allow Christ to have His way in every area of your life? "Narrow is the way, which leadeth unto life, and few there be that find it" (Matthew 7:14). Follow Pastor Victor Gill through the Scriptures as he explores the path to life.

#### Titles:

711 Spiritual Suicide

712 Ye Must Be Born Again

713 Prayer Power

714 Defective Consecration

715 The Need of Victory

716 Are You Starving Your Soul?

717 Praise Him!

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720 Your Unknown Self

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French Soldier continued from page 5

have died in the fortress or in the jungles of Africa rather than work on the Sabbath.

How I wish every young man and every young woman in our ranks in the United States had that fixedness of purpose, that loyalty, that conscience, that devotion to God!

I see some going away from the truth, away from God, for merest baubles, for the allurements of the world, picture shows and dress, and some for money, losing Heaven for these trifles.

But out in some of these lands we have men and women enduring all kinds of persecution for the cause of Christ.



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**Niacin** assists in metabolism and use of proteins, fats and carbohydrates. It promotes a healthy digestive system and is necessary for the health of the skin and the tongue. It is essential for the body's production of cortisone, thyroxine, insulin, and other hormones. Niacin is crucial for healthy nervous system and brain function. It also increases circulation and reduces cholesterol.

**Riboflavin** is beneficial for cell respiration. It is necessary for the formation of red blood cells and antibodies. It improves vision, promotes healthy skin, nails and hair, and helps relieve stress.

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Vitamin A	285%
Vitamin B1 (Thiamine)	208%
Vitamin B2 (Riboflavin)	515%
Vitamin B3 (Niacin)	256%
Vitamin C	Infinite Increase (immeasurable)

Note:

Vitamin C is heat sensitive. It is destroyed by heat including in stir fry, so try not to use mung bean sprouts when cooking.

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by Dan Gabbert

What is it that traps us in the boxes of discouragement, unrest, and unproductivity in our Christian experience?

What is it that seals us into a coffin of a cherished idea that we'll cling to for dear life, knowing that it's a teaching of man rather than a command-

ment of the lovely Jesus?

What is it that crushes us into the egg carton of an unforgiving spirit and bitterness that may last for years and years?

What is it that suffocates

## The Good Battle us in a vacuum bag of a cherished idol that we'll to Believe hang on to, even when we realize it could cause another brother, sister, or even a babe in Christ to

ncredible as it sounds, Alexander Whortley lived in a mini-trailer three feet wide, four feet long, and five feet high until he died at the age of 80. It was made of wood, had a metal roof, and it housed him and all his meager belongings.

No matter where he worked, Whortley chose to spend his life in that cramped space, even when larger quarters were available.

Now, it's not very likely that any of us have chosen to live in a box—certainly not when more spacious housing is available. But could it be that we are allowing ourselves to be squeezed into cramped containers of a different sort—containers that hinder our joy and personal growth in Christlikeness?

What is it that hems us into a sewing bag of worry over what family or friends will say or do if we follow what God asks of us?



#### Trapping ourselves in Unbelief

stumble and fall?

What is it that keeps us trapped in these unhealthy containers? I believe the predominating answer to all these questions—and perhaps many other entrapping spiritual dilemmas that may be rattling around in our minds—lies in one 8-letter word: unbelief.

In my opinion, unbelief is one of the greatest snares to a healthy walk with the Lord Jesus Christ. Since the beginning of earth's history, one of Satan's most effective methods of destroying humanity has been enticing people to stagger in unbelief at what God savs!

That's what he did to Eve when he countered her statement about dying with "Ye shall not surely die" (Genesis 3:2-4).

What caused God's chosen people Israel to fall and fail to receive God's rest-filled blessings? Unbelief in what God said about the situations they faced (see Hebrews 3:18-19; 4:2). Can you relate? And according to 1 Corinthians

10:11, what ancient Israel experienced is for our admonition.

Where does unbelief ultimately lead a person? We find the answer in Hebrews 3:12: "Take heed, brethren, lest there be in any of you an evil

Where does a person?

heart of unbelief, in departing from the living God." This is why unbelief is such an incredible curse to the healthy Christian experience: it will inevitably

cause a person to depart from the living God and be lost for eternity!

#### >>> The Remedy for Unbelief

I am so thankful for the incredible sacrifice our loving heavenly Father and His Son Jesus Christ made in order that not one of us, if we so choose, need perish in unbelief. How about you? See John 3:16; 2 Corinthians 5:19-21; and 2 Peter 3:9.

What is the remedy to this vicious malady called unbelief? It's the good fight in 1 Timothy 6:12:

Fight the good fight of faith, lay hold on eternal life, whereunto thou art also called, and hast professed a good profession before many witnesses.



In the Bible, the word "believe" and the word "faith" are synonymous, coming from the same root word. So the "good fight of faith" can be understood as the "good battle to believe." This battle is what gives people victory over unbelief and the tarnishing worldly effects it has upon spiritual health. John speaks of the victory this fight of faith brings: "and this is the victory that overcometh the world, even our faith" (1 John 5:4).

We see this faith victory revealed in Abraham's experience:

He (Abraham) staggered not at the promise of God through unbelief; but was strong in faith, giving glory to God (Romans 4:20).

As you read that verse, did you see what kept Abraham from staggering at God's Word? "He was strong in faith, giving glory to God!"

Now focus on verse 21. Notice what Abraham's faith empowered him to experience:

And being fully persuaded that, what He (the Lord) had promised, He was able also to perform.

Even though unbelief causes a person to waver at God's promises, living faith in God strengthens a person to be **fully persuaded** that what the Lord promises He is able also to perform. And this is what gives us the victory over the world's temptations that lead to unbelief.

#### >> What Does it Take to be a Good-Fight Fighter?

Are you interested in knowing a little more about how to actually get in and stay in the good battle to believe, the good fight of faith that will protect you from the devil's devices to ensnare you?

The foundational ingredient for experiencing victory over unbelief is found by integrating two Bible texts.

Here's the first one:

Fight the good fight of faith, lay hold on eternal life, whereunto thou art also called, and hast professed a good profession before many witnesses (1 Timothy 6:12).

According to the words in this verse, what comprises the good fight of faith? Taking hold of eternal life!

So here's the Biblical equation:

# good battle to believe = fight of faith

Now notice the second text:

And this is life eternal, that they might know Thee the only true God, and Jesus Christ, Whom Thou hast sent (John 17:3).

According to the words in this verse, what is eternal life centered on? Knowing God and Jesus Christ!

Now let's put it together: If the good fight of faith consists of laying hold of eternal life, and eternal life is centered in knowing God and Jesus Christ, then the good fight of faith that overcomes unbelief is actually the good fight of getting to know God and His Son Jesus Christ.

Consider the emphasis the apostle Paul put on this concept in Philippians 3:7-10:

But what things were gain to me, those I counted loss for Christ. Yea doubtless, and I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord: for whom I have suffered the loss of all things, and do count them but dung, that I may win Christ, and be found in Him, not having mine own righteousness, which is of the law, but that which is through the faith of Christ, the righteousness which is of God by faith: **That I may know Him**, and the power of his resurrection, and the fellowship of his sufferings, being made conformable unto his death (emphasis added).

continued on page 26



We need to examine the roots of everything we are onfronted with. If the root system is flawed, we are varned to leave it alone.

Every day we are being bombarded with New Age paradigms. Media and literature of all kinds are presenting principles and practices that are opposed to Biblical teachin Danger signals should be flashing in our minds. We know that we should have nothing to do with New Age practices. But Satan is so subtle! He makes it look like we can take the good part of an activity and leave the

# Examine the Roots

Three Types of Christians

There are three groups of people in Christianity today:

Wherefore by their fruits ye shall know them (Matthew 7: 20).

Each one of us

has a tree of

our lives.

knowledge of

good and evil in

an we partake of the fruit and ignore the roots?

This is an extremely important question that cannot be ignored. Many today are being deceived by not examining the roots of various belief systems. This is causing them to partake in various activities that are actually dangerous.

The fruit that Eve partook of seemed innocent and good. But the consequences of her eating of it has led the human race down a path that many of us wish we

were not on.

Many of our actions seem innocent and good, but in the end bring disaster. Could Satan be baiting us to partake of the fruit of the tree of knowledge of good and evil?

Each one of us has a tree of knowledge of good and evil in our lives. Whether we partake of it depends on our relationship with our Lord and our connection to the

Holy Spirit. I believe that there are many activities that Satan has presented to the world and the Church that seem innocent, but where will these activities lead us?

There is a way which seemeth right unto a man, but the end thereof are the ways of death (Proverbs 14:12).

When we look at King Solomon, the wisest man who ever lived, we see the path that Satan led him down when he married heathen wives. We are no match for the Enemy of our souls. Even Solomon, with all his wisdom. fell for Satan's lies.

Those who recognize that the practices and philosophies of New Age belief systems do not match up with their Christian beliefs, and refuse to have anything to do with them.

- Those who have no idea about their ties with the New Age movement.
- Those who are aware that many of these practices that are coming into the Church come from Eastern, and non-Christian origins, but see nothing wrong with using these techniques and practices to enhance their own experience.

We read in *The Great Controversy* the following words: ...spiritualism is now changing its form and veiling some of its more objectionable features, it is assuming a Christian guise.

Even in its present form, so far from being more worthy of toleration than formerly, it is really more dangerous, because it is a more subtle deception. While it formerly denounced Christ and the Bible, it now professes to accept both (557-558).

There is no doubt that Satan has Christianized some offensive aspects of ancient pagan and occultic practices, making them more palatable to us.

#### Danger Zones

Here are just a few of the areas that spiritualism and ancient paganism has snuck its way into our lives. Many parents have enrolled their children in Karate classes so that they will be able to defend themselves when the bully of the classroom attacks them, never giving it a thought that the oriental martial arts are inseparable from their pagan philosophies.

In some of our churches we have put aside our lesson quarterlies and are using books like *The Shack* instead,

not realizing that these books make us and our youth vulnerable to occultic ideas.

It is so very important that we examine the roots of books we read and movies we watch. If the author of a book has New Age ties, be very wary of reading it. Satan

has taken over the entertainment and music world. He has bewitched the minds of young and old alike.

Have you heard of dowsing? It's an occult witchcraft practice that began in Germany during the Renaissance period and has many different forms. Many occultists use branches from

trees to detect what is under the ground they walk on. When the twig they are holding moves or shakes in a particular way, it it said to be giving information about groundwater or mining opportunities.

When we study the history of these devices, it's easy to see that their roots are not Christian sources. The

dowsers themselves do not have a good explanation as to how it all works. They just know that it does. What does the Bible say about this type of divining?

There shall not be found among you any one that maketh his son or his daughter to pass through the fire, or that useth divination, or an observer of times, or an enchanter, or a witch, Or a charmer, or a consulter with familiar spirits, or a wizard, or a necromancer (Deuteronomy 18:10-11).

Compromise

It is interesting to note the part that the Roman Catholic Church had to play in this shift towards New Age thinking. In the fifth and sixth centuries, the

Satan has done his best to invade every aspect of our lives.

Catholic Church decided to Christianize some heathen practices in order to attract new members. This is where Sunday worship came into play, as the those around them were worshipping the "sun" on Sunday, the first day of the week.

The worship of Mary

came from the worship of the pagan goddess Tammus and her child. The Greeks worshiped Jupiter, and the statue of him was Catholicized and renamed Peter.

Many occult practices entered the Church in this way, making it easier for heathens to become part of the Church.

Today we have become so accustomed to certain practices, that we don't question where they come from and what they actually stand for.

Satan has done his best to invade every aspect of our lives. Now he has invaded our space by entering

into our prayer lives.

Most people find it difficult to spend a long time in prayer, so labyrinth praying has become popular. When you examine the roots, you find that this practice came from Greek mythology and the god Zeus was at the very center of this worship.

The Catholic Church took this practice and introduced God as the center using the "Stations of the Cross" as part of the pathway to God. Some groups, even in the Church, have introduced the idea that you can find the god within you by praying the labyrinth. This is New Age pantheism, something that we have been warned against:

To substitute external forms of religion for holiness of heart and life is still as pleasing to unrenewed nature as it was in the days of these Jewish teachers. Today, as then, there are false spiritual guides, to whose doctrines many listen eagerly. It is Satan's studied effort to divert minds from the hope of salvation through faith in Christ and obedience to the law of God (AA 387).

Pantheism undermines faith

in the Bible. Why would we want to have anything to do with a pantheistic form of worship?

#### The Biblical Alternative

The Bible and the Spirit of Prophecy have given us sufficient warning against occultic and pagan practices.

"Can a corrupt tree bring forth good fruit?" I believe God's counsel today would be the same as His counsel to His people Israel: Examine the roots!

O LORD, I know that the way of man is not in himself: it is not in man that walketh to direct his steps (Jeremiah 10:23).

I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye (Psalms 32:8).

This is the counsel that we have been given. Let us heed this counsel and ask the Lord to lead and guide us in His paths of righteousness.



It undermines

to sensuality.

and tends

faith in the Bible

by Joshua Joscelyn

# SYNESTES AS MYSTERY OF GOD'S CREATION

hat if you could see the notes coming from a piano? What if every number you saw had a color, shape, and texture? What if each meal you ate was its own bouquet of colors? What if you could reduce every equation to a shape or sound?

Perhaps it's not as ridiculous as it sounds. There exists a condition known as synesthesia which causes some people to confuse two senses in various patterns, leaving them with

very unique talents and frames of reference, but also allowing other incredible skills such as amazing memory.

These people experience things that defy human expectations and perceptions of reality, experiencing multiple senses at a time in extraordinary combinations, and achieving incredible feats. But why? How is this possible? What does it mean?

Synesthesia simply means combining senses. In other words, instead of merely seeing a color, a synesthete might actually hear and see it. Instead of merely hearing a symphony, a synesthete might actually taste and hear it.

The prevalent theory as to why this occurs is that the neuron pathways in our brain can experience "cross-talk" if the inhibitions imposed upon these wirings are not in place to prevent this sort of mix-up. In other words, the pathways in our brain, though blocked in most people, can sometimes open up and allow cross-sensory interaction. Therefore, an accident, such as an impact to the head or a defect of some kind, is sometimes the precursor to this kind of condition. In fact, some have concluded that this can be replicated by drug-abusers, and that "existing connections become used in a way that's neurochemically altered for a few hours" when this occurs (Carpenter 2001). So not only those with the condition

of synesthesia can experience this, but theoretically anyone can.

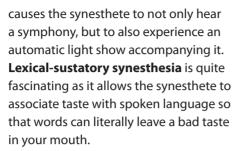
Synesthesia comes in various forms, but one of the most common forms is known as **grapheme-color synesthesia**, which simply means that individual symbols for numbers and letters of the alphabet, known as graphemes, are viewed by the synesthete as having color—and sometimes even texture, shape, or gender. Therefore, a grapheme-color synesthete might view the letter "G" as being tall and lanky, having the color blue, and being male—along with other possible attributes. Many other symptoms exist.

One such synesthete with this ability is a man by the name of Daniel Tammet. His condition allows him to "learn a language fluently in a week, memorize 22,500 digits of pi, and remember every book he's ever read" according to a Harvard Brain article (Cooper 2007).

Patricia Duffy related one of her experiences as a synesthete child, "I realized that to make an 'R' all I had to do was first write a 'P' and then draw a line down from its loop. And I was so surprised that I could turn a yellow letter into an orange letter just by adding a line" (Duffy 2002).

Other forms of synesthesia include **number-form synesthesia**, which allows some to actually map out mathematical problems as shapes, and **sound-color synesthesia**, which

These people experience things that defy human expectations and perceptions of reality.



Any two senses can be paired together. This only expands the potential for enjoyment, as the person can now experience not one, but two dimensions of sensation simultaneously. In fact, some synesthetes look for not only good taste combinations when shopping for groceries, but also color combinations produced by these foods.

This condition is very rare and some have estimated that no more than 100 synesthetes are alive today, though the

Any two senses can be paired together.

numbers vary. However, if this is hardwired into every human brain, as researchers are beginning to conclude, perhaps this means we all

have some perception of this "6th sense" on some level, remote as it may be.

In fact, many of our idiomatic expressions suggest we have. Have you ever heard someone describe a color as "loud?" Or have you ever heard music or tonality described as "dark," "light," or even "round?" When it is extremely cold, we say it is "bitterly cold." We often use phrases that reflect

a combination

or "crossover" of two senses. Haven't you ever tasted food that had a "sharp" flavor? "Sharp" is a feel word, while "flavor" is a taste word. We reflect in our language and expressions that we do have some ability to sense in multiple dimensions. And the list goes on.

But it goes deeper than that. It turns out that these aren't just random mix-ups of the senses. In fact, often, We reflect in our language and expressions that we do have some ability to sense in multiple dimensions.

the synesthetes agree on colors of letters, or tastes of sounds, indicating a possible pattern (Lehrer, "Blue Monday, Green Thursday").

Jonah Lehrer sought out to find the cause behind this. His research found that these sensory connections are based on conceptual contexts.

For example, one subject, when trying to recall the word "Castanets," before she had actually found her word, experienced "Tasting tuna fish as she grappled for the word" (Lehrer). It was later "confirmed that these were the tastes [she] normally associated" with this word.

And the same experiment was successfully replicated, indicating that it was not the actual word that sparked the taste, but the very concept alone. And often these sensory perceptions were common across the board with synesthetes, and not random. He found "the letter o, for example, is very often white; a is usually some shade of red, b is blue or brown, while q and j are often purple or pink" (Lehrer).

Another find was that often, words taste like things whose names share phonetic sounds with those words.



to tempt us constantly. In both Fiona's case and ours, the will is the deciding factor of whether we choose to submit or resist.

Praise God that He gives us the equipment we need to better submit to Him and to succeed in our fight against Satan's temptations. He counsels us to "put on the whole armour of God, that ye may be able to stand against the wiles of the devil" (Ephesians 6:11).

The armor consists of loins girt about with truth, a breastplate of righteousness, a helmet of salvation, feet shod with the preparation of the Gospel of peace, a shield of faith, and a Sword of the Spirit.

Let's take a look at just one of these weapons that we have been given: "loins girt about with truth."

The loins, according to Wikipedia, are "the sides between the lower ribs and pelvis, and the lower part of the back." Another word for "loins" could be "core." The core

The core of everything we do must be based on truth.

is critical to any movement we make. Without a strong core, we can injure ourselves, even by just lifting a light object. The major muscles of the core reside in the area of the belly and the mid and lower back. The core is used to stabilize the body during movement and it also provides the capacity to expel substances from the body. In addition, the core determines to a large

part a person's posture. According to Wikipedia, "The core muscles align the spine, ribs, and pelvis of a person to resist a specific force." What an amazing analogy to the spiritual application of the armor!

When we put on the armor of God, we are to have our "loins" or "core" encircled with truth. The core of everything we do must be based on truth. Our decisions should be based on truth, and our words and thoughts truthfilled. As we practice this, we can "expel" or "resist" lying thoughts and false arguments. We won't be injured by the slightest struggle against Satan, and we can be stable. Our spiritual "posture" will be straight and strong. Ellen White writes, "If the truth of God be not deep rooted in the heart, you cannot stand the test of temptation. There is only one power that can keep us steadfast under

the most trying circumstances—the grace of God in truth" (ML 310).

Of course, the spíritual armor is for our minds, not our literal bodies "for we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places." (Ephesians 6:12; see also 1 Peter 1:3). It is in our minds that truth must be solidified—the truth about the character of God, about our value, identity, and calling from God, as well as doctrinal truth. How important this is in light of coming end-time events, when the greatest struggle will be a spiritual struggle. If we have not practiced putting on this armor and using it, we will not be able to withstand the coming conflagration.

Each piece of the armor is for our mind. The breastplate of righteousness is a covering to protect the mind or heart. It deals with the overcoming of sin, the putting on of Christ's robe of righteousness, and the guarding of our heart from those passions and feelings that would bring us into sin.

The helmet of salvation is the assurance that, as long as we walk with Christ, we have the promise of eternal life with Him in heaven. The helmet protects the head and mind, and as we wear it, we need not succumb to doubts from Satan that God will not save us. The feet shod with the Gospel of peace is our willingness to share with others the wonderful salvation and peace and joy we have received from God. The Sword of the Spirit is the Word of God, and the shield of faith is that faith to repel and quench all the fiery darts of the wicked. "Faith in God's Word, prayerfully studied and practically applied, will be our shield from Satan's power and will bring us off conquerors through the blood of Christ" (ML 313).

"We must put on the whole armor of God and be ready at any moment for a conflict with the powers of darkness. When temptations and trials rush in upon us, let us go to God, and agonize with Him in prayer. He will not turn us away empty, but will give us grace and strength to overcome, and to break the power of the enemy" (ML 309). This is my prayer for each of us as we learn to obey Christ in all things because we have learned to love Him with our heart, mind, and soul.

# Vatican unveils plans for Year of Faith

The Vatican Congregation for the Doctrine of the Faith (CDF) has prepared a set of recommendations for pastoral work during the coming Year of Faith...

Last October 11, Pope Benedict XVI released *Porta Fidei*, an apostolic letter proclaiming the Year of Faith, which will begin on October 11, 2012, and continue through November 24, 2013...

The opening and closing dates of the Year of Faith carry special significance. October 11, 2012, will mark the 50th anniversary of the opening of Vatican II, and the Vatican notes that the special year should be "a propitious occasion to make Vatican Council II and the Catechism of the Catholic Church more widely and deeply known." November 24, 2013, will be the feast of Christ the King, and the CDF underlines the importance of using the year to encourage Catholics to share the precious belief in Christ as the redeemer of the mankind...

At the worldwide level, Pope Benedict will preside at a solemn opening celebration for the Year of Faith. The Vatican plans special ecumenical efforts, pushing toward Christian unity, including "a solemn ecumenical celebration in which all of the baptized will reaffirm their faith in Christ."

At the national level, episcopal conferences will be encouraged to focus on "the quality of catechesis," and to ensure that the teaching of the faith is in "complete conformity with the Catechism of the Catholic Church." The bishops' conferences will be strongly encouraged to use all available media outlets to promote that goal.

Read More: http://www.catholicculture.org/news/headlines/index.cfm?storyid=12880

VATICAN CITY: Pope Benedict XVI has invited 300 religious leaders to a meeting in Assisi in Italy to repudiate "violence in the name of God" amid growing tensions fuelled by fundamentalists across the world.

The day of interreligious council, which will be held on Thursday in St. Francis of Assisi's birthplace, is intended to be a "journey of reflection, dialogue and prayer for peace and justice in the world," the Vatican said.

# Vatican Calls for 'Central World Bank' to be Set Up

The Vatican called on Monday for the establishment of a "global public authority" and a "central world bank" to rule over financial institutions that have become outdated and often ineffective in dealing fairly with crises. A major document from the Vatican's Justice and Peace department should be music to the ears of the "Occupy Wall Street" demonstrators and similar movements around the world who have protested against the economic downturn.

The 18-page document, "Towards Reforming the International Financial and Monetary Systems in the Context of a Global Public Authority," was at times very specific, calling, for example, for taxation measures on financial transactions.

"The economic and financial crisis which the world is going through calls everyone, individuals and peoples, to examine in depth the principles and the cultural and moral values at the basis of

social coexistence." it said.

It condemned what it called "the idolatry of the market" as well as a "neo-liberal thinking" that it said looked exclusively at technical solutions to economic problems...

It called for the establishment of "a supranational authority" with worldwide scope and "universal jurisdiction" to guide economic policies and decisions.

Such an authority should start with the United Nations as its reference point but later become independent and be endowed with the power to see to it that developed countries were not allowed to wield "excessive power over the weaker countries."

Read More: http://www.cnbc.com/id/45013499/ Vatican\_Calls\_for\_Central\_World\_Bank\_to\_Be\_Set\_Up



world news

Source: The Daily News Egypt October 25, 2011

# Pope to promote peace in talks with world religious leaders

Over 50 Islamic representatives are expected to attend the talks from several countries, including Saudi Arabia and Iran.

They will be joined by Rabbis, Hindus, Buddhists, Jains, Sikhs, a Zoroastrian, a Bahai and representatives of Taoism and Confucianism as well as of other traditional religions from Africa and America. For the first time, four atheists will also attend the meeting, which is traditionally organized so as not to coincide with the Muslim day of prayer on Friday, the Jewish one on Saturday or the Christian one on Sunday.

Read More: http://thedailynewsegypt.com/religion/pope-to-promote-peace-in-talks-with-world-religious-leaders.html

# Stress, Stress GO AWAY

By Lorna Vanderhaeghe, MS

# TAKE A FEW MINUTES TO TRY THIS EXERCISE.

Shut your eyes and recall your last tropical vacation. Envision the beach you went to, the balmy breeze caressing your skin, the lethargy of utter relaxation as all of your daily worries seem so far away...

Believe it or not, inside your body at this very moment, millions of cells are hard at work in response to these thoughts. Your brain is transmitting hormonal messages through your nervous system. Your heart is slowing. Your muscles are relaxing. Your breathing is deepening.

You are not consciously willing these responses. Your body is a powerfully interconnected system of unconscious triggers and responses. It is this network that makes all of us vulnerable to the effects of stress.

#### **Hormonal Genetics at Work**

Everyone has heard of the "fight or flight" response that allows the body to shift into "survival" mode during acute stress. Our heart pounds, blood flow increases, breathing grows shallow, and muscles tense in anticipation of the need for self-defence.

These days, few people are required to actually run for their lives—unless that last vacation was perhaps an African safari. Still, the body reacts to all stress in the same way. Whether you tense up during traffic or in a board meeting, your inner systems are undergoing the same responses as if you were darting through a jungle.

Short term, a little stress can be a good thing, increasing performance and stamina. Long-term, however, stress of any kind can contribute to underlying hormone imbalances that influence everything from how you sleep to how your body burns fat.

A seemingly simple issue like losing weight takes on new insight when you look at it hormonally. You could be working out every day, but if you are not addressing underlying stress-induced hormonal imbalances, and of course trying to reduce those stressors, you won't achieve your ideal figure.

The same is true for all other health conditions including heart disease and cancer. You cannot truly heal these two leading killers without understanding stress and dealing with it head on.

#### Inside the Adrenals

The adrenals are the body's "go to" glands. These small glands secrete stress-hormones that govern the body's reaction to stress. The adrenals also make other hormones such as estrogen, testosterone, DHEA (known as the anti-aging hormone), and progesterone.

The effects of healthy adrenals ripple through the system, balancing blood sugars, regulating cardiovascular health, and contributing to the digestive

Your body is a powerfully interconnected system of unconscious triggers and responses.

process. But because so many of us are highly-stressed super-achievers—racing from work to home to the gym to family functions and finally to bed with barely a breath—the

time to rest and recuperate.

Fatigued adrenals are common these days. According to a recent Health Canada survey, one-third of working women report stress from a high-strain job, compared with 20 percent of men. Unfortunately, exhausted adrenals are a serious concern, especially for women approaching menopausal age. After estrogen production by the ovaries and menstruation stops, the adrenals

adrenals are never really given

are supposed to become the prime producers of estrogen and testosterone.

Women going through menopause whose adrenals are exhausted face terrible menopausal symptoms compared Women going through menopause whose adrenals are exhausted face terrible menopausal symptoms compared to women with well-functioning adrenals.

to women with well-functioning adrenals. If you are approaching this time in your life, you will definitely want to reduce your personal stressors and help prepare your body for this natural transitional period by nourishing your adrenals.

#### **Cortisol and Belly Fat**

Cortisol is a hormone produced by the adrenal glands to help the body combat stress. But like most things in life, balance is key. Too much cortisol is not a good thing.

Elevated cortisol is associated with blood sugar problems leading to diabetes, poor immunity, infertility, and more. Cortisol also causes our fat cells to change structure and become resistant to fat loss.

In short, cortisol makes our fat cell doors slam shut and not let the fat out, even when we exercise and reduce calories. That extra roll around the middle is a classic symptom of chronic stress and imbalanced hormones. And why is it that many women particularly in their 40s and 50s start to accumulate stubborn belly fat?



It is not too late to reverse the process, of course, through stress management and specific herbs and nutrients that help the body cope with stress and promote hormone balance.

Because this is the time of life when the lifestyle habits of our 20s and 30s are catching up with us.

It is not too late to reverse the process, of course, through stress management and specific herbs and nutrients that help the body

cope with stress and promote hormone balance. However, women should watch their stress levels from as early an age as possible.

A well-researched ingredient in carob called chirositol has been involved in more than 30 studies at the Virginia Medical School over the past 25 years. Research on chirositol has shown excellent results for conditions related to elevated

cortisol and blood sugar imbalances, including type 2 diabetes, prediabetes, metabolic syndrome and polycystic ovarian syndrome (PCOS) as well as for weight loss, particularly belly fat.

One of the first signs of diabetes is skin tags. Chirositol, by normalizing blood sugar, can make skin tags a thing of the past. Chirositol stimulates insulin activity, helping to regulate blood glucose storage or push glucose

into cells, which in turn helps to normalize blood sugar levels. At the same time, it will not cause low blood sugar in those with normal blood sugar levels.

Interestingly, in women chirositol also reduces

excess male hormones that contribute to acne and male-pattern facial hair growth such as on the upper lip or under the chin, and improves irregular ovulation or menstruation.

The researchers found that stress significantly reduced the probability of conception during a woman's fertile period.

#### Stress, PMS and Infertility

The hormone-disrupting effects of stress are not reserved for one age group. Just think of all the teenagers who suffer with menstrual irregularities, acne and PMS, then recall the ups and downs of your own school years. The correlation is no coincidence.

A recent study in the *Journal of Women's Health* examined the relationship between perceived stress and PMS symptoms, including crying, cramping, and

pain. After adjusting for age, education, smoking habits, and weight/height ratio, high stress was associated with PMS symptoms, both psychological and physical, of increased severity.

The researchers concluded that "stress reduction programs may be an effective, non-pharmaceutical treatment for physical and psychological symptom relief."

Another telling study on the effect of stress in relation to infertility was recently reported online in the journal *Fertility and Sterility*. This was the first study of its kind to document, among



women without a history of fertility problems, the truth of the longheld suspicion amongst scientists that stress reduces a woman's chance of getting pregnant.

Almost 300 women between the ages of 18 and 40 were observed for six months and their saliva monitored for a substance that the body secretes in response to physical or psychological stress. The researchers found that, yes, stress significantly reduced the probability of conception during a woman's fertile period.

To the one in six Canadian couples who are dealing with infertility, stress reduction

is essential. I would also add that nutritional supplementation should also be adopted to reduce the underlying hormonal imbalances that contribute in many cases to fertility challenges and PMS.

#### **Herhs and Nutrients**

When it comes to addressing hormone imbalances and combating stress, a good multivitamin with minerals should be the basis of any

supplement program, as nutritional deficiencies can contribute to and worsen disease.

If you are currently going through menopause and are suffering from hot flashes, nights sweats and other symptoms, then acute treatment using other herbs such as dong quai, chastetree berry, black cohosh, and sage leaf should be administered.

As I mentioned above, women with exhausted adrenals due to stress have a harder transition because the adrenals are unable to produce the necessary hormones. To support your adrenals and to combat stress not only during menopause but throughout life—herbal adaptogens are key.

I like the adrenal-support nutrients ashwagandha, rhodiola, suma, Siberian ginseng, and schizandra berries in a combination formula for best effect.

Adaptogens improve stamina, reduce the bodily effects of stress, bolster the immune system, rejuvenate the nerves, and generally contribute to mental, physical, and emotional well-being.

I like the adrenal-support nutrients ashwagandha, rhodiola, suma, Siberian ginseng, and schizandra berries in a combination formula for best effect. Additional hormone-balancing nutrients, herbs and lifestyle recommendations can be found on my website.

Don't wait until your next holiday to relax. A positive attitude, loving family and friends, anti-stress supplements, and effective stress-coping

> strategies will help reduce stress, balance your cortisol levels, slow aging, reverse disease, and return vibrancy to your life.

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#### When feeling tense, try a few exercises with your shoulders, which are probably very tight:

Pull up your shoulders towards your ears while breathing in, tighten the muscles and hold for a few seconds. Relax shoulders while breathing out. Repeat five times or more.

Rotate your shoulders in circular movements 10x forward and 10x backward. Shake your arms and hands for a few seconds.



Roll your neck slowly a few times in one direction and again in the other direction.

Pinch your shoulder muscles between your palms and fingers and hold for five counts before releasing.





Spend a few minutes with your pet and focus on the enjoyment.

Simple De-stressing Tips from Elsie

Take a brisk walk, inhaling deeply while fixing your mind on all the beautiful things you can find along the way.



Think of all the positive blessings in your life, and be thankful!



Hum a tune or play a musical instrument.



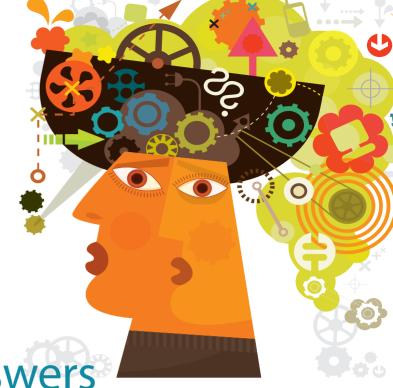


### What is stress?

Contrary to the way the buzzword "stress" is used these days, stress is not the situation in life a person is facing. The situations in life are actually the stressors—the things that cause stress. Stress-response researcher Dr. Hans Seyle defined stress as "the non-specific response of the body to any demand for change." I like to think of stress as the effect situations of life have upon a person's body and mind.

Stress is not the situation a person is facing.

There are two kinds of stress: eustress, the healthy kind that benefits a person's body and mind and distress, the unhealthy kind that is damaging to body and mind.



When the demands upon my time or

# Questions and Answers

# by Pastor Dan Gabbert about Stress

energy exceed my resources to handle it healthfully, I experience physical distress. When I'm mentally or morally challenged

with an experience I perceive to be a threat to my sense of wellbeing, I have a distressor on my hands. My body reacts in order to protect and preserve itself, causing the "fight or flight" reaction that affects every cell in my body. Even dwelling upon a distressing experience of the past can induce this same reaction!

#### How is stress experienced?

We experience stress in at least two ways:

Its effect upon the body through environment and lifestyle, such as the invigorating eustress created by healthy, balanced exercise in the fresh air and sunshine, or the harmful distress of eating too much at mealtime or staying up all hours of the night to finish a project.

Its effect upon the body via our mental and spiritual perceptions of current or past life situations, such as the eustressing effect of choosing to view the experience of being stuck in a traffic jam as an opportunity to spend time in prayer, or the distressing effect of viewing that same traffic jam as the very worst thing that could happen that day.

Concerning distress, the reality is that overdoing any activity creates damaging distress. Any situation of life that is not viewed and handled in a healthy way can also become a distressor—a stressinducing situation.

Mishandled stressors can cause distress physically, mentally, and spiritually.

#### Could you give us some insights into the effects of stress on the spiritual side of our nature?

Here are some Biblical laws or principles of the heart and mind that really come into play in our response to life's stressors:

Proverbs 23:7: "as he thinketh in his heart, so is he."

Matthew 12:34 adds understanding: "out of the abundance of the heart the mouth speaketh."

Matthew 15:19-20 adds to the list of things that originate

from the heart and produce damaging distress in a person's body and mind: "For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies. These are the things which defile (distress) a man."

Since the inception of sin, every situation humans face has had the potential for causing some type of stress.

Since the inception of

sin, every situation humans face has had the potential for causing some type of stress. Why do I say that? Because it isn't the things that happen to people physically that have the most potential for causing damaging distress. Rather, it is the way those things are



perceived (interpreted in our thoughts) that produces major distress.

For instance, when the Israelite army was defied by the Philistine giant Goliath, they were stressed out—distressed! 1 Samuel 17:11 states, "And the Philistine said, 'I defy the armies of Israel this day; give me a man, that we may fight together.' When Saul and all Israel heard those words of the Philistine, they were dismayed, and greatly afraid" (emphasis added).

Do you see what caused them to be distressed? It was their perception—their interpretation of Goliath's challenging words, and physical stature I might add!

But notice David's empowering response his eustressing perception when faced with Goliath's challenge:

... who is this uncircumcised Philistine, that he should defy the armies of the living God?... Let no man's heart fail because of him . . . The

Why was Saul so distressed and paw of the bear, he will David so courageous when faced with the same situation?

LORD that delivered me out of the paw of the lion, and out of the deliver me out of the hand of this Philistine (1 Samuel 17:26, 32, 37).

Let me ask you a question with a conspicuous answer: Why was Saul so distressed

and David so courageous when faced with the same situation? What made the difference?

I hope you'll consider this important point: through the grace of God, even in crisis, it is possible to keep God's eustress-producing thoughts in mind and respond to glorify Him (2 Corinthians 9:8).

Christ's life is full of examples of this healing reality. Remember when He and the disciples were caught in a sudden storm on the Sea of Galilee? The disciples were extremely distressed because of the intensity of the storm. Why were they stressed out about the storm? It was their *perception* of how the storm was going to affect them! Where do we see that? Matthew 8:25 says, "Lord, save us: we perish."

Look at Christ's reaction to the same situation in verse 24: "And, behold, there arose a great tempest in the sea, insomuch that the ship was covered with the waves: but he was asleep" (emphasis added). He was at peace in the midst of a life-threatening storm!



Someone might say, "Well, Jesus was God's Son, what do you expect?"The Scriptures assure us that everyone who receives Christ Jesus as Saviour and Lord is God's son or daughter (John 1:12). As Jesus was in this world, so we can be by God's empowering grace through faith (2 Corinthians 4:7-10; 1 John 2:6; 4:17).



Notice this eyeopening comment about this situation found in the Desire of Aaes:

When Jesus was awakened to meet the storm. He was in perfect peace. There was no trace of fear in word or look. for no fear was in His **heart.** But He rested **not** 

in the possession of almighty power. It was not as the 'Master of earth and sea and sky' that He reposed in quiet. That power He had laid down, and He says, 'I can of Mine own self do nothing.' John 5:30.

He trusted in the Father's might. It was in faith—faith in God's love and care—that Jesus rested, and the power of that word which stilled the storm was the power of God. As Jesus rested by faith in the Father's care, so we are to rest in the care of our Saviour (336, emphases added).

#### Is it a sin to be stressed?

That's a great question, one that calls for a truly honest answer within every person's heart. Perhaps another way of framing the question would be this: When

does my response to a stressor

become sinful?

When does my response to a stressor become sinful?

According to 1 John 3:4, sin is the transgression of the law, or the disobeying of the law. Even when we are ignorant of the fact, anything that we are thinking or doing outside our loving Creator's original design for us will create a

certain amount of distress. We are not guilty of sin for that. Jesus tells us in John 9:41, "If ye were blind, ye should have no sin: but now ye say, We see; therefore your sin remaineth." See also John 15:22.

Spiritual Gifts puts it this way: "If light comes, and that light is set aside, or rejected, then comes condemnation and the frown of God; but before the light comes there is no sin, for there is no light for them to reject" (Volume 4, 3-4).

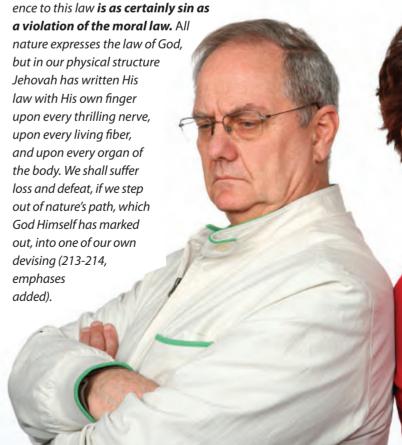
However, when I knowingly choose to step outside of God's revealed will and determinedly cling to my own way of responding to a stressor, I have sinned against my loving God and Saviour. James 4:17 says, "Therefore to him that knoweth to do good, and doeth it not, to him it is sin."

For instance, when the weather turns icy cold, it naturally

When I knowingly choose to step outside of God's revealed will and determinedly cling to my own way of responding to a stressor, I have sinned against my loving God and Saviour

produces some physical distress on our body. This distress is not a sin. But if I'm well aware of the fact that my body is the temple of the Holy Spirit and the cold will be harmful to it, and still I choose to go to work outside without putting on the necessary clothing to keep me warm, that is sinful distress—knowingly mistreating the temple of the Holy Spirit (1 Corinthians 6:19-20).

Notice this statement from the inspired book *Temperance*: Every law governing the human system is to be strictly regarded; for it is as truly a law of God as is the word of Holy Writ; and every willful deviation from obedi-



# Doesn't being stressed imply that we are not trusting and resting in God?

Remembering what we just learned, the answer is not necessarily. It depends on how you choose to view and respond to the stressor—God's way or your way? See Jeremiah 17:5-8 and Hebrews 4:15-16, and consider Jesus' response in Matthew 26:36-39.

#### What about interruptions?

Remembering what we just learned, the answer again depends on how you are choosing to view the interruption. Are you

The way our loving Lord sustained Paul through His grace is the same way He can sustain us, even when the stressors we face appear insurmountable.

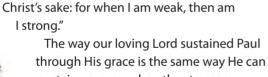
viewing it as an opportunity to humbly thank God for another chance to practice thinking and responding like Jesus, or are you viewing it as a personal affront to your pressingly superior mission? Consider Jesus' response in Mark 2:4-5.

When the apostle Paul was threatened by his thorn in the flesh, our gracious Lord

told him (and us) in 2 Corinthians 12:9, "My grace is sufficient for thee: for my strength is made perfect in weakness."

I'm so thankful for the apostle Paul's response in verses 9 and 10: "Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities (potential stressors), in reproaches

(potential stressors), in necessities (even interruptions), in persecutions (potential stressors), in distresses for



sustain us, even when the stressors we face appear insurmountable (2 Corinthians 4:16-18; 9:8).

How does a person cooperate with the Lord in developing healthy responses to life's stressors?

I'll do my best to be brief about such a wonderfully transforming topic:

Ask the Lord to
help you grasp this
healing reality: His plan
is for me to cooperate,
through faith, with His
work to sanctify me



(transform my habits of life to be like His) in all three dimensions of my nature—physical, mental, and spiritual. By faith, I must recognize my body is not mine, but the Lord's, and in it I glorify Him and not myself (1 Corinthians 6:19-20; 10:31).

Understand that love for God is the only motivation that will empower me to remain faithful to His Word in my interpretation of stressors and to glorify Him in my responses to those challenging stressors (2 Corinthians 5:14-15).

Love for God is the only motivator to remain faithful to His Word in handling life's stressors.

What are the means to experience this healing motivation? Study God's Word to know Him intelligently (John 17:3; 2 Corinthians 3:17-18); this transforms our motivation. Then, also practice God's Word to know Him experientially (John 14:23; 1 John 2:5-6); this transforms our responses to life's stressors.



How did this mindset affect Paul's experience? Notice the sound of victory in his testimony just prior to his death found in 2 Timothy 1:12:

For the which cause I also suffer these things: nevertheless I am not ashamed: for I know Whom I have believed, and am persuaded that He is able to keep that which I have committed unto Him against that day (emphasis added).

#### >> Christ's Plan: That we know Him

O Lord, give us a heart for knowing You like the one You gave the apostle Paul! Knowing God is Christ's new covenant plan for His true followers (Romans 2:28-29):

For this is the covenant that I will make with the house of Israel after those days, saith the Lord; I will put My laws into their mind, and write them in their hearts: and I will be to them a God, and they shall be to Me a people: And they shall not teach every man his neighbour, and every

man his brother, saying, **Know the Lord: for all shall know Me,** from the least to the greatest (Hebrews 8:10-11, emphasis added).

The Pen of Inspiration also emphasizes the importance of knowing God:

Knowing God is Christ's

new covenant plan for

His true followers.

Only by knowing God here can we

prepare to meet Him at His coming (Maranatha, 76).

In order to have true, abiding faith in Christ, we must know Him as He is represented in the word... And faith must be kept in constant exercise through

the diligent, persevering study of the word. The word thus becomes a living agency; and we are sanctified through the truth (Fundamentals of Christian Education, 433).

Christians should be preparing for what is soon to break upon the world as an overwhelming surprise, and this preparation they should make by diligently studying the word of God, and striving to conform their lives to its precepts (Prophets and Kings, 626).

Dear Reader, as you by faith fight to know God and His Son Jesus Christ, you will find your faith in God's promises increasing in strength (Romans 10:17). Your love and trust in God will steadily rise. Why? Because you have placed yourself in a position for the Holy Spirit to transform your heart to be like Christ's! Please remember this Biblical principle: by beholding we become changed (See 2 Corinthians 3:17-18).

#### >> Finding Stability

People are spending megabucks to find emotional stability. Guess what? Yours will steadily increase because, by getting to know God from His Word, you are placing yourself on the receiving end of His stability (Isaiah 26:3; John

14:27; 16:33).

People are spending megabucks to find emotional stability.

You will find greater balance in your ability to cope with the pressures of life's challenges (Psalms 56:3-4; Proverbs 1:33; Philippians 4:13,19). Your assurance in the Saviour's ability to keep you from falling will climb (Jude 24).

Even your need to defend

yourself and your rights will diminish as you experience a more intimate knowledge of the God who promises to fight



your battles for you (Psalm 60:12; Isaiah 54:17).

And to top it off, the commands of God will cease to feel like a binding, dreadful set of rules one has to obey to go to heaven, and will instead become a delightful surrender to the One you dearly love and trust (Psalm 40:8; 119:97,165; Isaiah 48:18).

#### >> Surrender and Intimacy

Let nothing in your life interfere with intimate association with your Creator, Redeemer, and Friend. Fight to take private daily time to study His Word, to know Him

as He really is, for this is the good battle to believe that gives us the victory over unbelief.

Wherever you're at in your experience with the Lord, if you have been "staggering at the promises of God through unbelief," there is only one solution that can bring relief from

Let nothing
in your life
interfere with
intimate association with
your Creator,
Redeemer, and
Friend.

this conviction—only one thing that can bring true forgiveness, healing, and hope of eternal life to your heart.

Quietly turn to God in your heart, and without any excuses, confess your unbelief to Him, ask for His forgiveness and strength. And then, by His grace, determine to get in the fight to know Him personally with a determination to respond in faith and obedience to whatever He reveals to you.

Right now, in the quietness of your mind, won't you echo this prayer?

Father in heaven, I realize that it has been unbelief in Your Word that has kept me from experiencing the fullness of the victorious salvation experience You intend for me. I am confessing my unbelief—please forgive me. I choose to believe Your promise in 1 John 1:9.

Please heal me and infuse my heart with Your victorious character of love and faith as I fight to daily, faithfully, and earnestly study Your word to know You and Your ways. Thank You for causing me to triumph as You've promised in 2 Corinthians 2:14. In Christ's name I pray. Amen.

Source: onearth.org

## Californians don't have the right to know they're eating GM food

Consumers in California apparently don't have the right to know if they are buying genetically engineered foods. The California Assembly recently



voted down the Consumer Right To Know Act, or AB 88, which was introduced by Jared Huffman, a Democrat from San Rafael. This is too bad. The bill would have considered genetically engineered

fish or fish products "misbranded" if they lacked labeling that conspicuously identifies them as such.

The timing of this measure was significant. The first-ever proposed commercialization of salmon genetically engineered to mature more quickly is currently under review by the U.S. Food and Drug Administration. The new fish could hit shelves fairly soon, but we'd never know if we were buying it...

"If you want to avoid sugar, aspartame, trans-fats, MSG, or just about anything else, you read the label," Mark Bittman notes. So why aren't genetically modified organisms listed?

Because they don't have to be.

In the spring of 2000, the FDA announced that the labeling of GE foods would remain voluntary. Perversely, the companies selling GMO-free products that want to add "NON-GE" labels are the ones facing tight regulations and litigation challenges from their competitors. The agency argues that guaranteeing a product is free of GMO material is virtually impossible.

Read More: http://www.onearth.org/blog/fish-feud-the-right-to-know-about-gmo-fish



## D and d Carro

# Roundup found in city-dwellers' urine

Studies have already found Monsanto's toxic herbicide Roundup in groundwater, in streams, and even in the rain and air of US ag-

ricultural areas. It's been found in our blood and even crosses the placental barrier to enter our unborn fetuses. So are we surprised that a German university study has now found significant concentrations of Roundup's main ingredient glyphosate in the urine of city dwellers?

Perhaps we should be surprised at the amount: all the samples had concentrations of glyphosate at 5 to 20 times the limit for drinking water.

Roundup is used on railway lines, urban pavements, and roadsides. It's used to dry down grain crops before harvest. But the single greatest use of Roundup is on genetically engineered "Roundup Ready" crops—designed not to die when sprayed with the poison.

Read More: http://www.responsibletechnology.org/current-newsletter

# The British Josiah

An excerpt from the book:

William Tyndale was returning to England from the continent when he was apprehended by the Roman Catholic zealots and executed near Brussels in 1536. Before he was burned he prayed, "Lord, open the king of England's eyes."

The following year a boy was born to Henry VIII and his wife Jane Seymour. He became king of

England—Edward VI—at the age of nine. The strong Christian testimony and writings of Edward were treasures of immeasurable value in building the foundations of the Protestant Reformation. where the Holy Scriptures were regarded as the paramount guide for all spiritual matters in faith and practice. Unfortunately, the writings of King Edward VI have been set aside and biographers of this great monarch have said very little about them

or totally disregarded them. Among his writings is a remarkable treatise "Against the Primacy of the Pope."

Edward VI grew up as a tender plant and his spiritual stature began to be known even at his coronation on February 28, 1547.

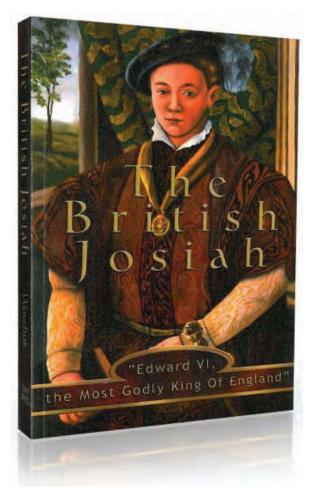
Immediately after the death of Henry VIII, Edward Seymour and Sir Anthony Browne left for Ashridge where young Edward was residing. Instead of telling him at once of his father's death, Seymour took Edward to Enfield where Edward's sister Elizabeth lived. Kneeling before the prince, Seymour told him of his father's death and that he was now king of England. Edward and Elizabeth clung to each other and burst into a passion of tears. "Never," says Edward's first biographer, "was sorrow more sweetly set forth, their faces seeming to beautify their sorrow." They all cried together for a long time.

They spent the rest of the day and night at Enfield and next morning they set out for the Tower of London where

he would remain until the coronation three weeks later. During the time preceding his coronation, Edward kept himself busy by writing letters...As the preparations were being made for the coronation procession, the piety of the youthful monarch was shown in an incident that is worth remembering... When three swords were brought to be carried in the procession, as emblematic of his three kingdoms, the king said "there was one yet wanting."

The nobles inquired what it was and he answered, "The Bible,"

adding further, "That book is the sword of the Spirit, and is to be preferred before these swords...Without that sword we are nothing, we can do nothing, we have not power. From the Bible we are what we are this day. He that rules without it, is not to be called God's minister or king. Under the Bible, the Word of God, we ought to live, to fight, to govern the people and to perform all our affairs..."



Such words must have cast a holy silence upon all who heard them. Search all of English history and you will not find anything spoken by any English monarch that is even faintly comparable. Obviously he was a "planting of the Lord" raised up for such a time in a land that was kept in darkness by the blind religious leaders. This boy had the mark of God on him and the world would soon witness the results.

In the long and varied history of England, it may be said without fear of contradiction that no other monarch approached his or her coronation with such spiritual perception and with such solid conviction as to the authority and power of the Word of God; more amazing still is the fact that this king was only nine years of age at the time of his coronation. After the devout young king had thus expressed himself, he commanded that the Bible be brought and carried it before him with the greatest reverence.

The day before Edward's coronation at the Westminster Abbey there was the procession from the Tower to the Palace of Westminster. Only the higher clergy and nobility were in the procession, and now for the first time Edward made his public and official entry among the people as their ruler. He rode on horseback and was dressed in a gown of cloth of silver embroidered in gold with a belt set with rubies, diamonds, and pearls. His uncle Edward Seymour, now the duke of Somerset, rode on his left. As the king entered Mark Lane—the city frontier—a peal of cannon sounded from the arsenal in the tower...

Love and loyalty gushed out from all directions and many joined in the refrain, "God save the king" ... This was the first monarch of England in recent centuries to be crowned without the authority of the pope in Rome...

During Edward VI's reign, great reforms were initiated and the moral corruption began to be checked. In the six short years of his reign, the nation "had been revolutionized."

John Knox, the Scottish reformer, described him as "that most godly and virtuous king that has ever been known to have reigned in England."

The Bible was his constant study and delight and he memorized whole passages. Most mature Christian workers must have recognized that there was more than natural obedience and teachableness that prepared the youthful prince to receive and appropriate the teachings of his able and spiritually-minded instructors. There was at work in his heart and mind of this dear boy the influence of the Holy Spirit who always presides whenever the Word of God is understood and believed.

Read more about this fascinating young king that enabled the reformation to begin in his country in the book *The British Josiah* available from Amazing Discoveries.



#### Synesthesia continued from page 15

"Words often taste of things they share a speech sound with," he says, "'prince' tastes of mint, 'forage' of orange" (Lehrer).

Indeed, it seems something exists in man that could be the residue of a system of perception far superior to, more advanced, and more complex than anything we're accustomed to today.

These phenomena might be a peek into what is in store for the saint in his glorified body Some have concluded that perhaps these amazing phenomena just might be a peek into what is in store for the saint in his glorified body. Scripture tells us that "Eye hath not seen, nor ear heard, neither hath entered into the heart of man, the things which God hath prepared for them that love him" (I Corinthians 2:9). Imagine the glory of heaven if we could enjoy the entire electromagnetic spectrum, seeing sounds, and tasting colors.

What if we could memorize every piece of information with the ease of a computer by combining color, sound, taste, feel, and sight in so doing? But hold on just a minute.

If these things are built into the bodies God has already given us, could it be we have stumbled onto something that was

once available to us, but is now covered by the cursed condition of the earth?

Perhaps the Garden of Eden was much more than we can even imagine. If Daniel Tammet could memorize pi to over 22,000 decimal places, learn a new language every week, and memorize hundreds of books, just because he could access something most people can't that is nonetheless hardwired into every human being, maybe it wouldn't have been that hard for Adam to get married and name all the animals in the world in one day after all.

# And God saw everything that he had made, and, behold, it was very good (Genesis 1:31).

**Joshua Joscelyn** writes on a variety of topics, including Creation, politics, history, and Biblical issues. He has worked with various Creation ministries and currently resides in Milton, FL, where he enjoys reading, studying, and ministering in street and prison evangelism.

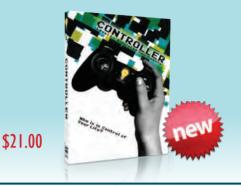
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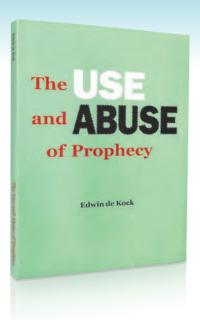
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The Use and Abuse of Prophecy

US \$16.00

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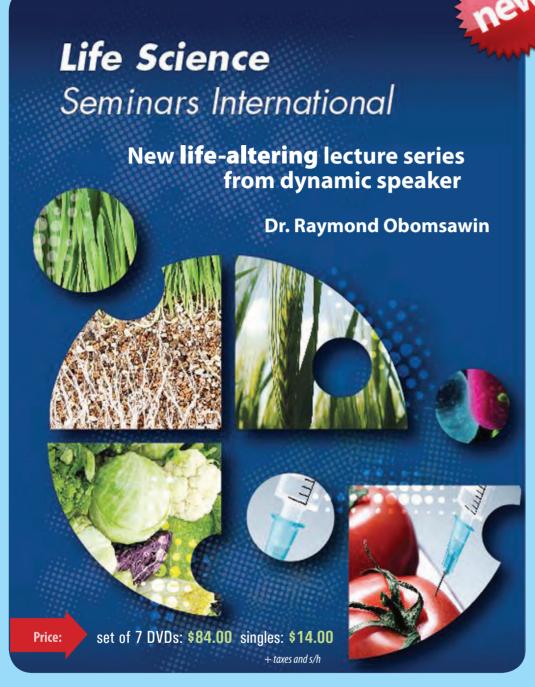
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Dr. Raymond Obomsawin holds a M.Sc. and a Ph.D. with concentrations in health science and human ecology. He currently serves as the Executive Director for a First Nations Health Centre on Canada's West Coast. He has previously served as Senior Advisor on First Nations Health at the National Aboriginal Health Organization; Executive Director in the California Rural Indian Health Board system; Director of the Office for National Health Development NIB (Assembly of First Nations); and founding Chairman of the National Commission Inquiry on Indian Health. His international work has taken him to over 30 countries and includes appointments as Manager of Overseas Operations for CUSO; Evaluation Analyst and later Senior Advisor on Indigenous Knowledge at the Canadian International Development Agency.

Dr. Obomsawin has advised senior decision-makers in the public sector on various health, education, agriculture, nutrition, agro-forestry, and environmental projects. He has produced over 85 research papers and professional publications.

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