Preparing the Brain for Battle

Walt Cross

Training the Mind Dan Gabbert

> Anxiety Emily Burak

Christian Perfection in the Writings of Ellen G. White Sonica Veith



Spring/Summer 2020

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Eat Again 1011

For most of my life I've struggled with anxiety. I would always be worried about something. Our family's dear friends were here one day recording a new series at Amazing Discoveries called Total Transformation. You may have noticed that when you do work for the Lord, that is when the devil works the hardest. During this time I experienced severe anxiety.

My friend noticed that I didn't eat breakfast ever and he asked why. I told him it was because my stomach was so uneasy especially in the morning, and that I would never be able to keep my food down. He told me that I need to eat breakfast because it would give me strength to manage my nerves. I was desperate so I decided to give it a try. I ate my first breakfast in a long time and sure enough, I was in the bathroom throwing it all up shortly afterward. I went straight to my friend and told him that it didn't work. I was just as nervous as before and now I felt sicker because I had just thrown up. He told me, "It doesn't matter, eat again."

I tried again but got the same result. So I went back to my friend and told him again, "It didn't work." He repeated the words, "Eat again." By the third day, I was ready to give up. I thought that I couldn't go on. My only thought was, "When is Jesus going to come?" It was so hard to deal with this problem. I just wanted Him to rescue me from my anxiety.

I ate my breakfast anyway and threw it up just as I'd done the previous two days and again I went to my friend. "Eat again," was the only thing he would tell me. I felt upset. I thought to myself, "You know what? He's only a professor of zoology. He doesn't know anything about anxiety, at least not my anxiety." But thanks to my friend's persuasion, I decided not to give up. I ate again and history repeated itself each day for one whole week.

After that week, I started to keep my breakfast down, although I still felt just as nervous as before. My friend said, "Don't give up. Keep eating." So I did.

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Our aim is to urge men and resist error. We pray that in solid information on current and encourage you to live a life apart from worldly influences.



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Faith on the Line is published quarterly by Amazing Discoveries

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Subscription \$25/yr for US and Canada \$30/yr for International

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र्भ Preparing the Brain for

BATTLE

by Walt Cross

As a first responder, I've attended many emergency situations, including car wrecks, submerged vehicles and house fires. Our team of firefighters and emergency medical technicians prepare to meet all kinds of emergencies so we know what to do and can respond quickly when we arrive on the scene. Being prepared can mean the difference between life and death. In a similar way, our brains face a battle situation and all kinds of emergencies everyday. We need to prepare for that. What resources do we need to be knowledgeable about to use to fight this battle?

FUEL

The first thing we'll look at is fuel. What is the fuel you're putting in your brain?

The brain is the organ and instrument of the mind, and controls the whole body. In order for the other parts of the system to be healthy, the brain must be healthy. And in order for the brain to be healthy, the blood must be pure. If by correct habits of eating and drinking the blood is kept pure, the brain will be properly nourished (1MCP, 60.1).

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God. 1 Corinthians 10:31

The Bible addresses what we should eat. You can't afford to put the wrong fuel into your body because it will affect your brain. It will affect your discernment with God.

Our brain doesn't ever rest. It is always on and it requires premium fuel. Twinkies and doughnuts do not qualify as premium fuel. You might say, "I'm a plant-based vegan." Plant-based can do Fruit Loops and Oreos. But they're not whole foods.

In the South, there was always dessert for dinner and for supper, sometimes even for breakfast. Grandmothers were the best pie makers, the best cake makers. We ate so much dessert when I was a kid. It was just part of our lifestyle. But refined foods cause inflammation, which is a huge problem these days.



And studies have shown that a diet high in refined sugars leads to impaired brain function.

Several years ago my dad came to stay with me for about six months. Dad had cardiac issues. I helped him get on a healthy lifestyle program and after six months he was off pretty much all his cardiac prescriptions. When he saw his cardiologist, the doctor asked him why he wasn't taking his meds. Dad said, "I'm doing a lot better. My son, he does lifestyle and I found I don't need those cardiac meds." The cardiologist looked at him and said, "Mr. Cross, this office does not deal in lifestyle." But our lifestyle choices – what we eat, how much we sleep, whether we exercise or not – play a very significant role in our physical and mental well-being.

Think of those big, old steam engines. What would happen if the fireman didn't put coal in the hopper, but put toilet paper or newspapers instead? The fuel that you put in you determines how well you run. What's the difference between "empty calories" and

"nutrient-dense food"? It makes a huge difference which you put in.

A lady came to me who was 400 pounds. She had diabetes, some cardiac issues and she wanted to lose weight. So I encouraged her to do juicing and to take 16 ounces at breakfast, dinner and supper. But I wasn't sure that would be enough for her. So I said, "If you need another glassful, go ahead." She came in the next day and said, "Walt, do I have to drink all three of those?" I said, "No. You can drink two if you want to, at breakfast and dinner and that could be it." The next day she came in and said, "That works!"

Why did it work for her? The juice was nutrient-dense. It wasn't empty calories, like what's in Fruit Loops, doughnuts, pizza, chips and soft drinks.

Here's good fuel for the brain:

1) Avocadoes – maybe the best brain food

1)

6)

3)

2)

5)

7)

- 2) Beets
- 3) Blueberries
- 4) Broccoli
- 5) Celery
- 6) Green, leafy vegetables

4)

- 7) Rosemary
- 8) Turmeric
- 9) Potatoes
- 10) Asparagus
- 11) Walnuts

8)

10)

9)

Guest Editorial

CONTINUING FROM PAGE 02

Shortly after that, my friends went back home and I had no one to tell me to eat again. I was sad to see them go and to still be in the same predicament with only a little change. As we waved our last goodbye all teary-eyed, I decided that since I wasn't throwing up my breakfast anymore, I might as well keep eating.

About six weeks later, just as my friend had promised, my anxiety finally left me and I was happy and healthy again.

A few years later I found myself feeling like I was not going anywhere spiritually. I felt alone and as though God had left me. I was even starting to think that reading my Bible wasn't changing me at all. As I lay in my bed worried and scared, the memory of this whole experience came back to me. The words "eat again" rang in my brain over and over. Tears rolled down my face as I realized that I was just about to give up on the one thing that could give me strength for the day, just like I had done years ago.

The thrill of realizing that God was worried enough about my feelings to remind me of this precious thought just tickled my heart in every way. From then on I ate again and again and again (of the Word of God, of course) with a new faith that God was there and cared enough to remind me of a past lesson. Every new thought I learned from the Bible was making me stronger and stronger. I soon found myself happy again with a powerful lesson learned.

If you find yourself doubting that you will ever change and be transformed out of your old habits and character as I was, or scared that God has left you, my advice for you is, "Eat again, and again and again." And don't stop because He does care and He is right there ready to remind you to "eat again."

Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you. Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day. John 6:53-54



Tabea



EXERCISE

The World Health Organization (WHO) is asking every physician in the world to prescribe exercise because they could save four million lives per year. And exercise is important to brain health, too.

Psychology Today reports that physical activity is the best medicine to maintain brain health over your lifetime. And it comes with no side effects and no expense. Exercise improves the structure, function and connectivity of your brain. It increases blood flow, encourages growth of new neurons and brings nourishment to the brain.

People who regularly perform aerobic exercise have higher scores on neuropsychological tests that measure functions such as attention, inhibitory control, cognitive flexibility, working memory, declarative memory, spatial memory and information processing speed.ⁱ Have you ever tried to think of something and you just can't remember it? Your brain's a little slow in processing. Try exercise to increase that processing speed.

ADEQUATE HYDRATION

The brain is sensitive to dehydration. When you're dehydrated, it's more difficult to keep your attention focused; short term memory and long-term memory recall are also impaired. Even mild dehydration may affect your mood, energy levels and your ability to concentrate. As little as a 2% drop in body water can trigger fuzzy short-term memory and cause trouble with basic math.

Adequate hydration is important because there must be enough water available to carry vital elements, oxygen and hormones to all parts of the body, including the brain. Water in the blood is the train car that carries nutrients to the body.

We've got to have enough water. It's critical. We should be drinking around eight glasses (two litres or quarts) a day minimum.



Our Personal God

Is God a personal being? Who or what is the Holy Spirit? Could an integration of science and religion unite all humanity? In this lecture, Pastor Veith gets to the heart of theories on the nature of God.

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No one would choose Barabbas unless they had a distorted view of Jesus. Is it possible that today the world has such a distorted view of God that they would again cry, "Give us Barabbas!"?

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Walter Veith



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COMPASSIONATE GOD

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SUNLIGHT

Here's a problem for people in the northern hemisphere: It's harder to get enough sunlight exposure on the skin to produce enough vitamin D.

In a study published in *The American Journal of Clinical Nutrition*, vitamin D expert Michael Holick said, "Vitamin D deficiency is now recognized as a pandemic. The major cause of vitamin D deficiency is the lack of appreciation that sun exposure in moderation is the major source of vitamin D for most humans."ⁱⁱ

Were people created to work in offices or factories or sit inside and play computer games? God created human beings to work outside. Being outside all day gives you enough vitamin D.

A lady came to me to find out what foods were high in calcium because she had to avoid them. She had high blood calcium. I looked at her lab results and saw her vitamin D level was 7. Why was her calcium high? She didn't have enough vitamin D to pull it out of the blood and put it in the bone.

A University of Manchester study found that people with lower vitamin D levels had slower cognitive processing speed. Vitamin D deficiencies increase the brain's degenerative processes also. And studies have found that those deficient in vitamin D are more likely to have cognitive impairment. People wonder why they can't think clearly. Vitamin D deficiency is a major health concern.

If you don't know your vitamin D level, go get it checked. Plenty of physicians say that it needs to be at least 50 ng/ml to do the minimum and many doctors want to see levels of between 80 and 100 ng/ml. Find out what your vitamin D is. It's very important for brain function.

Sunlight is also important for serotonin production. Serotonin helps regulate mood and social behaviour, appetite and digestion, sleep, memory and depression. Symptoms of serotonin deficiency include poor memory, low mood, difficulty sleeping, low selfesteem, anxiety and aggression.

As the sunlight comes into your eyes, it stimulates the pineal gland to convert the tryptophan from the flax seed you ate at breakfast into serotonin. You need flax seed. You need sunshine to come into your eyes. A lot of people always wear sunglasses when they're outside. That's going to mess this conversion process up.

There's a country in Africa whose army got *Seasonal Affective Disorder (SAD)*. They had implemented a new uniform policy, requiring personnel to wear sunglasses. When they realized what had happened, they took the sunglasses away and the soldiers didn't have SAD anymore.

TEMPERANCE

Temperance goes beyond saying no to alcohol, drugs and tobacco. Other things like music and media also affect brain function.

My dad once tried to figure out how to get more milk out of the cows and he experimented with music. When Dad played Elvis, we got less milk. The cows didn't do too well on country music, either. What worked the best was classical music. It calmed the cows and we got more milk. Music can make a difference in how well your brain works.

Be careful what you watch on TV. Gaming also has a huge effect on how the brain works. I encourage you to look at Scott Ritsema's work. Social media is affecting so many of our youth and adults with depression and lowered brain function.

Epigenetics is the study of how our behaviours affect our genetic expression. What we eat, where we live, how we react, when we sleep, if we exercise can trigger changes in our DNA that can turn genes on or off.

Epigenetics has identified those eight laws of health that we have been talking about in Adventism for so long. The bottom line is, we need to make wise lifestyle decisions because these decisions can affect our DNA.

People say, "I'm genetically predisposed to this disease. My mother had it, my grandmother had it, and now I have it. There's nothing I can do about it." There is something you can do. Do what they weren't doing. Don't do what they were doing. It is a law of the mind that it gradually adapts itself to the subjects upon which it is trained to dwell (PP, 596.2).



ADEQUATE OXYGEN

Air pollution negatively affects brain health. It increases brain inflammation and slows nerve conduction speed. Air pollution reduces the ability of the brain to plan and remember. It also increases behavioural problems and crime rates.

Adequate oxygen improves the brain's ability to function, gives clarity to the mind, improves concentration, improves the ability to learn, promotes restful sleep and produces a sense of well-being by increasing serotonin levels. It's important to breathe deeply of clean, fresh air.

REST

When we're tired, our brain works harder and accomplishes less. It's more difficult to strain out the unimportant information from what needs our attention. If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee. Exodus 15:26

It's important to get seven hours of sleep each night, but no more than nine hours because more than nine hours of sleep is linked to earlier death. Aside from needed rest, sleep provides the brain with time to sort and store information in long-term memory.

If we don't get enough sleep we can't deal with Satan's distractions as well. With adequate sleep, it's easier to make better decisions and resist temptations.

TRUST IN GOD

There's a move in the US to display signs that say, "In God We Trust." It's in schools, on police cars and fire trucks. But most importantly, it needs to be written in our hearts. Do you trust God?

Trust in the Lord with all thine heart; and lean not unto thine own understanding. **Proverbs 3:5**

Prayer will give the sick an abiding confidence; and many times if their cases are borne to the Great Physician in humble trust, it will do far more for them than all the drugs that can be administered (CH, 324.1). There are controllables and non-controllables. Things you can't control include stressors. Give your stress to God. Tell Him, "God, I can't handle this. Will you please take it?" Then when Satan comes to you tempting you to stress over something, you can say, "That's not mine."

God's promise here is conditional. If you do these four

things, He will not put these diseases on you. The eight

laws of health are referred to in the "statutes."

The things that you can control, take God's hand and do them. Give the non-controllables to God and leave them with Him. Trust Him. This is huge. So many sicknesses are a result of worrying over non-controllables. It doesn't mean you quit praying about them. But you quit trying to control the outcome.

And at that time shall Michael stand up, the great prince which standeth for the children of thy people: and there shall be a time of trouble, such as never was since there was a nation even to that same time: and at that time thy people shall be delivered, every one that shall be found written in the book. Daniel 12:1

There's a war between God and Satan. Are you ready for that war? Are you ready right now to deal with today's challenges, much less what's about to come?

You've got to get ready. We need to have our names written in Christ's book.

For those who are looking for the coming of the Lord, for those who are called to be laborers in His vineyard—for all who are fitting themselves for a place in the everlasting kingdom—how important that the brain be clear, and the body as free as possible from disease (MS 59, 1890).

If you want to work for God and be strong enough to handle temptations, you need your brain to be healthy and working efficiently. Apply these eight laws of health that God has given us. Science has proven them. They're powerful.

Walt Cross

Walt Cross began working in Life-style health education in the mid 1970s. Walt has spent the majority of his career in health care administration and health outcomes development. Later, Walt moved his family back to his home state of east Tennessee in the Appalachian Mountains, where he has been operating a natural

health store with such an outstanding reputation that customers travel long distances to tap into his extensive knowledge of herbs and other natural remedies.

i Erickson KI, Hillman CH, Kramer AF (August 2015). "Physical activity, brain, and cognition." Current Opinion in Behavioural Sciences, 4:27-32.

ii Holick Michael F, Chen Tai C (April 2008) "Vitamin D deficiency: a worldwide problem with health consequences." The American Journal of Clinical Nutrition, Volume 87, Issue 4, April 2008, Pages 1080S–1086S, https://doi.org/10.1093/ajcn/87.4.1080S, retrieved March 2, 2020.



Walt Cross

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Fraining The Mind by Dan Gabbert

Training the Mind: Eight Habits of Grace-Empowered, Faith-Engendered, Healing, Saving Christianity

atan has targeted the human mind with myriad doctrinal deceptions, with media, music, poisonous foods and every temptation he can devise to unfit us for receiving the mind of Christ. But we must have the mind of Christ or we will be overcome by Satan's last-day assaults.

A study of the life of Christ reveals that He practiced several habits that kept Him in constant communion with His heavenly Father. We need to learn these habits because they will prepare us for eternity. We must re-train our minds so that we can have the mind of Christ and be one with Him.

Here are eight habits, patterned after the life of Christ, that will help us experience grace-empowered, faith-engendered, healing, saving Christianity.

1. TASTE



Saving Christianity practices tasting God's word.

Psalm 34:8 admonishes,

O taste and see that the Lord is good: blessed is the man that trusteth in him.

Jeremiah 15:16 tells us,

Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O Lord God of hosts.

There was a time when I didn't like broccoli. But I grew to like it over time. Our taste buds can be trained. And our spiritual taste buds also need to be trained. That's what exercising godliness is all about.

You might not like the taste of God's word at first. Be honest. Taste and see. You can tell God, "I'm not really getting anything out of Bible study. It's like Greek to me. But I want to know You." Take a little time, small bites, think about it. Study to know Christ personally. We don't want to live on someone else's experience. Taste God's word. Be willing.

How can I trust something to be good unless I taste it? Revelation 3:20 reads,

Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.

What does sup mean? It means to eat. Who brings the meal? Jesus does. It's His word. That's the meal.

pprox 2. Trust



Saving Christianity practices trusting God's word.

Have you ever had an experience that threatened your well being? You know what the answer is from the word of God, but you've got a better plan, because it looks a little like you might be stepping into the dark if you trust and obey. We need to learn to trust God's word. God is merciful though. If I don't get it the first time God will bring me around to it again.

pprox 3. TREASURE

Saving Christianity practices treasuring God's word.

After all Job had been through, he said, "I have esteemed the words of his mouth more than my necessary food" (Job 23:12).

Why is it so necessary to memorize Scriptures?

Thy word have I hid in mine heart, that I might not sin against thee. Psalm 119:11

If you really love someone, you don't want to hurt them. If a man loves his wife, he's not going to come to breakfast and say, "Honey, this food is just awful!" No man who loves his wife would purposely hurt her that way. So, why would I want to hurt Jesus—the One who hung on Calvary and paid my death penalty—why would I want to hurt Him? True love doesn't do that.





Saving Christianity learns to tremble at God's word.

For all those things hath mine hand made, and all those things have been, saith the Lord: but to this man will I look, even to him that is poor and of a contrite spirit, and trembleth at my word. Isaiah 66:2



Here are benefits for trembling at His word.

Hear the word of the Lord, ye that tremble at his word; Your brethren that hated you, that cast you out for my name's sake, said, Let the Lord be glorified: but he shall appear to your joy, and they shall be ashamed. Isaiah 66:5

Jesus is our example in all things. He trembled at God's word in that He lived His life in subjection to the revealed will of God in the Scriptures. As a consequence, His brethren hated Him and crucified Him. Before this is over, we are also going to be hated for Christ's sake by our brethren, those who don't have an intimate love affair with the Lord Jesus Christ. Count on it. John 16:3 says that when they put us to death, they'll think they're doing God service all in the name of religion. God is going to make things right and He'll deal with those who had bad intentions against me and you.

A lot of people think you shouldn't be afraid of God. If you really love Him, you won't have any fear at all.

The Lord would have His people trust in Him and abide in His love, but that does not mean that we shall have no fear or misgivings. Some seem to think that if a man has a wholesome fear of the judgments of God, it is a proof that he is destitute of faith; but this is not so (6BC, 1100.7).

A proper fear of God, in believing His threatenings, works the peaceable fruits of righteousness, by causing the trembling soul to flee to Jesus. Many ought to have this spirit today, and turn to the Lord with humble contrition, for the Lord has not given so many terrible threatenings, pronounced so severe judgments in His Word, simply to have them recorded, but He means what He says. One says, "Horror hath taken hold upon me because of the wicked that forsake thy law," Paul says, "Knowing therefore the terror of the Lord, we persuade men" (6BC, 1100.8).

Saving Christianity practices thinking God's word. Thinking

 \approx 5. THINK



God's word is not only studying it and meditating on it, not only memorizing it, but by faith thinking God's thoughts about the circumstances we face.

We have been so focussed on externals for so long in this movement that it seems like everyone is concerned about outward actions. When we baptize someone, as long as they act the way we think they should act, everything is good. Were things good with the scribes and Pharisees even though they acted just like they should? What was wrong? It was what they were thinking.

If I want to experience saving Christianity, the kind that heals, I've got to be willing to practice thinking God's thoughts from His word in every circumstance I face.

Sister White wrote,

He [Christ] died for me that I might be blessed and that His joy might remain in me. Therefore I keep my mind in that channel; I educate it; I train it; I train my tongue; I train my thoughts; I train all that there is of me that I may fasten it upon Jesus Christ (2MCP, 666). Train your mind. Don't let anyone in your household, church, business – don't let anyone sideline you and keep you from hiding His word in your heart. You must have God's word there so you can practice thinking like Jesus.



6. TALK

Saving Christianity talks God's word.

In the prayer Christ modeled for us, what was He praying? Answer: He was praying God's word!

OUR FATHER WHICH ART IN HEAVEN

1 Kings 8:30

HALLOWED (HOLY) BE THY NAME

Psalm 33:21 • Psalm 97:12

THY KINGDOM COME

Daniel 7:22,27

THY WILL BE DONE ON EARTH AS IT IS IN HEAVEN

Psalm 40:8

GIVE US THIS DAY OUR DAILY BREAD

Exodus 16:15-35 · Isaiah 33:16

FORGIVE US OUR DEBTS AS WE FORGIVE OUR DEBTORS

Exodus 34:7 • Psalm 130:4 1Kings 8:30,34,39,50

LEAD US NOT INTO TEMPTATION

Deuteronomy 8:2,16

DELIVER US FROM EVIL

Psalm 121:7,8 • Jeremiah 15:21

THINE IS THE KINGDOM

Exodus 15:18 1 Chronicles 29:11 • Psalm 10:16

AND THE POWER, AND THE GLORY, FOREVER

1 Chronicles 29:11 • Psalm 63:2

Ellen White wrote, "The Word of God is to be studied and taught. Converse with God through the medium of His Word. Thus our characters will be transformed" (1 SAT, 286).

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pprox 7. TACKLE

Saving Christianity

tackles life with God's word. It practices responding to the circumstances in life, even in our very homes, the way Jesus did.

James 1:22 admonishes, "But be ye doers of the word, and not hearers only, deceiving your own selves."

And 1 John 2:5-6 tells us,

But whoso keepeth his word, in him verily is the love of God perfected: hereby know we that we are in him. He that saith he abideth in him ought himself also so to walk, even as he walked.

According to 1 John 2:5-6, God promises to perfect His character of love in our lives when we practice keeping God's word in every situation we face.

It is by the Spirit of truth, working through the word of God, that Christ subdues His chosen people to Himself (DA, 671).

When men submit entirely to God, eating the bread of life and drinking the water of salvation, they will grow up into Christ. Their characters are composed of that which the mind eats and drinks. Through the Word of life, which they receive and obey, they become partakers of the divine nature. Then ... Christ, not man, is exalted (5BC, 1135).



Saving Christianity practices thankful praise.

In every thing give thanks: for this is the will of God in Christ Jesus concerning you. 1 Thessalonians 5:18

Because thy lovingkindness is better than life, my lips shall praise thee. Psalm 63:3

If more praising of God were engaged in now, hope and courage and faith would steadily increase. And would not this strengthen the hands of the valiant soldiers who today are standing in defense of truth? (PK, 202.1)

When we, by the empowering grace of God by faith live a life of praise to God, we honour Him.

Jesus spoke the word of God and did only those things that pleased the Father in every circumstance He faced. When Jesus comes, His followers will be like Him. What will they be doing to be like Jesus?

And every man that hath this hope in him purifieth himself, even as he is pure. 1 John 3:3

They will be in the process of training their minds and bodies so they can be like Jesus. And how will they be purifying themselves?

Seeing ye have purified your souls in obeying the truth through the Spirit unto unfeigned love of the

brethren, see that ye love one another with a pure heart fervently: Being born again, not of corruptible seed, but of incorruptible, by the word of God, which liveth and abideth for ever. 1 Peter 1:22-23

If you don't have a great love for God, a desire to be like Jesus and to walk with Him then be honest with Him, "You know God, I really have no desire. I'm just studying the Bible because I want to be smarter than someone else." Even if you're one of those, stay in the word, but be honest with God because He already knows your heart and say "You know what, I don't have a conversion experience with You and don't have any desire to be like Jesus. But God, if You're real and this Bible is true and You really want me to be with You in the kingdom, I give you the right to bring me to that point."

If you're an honest man or honest woman, give Him the right. We've allowed many ungodly influences to change our minds during our lives. Give God the right to change your heart.

What else will this do for Christians who are in the practice of exercising themselves in godliness?

Herein is our love made perfect, that we may have boldness in the day of judgment: because as he is, so are we in this world. 1 John 4:17

When Jesus comes with all His holy angels to take His people home, they will be like Him because through the empowering grace of God, like Jesus, they have chosen by faith to practice thankfully tasting, trusting, treasuring, thinking, talking, praising and tackling life with God's word.

What does this have to do with the Latter Rain?

And be not drunk with wine ... but be filled with the *Spirit*. Ephesians 5:18

Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. Colossians 3:16

How does Jesus dwell in people's lives?

I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing. John 15:5

With every piece of the word of God that you take in your heart with the desire to be like Jesus, and practice it till it becomes your habit, you're letting more and more of the fulness of Jesus' life become yours!

It is by learning the habits of Christ, His meekness, His lowliness, that self becomes transformed (21MR, 230).

Every worker who follows the example of Christ will be prepared to receive and use the power that God has promised to His church for the ripening of earth's harvest (AA, 56).

This is talking about the latter rain. But what is the worker doing? He's following the example of Christ.

Every declaration of inspiration concerning Christ will take hold of the inmost soul of those who love Him. Envy, jealousy, evil surmising, will cease. The Bible will be regarded as a charter from heaven. Its study will absorb the mind, and its truths will feast the soul. The promises of God now repeated as if the soul had never tasted of His love, will then glow



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The purpose of this series is to help us prepare for the outpouring of the latter rain. Through Bible study and examination of Spirit of Prophecy statements on the subject, Dan Gabbert shares insights that will help us to put ourselves in connection with Christ. He also explains what it means to keep the vessel upright and ready for the reception of the Holy Spirit in latter rain power. Learn what we must do to prepare for translation and to spend eternity with God.

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upon the altar of the heart, and fall in burning words from the lips of the messengers of God. They will then plead with souls with an earnestness that cannot be repulsed. Then the windows of heaven will be open for the showers of the latter rain. The followers of Christ will be united in love. (RH, February 25, 1890)

It is apparent from this passage that the latter rain will fall upon those who love Christ, feast upon His word, and take it as their life's charter, allowing it to transform their lives. Then they will work fervently for the salvation of others and "the windows of heaven will be open for the showers of the latter rain." The outpouring of the latter rain, then, is a consequence of having a saving, sanctifying relationship with Christ.

We need to have an intimate, experiential knowledge of Christ for ourselves or we will be lost. There is no exception. Even a theologian who doesn't know Christ intimately, will be lost. That's why, time alone in the word of God to know Christ – nothing replaces it. But without it – everything replaces it.



Dan Gabbert

Dan Gabbert, MA, CWC, has been preserved by God's grace through a journey of ranching and rodeo, acting, rock n' roll musicianship, literature evangelism, and pastoral ministry. After 33 years of full-time ministry and a masters degree in Christian counseling, Dan is focusing his energies upon helping others understand and apply the principles of mental and spiritual restoration found in the world's #1 best-selling book, the Bible. Dan is a former pastoral mental health coach for the Black Hills Lifestyle Medicine Center where he and his wife Patsy worked for 14 years providing mental and spiritual help for the hurting hearts of wellness guests who came to BHLMC to find hope, healing, and rest from the brokenness and pain of life's complexities and sorrows.

Dan is the originator of the spiritual coaching modality Biblical Response Therapy[®]. For anyone interested in developing their skills in using God's word to minister to hurting people struggling with mental and spiritual challenges, Dan conducts Biblical Response Therapy® training seminars and workshops. These hope-filled interactions offer a Christ-centered, Biblical picture of God's healing way of bringing restoration to hurting and damaged minds by means of cooperation with Christ through His word.

This article is taken from the single lecture *The Mind of the Master*, which is part of the series Understanding the Latter Rain.





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by Emily Burak

And upon the earth distress of nations, with perplexity...men's hearts failing them for fear, and for looking after those things which are coming on the earth. Luke 21:25-26

Do you know anyone who suffers from anxiety disorder? It's likely that you or someone you know is familiar with those feelings of panic, apprehension, or impending danger that are hallmarks of this illness.

Anxiety, the emotion, is felt by most people from time to time. Students might have anxiety over doing well on a test. A mother might feel fearful and anxious when her child leaves home. A new driver might experience anxiety while driving through a busy section of town. Although anxiety is a normal part of life, anxiety has the capacity to expand into a disorder that can take over your life as well as lead to other mental illnesses such as depression.ⁱ

WHEN IS ANXIETY A PROBLEM?

There are many different kinds of anxiety disorders which can be trigged by a specific situation or object, such as social anxiety which is associated with large gatherings of people, or phobias like arachnophobia which is triggered by spiders.ⁱⁱ

There is also General Anxiety Disorder (GAD), which is characterized by a disproportionate amount of worries and fears related to daily life. Anxiety is considered a disorder when it persists for over six months.ⁱⁱⁱ

Anxiety disorder can greatly interfere with the ability to live a normal life. It causes physical as well as cognitive symptoms, such as:

ANXIETY by Emily Burak



Rapid heart rate



Rapid breathing



Difficulty sleeping



Having a hard time concentrating



A pervasive, constant fear or feeling of panic



Muscle tension (tight shoulders, clenching the teeth)



Constant, anxious thoughts that are irrational and hard to stop



A predisposition towards negativity and future-telling ("If I go for a drive, I will wreck my car and be killed")



Avoiding situations that cause fear or discomfort (school, restaurants, driving)



Constantly seeking a distraction to avoid dealing with or experiencing the thoughts and symptoms caused by anxiety



Indulging in compulsive behaviours to try and eliminate the causes of anxiety (constantly washing hands and applying hand sanitizer, checking the stove/appliances many times before leaving the house)

ANXIETY

Anxiety Disorder in Canada

An anxiety disorder is a type of mental illness that is characterized by "overwhelming anxiety and fear" and is the most common type of mental illness in Canada.

ANXIETY by Emily Burak



10.4% of Canadians have a mental illness

18%

of adolescents between the age of 15 and 24 report a mental illness or substance abuse problem

1 in 2

Chances of experiencing mental illness by the time you're 40: 1 in 2

25%

of Canadians will have experienced a generalized anxiety disorder in their lifetime Often anxiety sufferers mistake the symptoms of anxiety for something more serious like a heart attack, which in turn increases the symptoms and anxious feelings.^{iv} It's not difficult to see how an anxiety disorder can spiral out of control and take over a person's life.

While someone who suffers from anxiety might be told to just "get over it," anxiety disorder is a serious problem which can have very negative effects on quality of life and is not something that the sufferer can just "get over."

A sinner (that's all of us) can as easily "get over" sin as an anxiety sufferer can "get over" anxiety. To conquer sin in our lives, we must die to self and submit to Christ. This is a difficult process that must be constantly repeated. Paul described it in these words, "I die daily" (1 Corinthians 15:31). Death to self is a constant battle. So is the fight against the devil's intrusive thoughts for anxiety sufferers. Help from outside may be needed but is often not asked for due to fear of what others may think.

STIGMA OF MENTAL ILLNESSES

Mental illness carries a stigma which makes many people reluctant to seek help. The stigma can be even greater among Christians. Because mental illnesses such as anxiety disorder, primarily affect the brain/ emotional state of a person, it's difficult for other people to acknowledge that the person who is suffering from a mental illness is indeed in need of help. Most people wouldn't think twice about admitting they have a broken arm and need to get a cast, but there are many people who suffer silently with mental illness because they're afraid to seek professional help, or to even open up to a friend or to ask for prayer.

One of the biggest problems that young people who suffer from mental illnesses face is the admission that something is wrong. Glenn Scott, director of an intensive outpatient program at the Behavioural Medicine Centre located in Loma Linda, California, says that admitting you have a problem that you need help for comes with a big stigma. But he also says that that stigma is beginning to decrease, and strongly encourages young people to educate themselves about the symptoms of mental health, and to seek help accordingly.^v

Like all illnesses, mental, physical or spiritual, anxiety needs to be treated effectively. Just because you have anxiety, does not mean you are doomed to silently suffer for the rest of your life. You can overcome. With God, all things are possible. (Matthew 19:26)



2.8 M

Canadians reported symptoms of major depression, bipolar disorder, GAD, or substance abuse in the last 12 months

34% of Canadian adults felt they were stressed to the point it impacted their lives

23%

of Canadian adults were stressed to the point they felt unable to cope

The statistics are from "Quick Facts on Mental Illness & Addiction in Canada," by Mood Disorder Society of Canada, 2019.¹

Note: These statistics were published before COVID-19 events.

¹https://mdsc.ca/docs/ MDSC_Quick_Facts_4th_Edition_EN.pdf



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COGNITIVE BEHAVIOURAL THERAPY

One of the ways that anxiety can be successfully treated is through Cognitive Behavioural Therapy, or CBT. The Anxiety and Depression Association of America states that CBT is a "highly effective" treatment which has lasting effects. CBT "focuses on identifying, understanding, and changing thinking and behavior patterns" and requires active effort from the patient, who can take control of their situation and learn to manage their anxiety.^{vi}

Cognitive Behavioural Therapy teaches anxiety patients how to address and challenge the anxious thought process – essentially, how to rephrase their thinking. By changing the way the anxiety patient thinks, they can effectively change how they feel.^{vii} CBT is a key component of Dr. Neil Nedley's successful depression and anxiety recovery program.

though we walk in the flesh, For do not war after the flesh: W٩ (For the weapons of our warfare not carnal, but mighty through are to the pulling down of strong God Casting down imaginations, holds;) and every high thing that exalteth itself against the knowledge of God, bringing into captivity every and thought to the obedience of Christ.

2 Corinthians 10:3-5



Cognitive Behavioural Therapy in <u>Practice</u>

Example I

Here's an example of how you might practice *CBT* to fight anxiety. Let's say you were in a hotel room and heard normal sounds in the hall but your heart started racing. First pray. You could say,

"Heavenly Father, I know you have not given me a spirit of fear but You want me to have a sound mind (2 Timothy 1:7). Please take control of my thoughts and feelings and give me the peace that passes all understanding (Philippians 4:7)."



Example II

Then confront the thoughts or ideas underlying your anxiety at the moment. Examining your thinking might go like this: The sounds in the hall could be robbers, rapists or terrorists. I could be in danger. But it sounds like a family walking to their room. It's very unlikely they are robbers, rapists or terrorists. The sounds are normal hotel noises. I am not in danger.



Example III

The fact is anxiety disorders are something we create for ourselves by allowing ourselves to indulge in fearful thinking. Our feelings follow our thoughts. So even if we're not aware of a specific thought that brings on symptoms, if we're experiencing symptoms of anxiety when there is no real danger, there is an untrue thought lurking beneath. It is our duty to seek it out, expose it to the light and with Christ's help, turn from it.

And be not conformed to this world:

but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. Romans 12:2 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Philippians 4:8 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7 (NIV)

WHERE IS **GOD** IN ALL OF THIS?

Anxiety is yet another reminder of the discomfort of life on this less-than-perfect earth, which has been tainted by sin. The followers of Jesus are not exempt from suffering. Jesus said that in this world, we "shall have tribulation: but be of good cheer; I have overcome the world" (John 16:33). Jesus will never leave us to face our tribulations alone, "for he hath said, I will never leave thee, nor forsake thee" (Hebrews 13:5).

Jesus wants us to trust Him with what lies ahead. He counselled,

Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is

the evil thereof.

Matthew 6:34

Jesus doesn't want us to have anxiety and He will give us the strength to overcome our problems if we surrender our lives to Him and stay close to Him.

Emily Burak enjoys writing and exploring God's lessons in nature. She is passionate about mental health and looks forward to the day where everyone will be free from worry and fear.

I will both lay me down in peace, and sleep: for thou, Lord, only makest me dwell in safety.

Psalm 4:8

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. 2 Timothy 1:7 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. • Isaiah 26:3



Sarah Knapp, "Anxiety Can Lead to Depression, and Depression Repays the Favor," Huffpost; https://www.huffpost. com/entry/anxiety-leads-to-depressi_b_6165906

ⁱⁱ "Anxiety Disorders," Canadian Mental Health Association; https://cmha.ca/mental-health/ understanding-mental-illness/ anxiety-disorders

^{III} Anxiety Disorders," Canadian Mental Health Association; https://cmha.ca/mental-health/ understanding-mental-illness/ anxiety-disorders ^{vv} "Anxiety Disorders," CAMH (The Centre for Addiction and Mental Health); https://www. camh.ca/en/health-info/mental-illness-and-addiction-index/ anxiety-disorders

^v Larry Becker, "Family Connections Support Teen Mental Health, Says Practitioner," Adventist World; https://www. adventistworld.org/family-connections-support-teen-mental-health-says-practitioner/

vi "Therapy," Anxiety and Depression Association of America;

https://adaa.org/finding-help/ treatment/therapy

vii "What is CBT?" Anxiety Canada; https://www.anxietycanada.com/sites/default/files/ What_is_CBT.pdf

^v "Anxiety Disorders," CAMH (The Centre for Addiction and Mental Health); https://www. camh.ca/en/health-info/mental-illness-and-addiction-index/ anxiety-disorders

^v Larry Becker, "Family Connections Support Teen Mental Health, Says Practitioner," Adventist World; https://www. adventistworld.org/family-connections-support-teen-mental-health-says-practitioner/

vi "Therapy," Anxiety and Depression Association of America; https://adaa.org/finding-help/ treatment/therapy

vii "What is CBT?" Anxiety Canada; https://www.anxietycanada.com/ sites/default/files/What_is_CBT. pdf The righteous shall be in everlasting remembrance. He shall not be afraid of evil tidings: his heart is fixed, trusting in the Lord. His heart is established, he shall not be afraid. Psalm 112:6-8



So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:31-34



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CHRISTIAN **PERFECTION**

IN THE WRITINGS OF

Ellen G. White

BY SONICA VEITH

My interest in the issue of perfectionism and my subsequent study of the *Spirit of Prophecy* writings came about when a young girl in the church where we attended, asked to speak to my husband and myself. In tears she said she will have to leave the church she loves because she is not good enough, she cannot live up to the standard and fears she will be lost.

My husband replied, "The mere fact that you have these feelings is an indication that God is working on your heart to save you. Jesus will never forsake you."

"You don't understand", she said. "I received material and videos on the fact that we all have to be perfect, and never sin, or else we will be shaken out of the church and receive the plagues. And no matter how hard I try, I am never good enough."

We then discovered that some well-meaning brothers and sisters had been distributing material and started private studies with the young people, telling them that the whole church must be perfect, or else Jesus cannot return, and if we individually do not become perfect, we will be responsible for the delay of His coming. Unfortunately this topic has become a prickly pear and no-one even today is willing to touch it, or at least present a more balanced view on the issue of perfection.

The topic of Christian perfection and sinlessness is so vast that it would take a lifetime to unravel it in depth. Many have struggled to understand the writings of Ellen G. White regarding Christian perfection and this study is merely a view



on some of the statements that are seldom mentioned or quoted. This topic has divided churches, friends and ministries but if rightly understood, it should unite and bring us closer together. A study of Ellen White's writings indicates that true sanctification will incorporate principles of love and self-sacrifice.

True sanctification comes through the working out of the principle of love. "God is love; and he that dwelleth in love dwelleth in God,

and God in him." 1 John 4:16..... The character will be purified, elevated, ennobled, and glorified.¹

Those who would gain the blessing of sanctification must first learn the meaning of self-sacrifice..... It is the fragrance of our love for our fellow men that reveals our love for God. It is patience in service that brings rest to the soul.²

In Noah Webster's 1828 Dictionary, moral perfection is defined as follows:

Moral perfection, is the complete possession of all moral excellence, as in the Supreme Being; or the possession of such moral qualities and virtues as a thing is capable of.³

This is an interesting definition, where two "spheres" of perfection are described, namely the moral excellence of God and moral qualities that a being or "thing is capable of". This concept will become clearer in the next section. CHRISTIAN PERFECTION IN THE WRITINGS OF ELLEN G. WHITE by Sonica Veith

serfection

PERFECTION OF CHARACTER

It often seems that there are conflicting statements in the writings of Ellen G. White. Some statements say we should reach Christian perfection, others say that we may never say we are without sin. But if we read her words carefully, we will see that there is a marked distinction between "**perfection**" and "**sinlessness**".

It is very clear in Mrs. White's writings that she defines reaching **perfection** as **a constant striving to overcome sin** from within, and evil from without:

We must **strive daily** against outward evil and inward sin, if we would **reach the perfection of Christian character.**⁴

With the spirit of Christ, the model character, before us, we must ever **strive for perfection.** Every soul has a character to form for everlasting life. The Christian's life is a **constant warfare** against the slavery of passion.⁵

We must be perfect Christians, deny ourselves all the way along, tread the narrow, thorny pathway that our Jesus trod, and then if we are **final overcomers**, heaven, sweet heaven will be cheap enough.⁶

It is he who **endureth** to the end that shall be saved. It is they who **patiently continue in well-doing** that shall have eternal life and the immortal reward.⁷

The development of Christian character, **tending toward this state of perfection**, is a growth toward beauty.... As the heart becomes transformed by the renewing of the mind, the graces of the Spirit leave their impress on the face, and it expresses the refinement,



delicacy, peace, benevolence, and pure and tender love that reign in the heart....⁸

None need fail of **attaining, in his sphere, to perfection of Christian character**. By the sacrifice of Christ, provision has been made for the believer to receive all things that pertain to life and godliness. God calls upon us to reach the standard of perfection and places before us the example of Christ's character. In His humanity, **perfected by a life of constant resistance of evil**, the Saviour showed that **through co-operation with Divinity**, human beings may in this life attain to perfection of character.⁹

The injunction of Christ is, "Be ye therefore perfect, even as your Father which is in heaven is perfect." He here shows us that we may be as **perfect in our sphere as God is in His sphere.**¹⁰

It is also clear that we are not striving and battling alone against our fallen natures and evil around us. Our contribution in this war is to submit, strive, endure and "co-operate with Divinity" through faith.

Jude 1:24 Now unto him that is able to keep you from falling, and to **present you faultless** before the presence of his glory with exceeding joy....

The word "present you faultless" in the original text has amazing applications. It suggests that God will 'abide, bring,

CONTINUED ON NEXT PAGE

¹ AA 560.1 ² AA 560.2 ³ NWAD PERFECTION.4 ⁴The Review and Herald, May 30, 1882. 3SM 148.3 ⁵21MR 169.4 ⁶ Letter 5, 1851. ⁷ FLB 359.5 ⁸ ML 153.5 ⁹ AA 531.2 ¹⁰ Testimonies for the Church 4:454, 455, 1880 CD 133.2 continue, covenant, establish, hold up, stand by' you during this process. What an encouraging promise! Who will be doing this work? He will! He will not let you struggle on by yourself and then at the end, if you per chance made it, bring you before the Father and say, "This one made it....unfortunately some others didn't make it. Too bad." No, Jesus is personally involved, walking every step of the way right beside us.

Strong's defines the word 'Present' as follows:

ΐστημι

histēmi • his'-tay-mee

A prolonged form of a primary word $\sigma \tau \dot{\alpha} \omega \operatorname{sta\bar{o}}$ (of the same meaning, and used for it in certain tenses); to stand (transitively or intransitively), used in various applications (literally or figuratively): - abide, appoint, bring, continue, covenant, establish, hold up, lay, present, set (up), stanch, stand (by, forth, still, up).

How can we interpret Christian perfection? In the quotes below this condition is described as when, through His sacrifice, our sins are "perfectly forgiven". In other words, though we strive to live in harmony with God's will and his laws, we will sometimes fall and make mistakes, but as we confess our sins, and exercise faith in His atoning blood, Jesus will forgive us and then we, "repentant sinners stand before God justified and accepted", as though we had never sinned. This process will lead to Christian perfection. We have done all we can in our fallen nature, in "our sphere", we have repented and put away our known sins, and now it is for Christ to work for us in "His sphere". Perfection is not dependent on how perfect we are, but on our repentance and how perfectly God forgives.

And while we cannot claim perfection of the flesh, we may have Christian perfection of the soul. Through the sacrifice made in our behalf, sins may be perfectly forgiven. Our dependence is not in what man can do; it is in what God can do for man through Christ..... Through faith in His blood, all may be made perfect in Christ Jesus. Thank God that we are not dealing with impossibilities. We may claim sanctification. We may enjoy the favor of God. We are not to be anxious about what Christ and God think of us, but about what God thinks of Christ, our Substitute.¹¹

We are not to serve God as if we were not human, but we are to serve Him in the nature we have, that has been redeemed by the Son of God; through the righteousness of Christ **we shall stand before God pardoned, and as though we had never sinned.**¹²

But while the followers of Christ have sinned, they have not given themselves to the control of evil. They have put away their sins, and have sought the Lord in humility and contrition, and the divine Advocate pleads in their behalf. He who has been most abused by their ingratitude, who knows their sin, and also their repentance, declares: "The Lord rebuke thee, O Satan.' I gave My life for these souls. They are graven upon the palms of My hands."¹³



¹¹ 2SM 32.3
 ¹² Manuscript 1, 1892. 3SM 140.5
 ¹³ CCh 353.2

CAN WE COME INTO HARMONY WITH GOD'S LAW?

John did not teach that salvation was to be earned by obedience; but that obedience was the fruit of faith and love..... If we abide in Christ, if the love of God dwells in the heart, our feelings, our thoughts, our actions, will be in harmony with the will of God. The sanctified heart is in harmony with the precepts of God's law.¹⁴

"This is the will of God" concerning you, "even your sanctification." 1 Thessalonians 4:3. Is it your will also? Your sins may be as mountains before you; but if you humble your heart and confess your sins, trusting in the merits of a crucified and risen Saviour, He will forgive and will cleanse you from all unrighteousness. **God demands of you entire conformity to His law.**¹⁵

The "new covenant" was established upon "better promises," **the promise of forgiveness and the grace of God to change the heart and bring it into harmony with God's law.** "This is the covenant that I will make with the house of Israel after those days, says the Lord: **I will put My law in their minds, and write it on their hearts. ... I will forgive their iniquity, and their sin I will remember no more**"¹⁶

God's law is the mirror presenting a complete reflection of the man as he is, and holding up before him the correct likeness. Some will turn away and forget this picture, while others will employ abusive epithets against the law, as though this would cure their defects of character. Still others who are condemned by the law will repent of their transgressions and, through faith in Christ's merits, will perfect Christian character.¹⁷

Only by accepting the virtue and grace of Christ can the law be kept. Belief in the propitiation for sin enables fallen man to love God with his whole heart, and his neighbor as himself.¹⁸



"Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when He shall appear, we shall be like Him; for we shall see Him as he is. And every man that hath this hope in him purifieth himself, even as He is pure. Whosoever committeth sin transgresseth also the law: for **sin is the transgression of the law.** And ye know that **He was manifested to take away our sins; and in Him is no sin**."¹⁹

It is clear that we have to keep the Law, a Law of love for God and man, a Law which is a mirror and points out our transgressions, a Law that is written in our minds and hearts, and can only be kept by accepting the grace and virtue of Christ. We have seen that perfection is a constant striving to overcome our sinful natures from within and evil from without and that Jesus forgives us our faults and sins when we confess and forsake them. Every time it is stated that the Law is binding and must be kept, there is simultaneously the promise of forgiveness and restoration. This gives hope to the repentant sinner and if preached, no young person would despair in his or her walk with God.

¹⁴ AA 563.1
¹⁵ AA 566.2
¹⁶ (Jeremiah 31:33, 34). BOE 181.3
¹⁷ FW 31.4
¹⁸ RH October 10, 1899, par. 2
¹⁹ FE 385.1

CAN WE BE TOTALLY SINLESS?

How then do we understand some quotes from the writings of Mrs. White where they seem to indicate that we can reach absolute Christian perfection, a perfection on the same level as the perfection of Christ, and that "we could live pure, sinless lives"? Does keeping the Law of God mean we will be completely sinless? Will there ever be a time on earth when we will not sin and will have no need for forgiveness?

When Mrs. White uses the word 'sinless', it always pertains to Jesus, the angels, unfallen worlds, heaven and the state of Adam before the fall.

Satan was determined to succeed in his temptation of the **sinless Adam and Eve**. And he could reach even this holy pair more successfully through the medium of appetite than in any other way.²⁴

Can we reach the same state of perfection as Jesus had in His human nature? When the *Spirit of Prophecy* refers to the human nature of Christ, she strongly advises that we be extremely careful how we approach this topic, because **"truth lies close to the track of presumption"** and can easily be misunderstood:

God could have proclaimed His truth through **sinless angels**, but this is not His plan. He chooses human beings, men compassed with infirmity, as instruments in the working out of His designs...The Son of God stooped to uplift the fallen. For this He left the **sinless worlds** on high, the ninety and nine that loved Him, and came to this earth to be "wounded for our transgressions" and "bruised for our iniquities."²⁰

He, **the Sinless One**, was treated as we deserve, that we, fallen and sinful, might be treated as He deserved.²¹

He is a brother in our infirmities, "in all points tempted like as we are;" but as **the sinless one** His nature recoiled from evil; He endured struggles and torture of soul in a world of sin.²²

But at each stage of His development **He was perfect**, with the simple, natural grace of a **sinless life**. The Sacred Record says of His childhood, "The child grew, and waxed strong in spirit, filled with wisdom: and the grace of God was upon him."²³ Be careful, exceedingly careful as to how you dwell upon the human nature of Christ. Do not set Him before the people as a man with the propensities of sin. He is the second Adam. The first Adam was created a pure, sinless being, without a taint of sin upon him; he was in the image of God. He could fall, and he did fall through transgressing. Because of sin his posterity was born with inherent propensities of disobedience. But Jesus Christ was the only begotten Son of God. He took upon Himself human nature, and was tempted in all points as human nature is tempted. He could have sinned; He could have fallen, but not for one moment was there in Him an evil propensity. He was assailed with temptations in the wilderness, as Adam was assailed with temptations in Eden.²⁵

Avoid every question in relation to the humanity of Christ which is liable to be misunderstood. **Truth lies close to the track of presumption.** In treating upon the humanity of Christ, you need to guard strenuously every assertion, lest your words be taken to mean more than they imply, and thus you lose or dim the clear perceptions of His humanity as combined with divinity. His birth was a miracle of God.... Never, in any way, leave the slightest impression upon human minds that a taint of, or inclination to, corruption rested upon Christ, or that He in any way yielded to corruption. He was tempted in all points like as man is tempted, yet **He is called "that holy thing." It is a mystery that is left unexplained to mortals that Christ could be tempted in all points like as we are, and yet be without sin.** The incarnation of Christ has ever been, and will ever remain, a mystery. That which is revealed, is for us and for our children, but **let every human being be warned from the ground of making Christ altogether human, such an one as ourselves; for it cannot be.**²⁶

We should have no misgivings in regard to the perfect sinlessness of the human nature of Christ..... This holy Substitute is able to save to the uttermost; for He presented to the wondering universe perfect and complete humility in His human character, and perfect obedience to all the requirements of God.²⁷

In taking upon Himself man's nature in its fallen condition, Christ did not in the least participate in its sin..... He was touched with the feeling of our

in its sin..... He was touched with the feeling of our infirmities, and was in all points tempted like as we are. And yet He knew no sin. He was the Lamb "without blemish and without spot" (1 Peter 1:19). Could Satan in the least particular have tempted Christ to sin, he would have bruised the Saviour's head. As it was, he could only touch His heel. Had the head of Christ been touched, the hope of the human race would have perished. Divine wrath would have come upon Christ as it came upon Adam. Christ and the church would have been without hope.²⁸

²⁰ Isaiah 53:5. AA 472.1	²⁴ Con 15.4
²¹ CT 267.4	²⁵ 7ABC 447.4
²² Steps to Christ, 93, 94. CSA 26.5	²⁶ 7ABC 448.2
²³ Counsels to Parents, Teachers, and	²⁷ 1SM 256.2
Students, 140, 141. CG 204.4	²⁸ 1SM 256.1

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Christ was the only one who walked the earth upon whom there rested no taint of sin. He was pure, spotless, and undefiled. That there should be One without the defilement of sin upon the earth, greatly disturbed the author of sin, and he left no means untried to overcome Christ with his wily, deceptive power. But our Saviour relied upon His heavenly Father for wisdom and strength to resist and overcome the tempter. The Spirit of His heavenly Father animated and regulated His life. He was sinless. Virtue and purity characterized His life.²⁹

With His human arm, Christ encircled the race, while with His divine arm, He grasped the throne of the Infinite, uniting finite man with the infinite God. He bridged the gulf that sin had made, and connected earth with heaven. **In His human nature He maintained the purity of His divine character.**³⁰

Christ bore the guilt of the sins of the world. Our sufficiency is found only in the incarnation and death of the Son of God. He could suffer, because sustained by divinity. **He could endure, because He was without one taint of disloyalty or sin.**³¹

He was **born without a taint of sin**, but came into the world in like manner as the human family.³²

Amid impurity, Christ maintained His purity. Satan could not stain or corrupt it. His character revealed a perfect hatred for sin. It was His holiness that stirred against Him all the passion of a profligate world; for by His perfect life He threw upon the world a perpetual reproach, and **made manifest the contrast between transgression and the pure spotless righteousness of One that knew no sin.**³³

²⁹ The Youth's Instructor, February, 1873. 3SM 134.1
 ³⁰ The Youth's Instructor, June 2, 1898. 7ABC 454.4
 ³¹ The Youth's Instructor, August 4, 1898. 7ABC 451.4
 ³² Letter 97, 1898. 7ABC 453.2
 ³³ The S.D.A. Bible Commentary 5:1142. 7ABC 454.2
Christ is called the second Adam. In purity and holiness, connected with God and beloved by God, He began where the first Adam began. **Willingly He passed over the ground where Adam fell, and redeemed Adam's failure.**³⁴

In the fullness of time He was to be revealed in human form. He was to take His position at the head of humanity by **taking the nature but not the sinfulness of man.** In heaven was heard the voice, "The Redeemer shall come to Zion, and unto them that turn from transgression in Jacob, saith the Lord."³⁵

He vanquished Satan in the same nature over which in Eden Satan obtained the victory. The enemy was overcome by Christ in His human nature. The power of the Saviour's Godhead was hidden. He overcame in human nature, relying upon God for power.³⁶

Wherein lies the danger of presumption as stated above regarding the nature and sinlessness of Christ? Could it be that we might entertain the false perception that, since Jesus assumed our human nature, and lived a perfect sinless life, we could also achieve the same?

He conquered Satan in the long fast of the wilderness, and when he came to him as an angel of light, offering the dominion of the world in exchange for his worship; he made **sacrifices that will never be required of man, as man can never attain to his exalted character.**³⁷

Let those who feel inclined to make a high profession of holiness look into the mirror of God's law. As they see its far-reaching claims, and understand its work as a discerner of the thoughts and intents of the heart, **they will not boast of sinlessness.** "If we," says John, not separating himself from his brethren, "say that we have no sin, we deceive ourselves, and the truth is not in us." "If we say that we have not sinned, we make Him a liar, and His word is not in us." **"If we confess our sins, He is faithful and just to forgive us our sins,** and to cleanse us from all unrighteousness."³⁸

The apostle Paul declares, "I know that in me (that is, in my flesh,) dwelleth no good thing" (Romans 7:18). To those who have tried so hard to obtain by faith so-called holy flesh, I would say, You cannot obtain it. **Not a soul** of you has holy flesh now. No human being on the earth has holy flesh. It is an impossibility.³⁹

God declares, "There is none righteous, no, not one" (Romans 3:10). **All have the same sinful nature.** All are liable to make mistakes. **No one is perfect.** The Lord Jesus died for the erring that they might be forgiven. It is not our work to condemn. Christ did not come to condemn, but to save.⁴⁰

CONTINUED ON NEXT PAGE

HOLY BIBLE

³⁴ The Youth's Instructor, June 2,
1898. 7ABC
³⁵ The Signs of the Times, May 29,
1901. 7ABC 447.1
³⁶ The Youth's Instructor, April 25,
1901. 7ABC 447.2

³⁷ 3SP 77.2
³⁸ 1 John 1:8, 10, 9. AA 562.2
³⁹ 2SM 32.1
⁴⁰ 21Manuscript 31, 1911. HP 292.5



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CHRISTIAN PERFECTION IN THE WRITINGS OF ELLEN G. WHITE

But we shall not boast of our holiness. As we have clearer views of Christ's spotlessness and infinite purity, we shall feel as did Daniel, when he beheld the glory of the Lord, and said, "My comeliness was turned in me into corruption."⁴¹

So long as Satan reigns, we shall have self to subdue, besetting sins to overcome; so long as life shall last, there will be no stopping place, **no point which we can reach and say, I have fully attained. Sanctification is the result of lifelong obedience.**⁴²

We may create an unreal world in our own mind or picture an ideal church, where the temptations of Satan no longer prompt to evil; but **perfection exists only in our imagination.**⁴³

We cannot say, "I am sinless," till this vile body is changed and fashioned like unto His glorious body. But if we constantly seek to follow Jesus, the blessed hope is ours of standing before the throne of God without spot or wrinkle, or any such thing; complete in Christ, robed in His righteousness and perfection.⁴⁴

When human beings **receive holy flesh, they will not remain on the earth,** but will be taken to heaven. **While sin is forgiven in this life, its results are not now wholly removed.**⁴⁵

The nearer we come to Jesus, and the more clearly we discern the purity of His character, the more clearly shall we see the exceeding sinfulness of sin, and **the less shall we feel like exalting ourselves.** There will be a continual reaching out of the soul after God, a continual, earnest, heartbreaking confession of sin and humbling of the heart before Him.⁴⁶

The fact that the acknowledged people of God are represented as standing before the Lord in **filthy garments** should lead to humility and deep searching

 ⁴¹ 3SM 355.3
 ⁴² The Acts of the Apostles, 560, 561 (1911). LDE 267.3
 ⁴³ The Review and Herald, August 8, 1893. LDE 268.2 of heart on the part of all who profess His name. **Those who** are indeed purifying their souls by obeying the truth will have a most humble opinion of themselves. The more closely they view the spotless character of Christ, the stronger will be their desire to be conformed to His image, and the less will they see of purity or holiness in themselves.⁴⁷

All are liable to err, therefore the Word of God tells us plainly how to correct and heal these mistakes. **None can say that he**

never makes a mistake, that he never sinned at all, but it is important to consider what disposition you make of these wrongs. The apostle Paul made grievous mistakes, all the time thinking that he was doing God service.....You also may have done wrong, thinking you were perfectly right, but when time reveals your error, then it is your duty to humble the heart and confess your sin....⁴⁸

Christ came to restore to its original loveliness a world ruined by sin.... **In the new earth there will be no sin nor disease**.... And the body will be restored to its original perfection. We shall wear the spotless image of our Lord....⁴⁹

Those who have felt the sanctifying and transforming power of God must not fall into the dangerous error of thinking that they are sinless, that they have reached the highest state of perfection, and are beyond the reach of temptation. The standard the Christian is to keep before him is the purity and loveliness of Christ's character. Day by day he may be putting on new beauties, and reflecting to the world more and still more of the divine image.⁵⁰



Whatever the character of your sin, confess it. If it is against God only, confess only to Him. If you have wronged or offended others, confess also to them, and the blessing of the Lord will rest upon you. In this way you die to self, and Christ is formed within....⁵¹

None of the apostles and prophets ever claimed to be without sin. Men who have lived the nearest to God, men who would sacrifice life itself rather than knowingly commit

a wrong act, men whom God has honored with divine light and power, have confessed the sinfulness of their nature. They have put no confidence in the flesh, have claimed no righteousness of their own, but have trusted wholly in the righteousness of Christ.⁵²

Mrs. White wrote the following to a Brother B who claimed to be sinless:

Some of them have even reached the almost hopeless position that they cannot sin. These, of course, have no further use for the Lord's Prayer, which teaches us to pray that our sins may be forgiven, and but very little use for the Bible, as they profess to be led by the Spirit....⁵³

What a terrible deception! They think they are complete in Christ, and know not that they are wretched, blind, miserable, poor, and naked....⁵⁴

She also mentions that many of his followers did not preach present truth (which is the Three Angels' Messages, including the Sabbath and the health message). She wrote to him:

CONTINUED ON NEXT PAGE

 ⁴⁴ The Signs of the Times, March 23, 1888. 3SM 355.4
 ⁴⁵ Selected Messages 2:33 (1901). LDE 268.3
 ⁴⁶ AA 561.2 451.4 ⁴⁷ CCh 352.1 ⁴⁸ TMK 239.2 ⁴⁹ ML 153.4 ⁵⁰ The Bible Echo, February 21, 1898. YRP 66.4 ⁵¹ TMK 239.3 ⁵² AA 561.1 ⁵³ FH 47.3 ⁵⁴ FH 47.4



....the more one drinks into the spirit of popular sanctification, the less he prizes the present truth.

In other words, one can become so absorbed in how to reach a state of perfection that one loses sight of our mission:

In a special sense Seventh-day Adventists have been set in the world as watchmen and light-bearers. To them has been entrusted the last warning for a perishing world. On them is shining wonderful light from the Word of God. They have been given a work of the most solemn import,—the proclamation of the first, second, and third angels' messages. **There is no other work of so great importance.** They are to allow nothing else to absorb their attention.⁵⁵

She continues to say:

Is Bro. B. preaching the Laodicean message? That is well; but let it be borne in mind that the person who has become so sanctified that he cannot sin is the veriest Laodicean.

God has left us enough examples in the Bible of His chosen people struggling against their fallen natures, and even until shortly before their death, they still fell into sin, as did Moses. This is the reason Satan "disputed about the body of Moses". (Jude 1:9) God in His wisdom "faithfully recorded" these events so that we can learn from their mistakes, while at the same time we do not lose hope and courage in our struggle against sin and self.

The pen of inspiration, true to its task, tells us of the sins that overcame Noah, Lot, Moses, Abraham, David, and Solomon, and that even Elijah's strong spirit sank under temptation during his fearful trial. Jonah's disobedience and Israel's idolatry are faithfully recorded. Peter's denial of Christ, the sharp contention of Paul and Barnabas, the failings and infirmities of the prophets and apostles, are all laid bare by the Holy Ghost, who lifts the veil from the human heart. There before us lie the lives of the believers, with all their faults and follies, which are intended as a lesson to all the generations following them. If they had been without foible they would have been more than human, and our sinful natures would despair of ever reaching such a point of excellence. But seeing where they struggled and fell, where they took heart again and conquered through the grace of God, we are encouraged, and led to press over the obstacles that degenerate nature places in our way.⁵⁶

At this point it will be good to summarize what we have gained from the study so far.

We have seen that only the Godhead, and Jesus in his human form, the unfallen angels, other unfallen worlds and Adam and Eve before their fall, can be seen as sinless.

We know that God empowers us to keep His Commandments (Satan accuses God that His commandments cannot be kept), but that we will sometimes fall and fail Jesus because of our sinful natures. Our characters are bent, and we are imperceptibly shaped after the mind and character of Satan through our fallen natures. Keeping the Law does not take away sin, and does not make us sinless, it is the mirror in which we recognize our sinfulness and if we understand what Jesus went through because of our sins, we will want to make right with God.

> ⁵⁵ Ev 119.3 ⁵⁶ 4T 12.1

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We understand that the work of perfection is two-way: that God is working in us to help us overcome sin, and to reveal to us His perfect character, and that our work is to constantly strive against sins and character defects in ourselves, and also consciously resist and overcome evil outside of us. We also have sins that we do not even know of and God is revealing them to us so that we can deal with them. (Psalm 19:12,13)

We also realize that to say we are sinless leads to a selfserving religion, that is inclined to concentrate on self and neglects the Christian mission of leading people to the foot of the cross, realizing their utter helplessness and dependence on the atoning sacrifice of Jesus Christ.

IS THERE A CONTRADICTION IN MRS. WHITE'S STATEMENTS?

What then, will there ever be a time on earth when we will be sinless? Exactly as sinless as Jesus was on earth?

People often quote two statements of Mrs. White on this issue in an effort to negate all the other clear quotes to the contrary, suggesting that we will reach a sinless state or condition on this earth before the Second Coming of Christ. When statements seem to contradict each other, one must always argue from the clear statement to the not so clear one. Let us look at these quotes:

He came to this world and lived a sinless life, that in His power His people might also live **lives of sinlessness**. He desires them by practicing the principles of truth to show to the world that God's grace has power to sanctify the heart.⁵⁷

By now we know that only Jesus was sinless, therefore this quote cannot mean that we will be sinless on this earth as Jesus, or the unfallen angels are sinless, but rather that we will, in His power, put away sins as Jesus reveals them to us by placing us in situations where we can see the sinfulness



of our natures. " We cannot say, "I am sinless," till this vile body is changed and fashioned like unto His glorious body.⁵⁸

Thus, when she says, we should live a sinless life, we should stop doing known sins, and pray for God to reveal to us our character defects (hidden sins) so that we can strive to overcome them also in His power.

When she says we may never say we are sinless, that means our sinful natures will always be a handicap and we will always need forgiveness. Why else did the sinless Lamb of God have to die if we are able to reach a state on earth when we will have no need for His atonement? His righteousness will always cover us, even in heaven, as the white linen surrounded the entire earthly tabernacle, even the Most Holy.

The second quote is as follows:

Everyone who believes on Christ, everyone who relies on the keeping power of a risen Saviour that has suffered the penalty pronounced upon the transgressor, everyone who resists temptation and in the midst of evil copies the pattern given in the Christ life, will through faith in the atoning sacrifice of Christ become

⁵⁷ RH April 1, 1902, par. 8
 ⁵⁸ ST March 23, 1888, par. 13

a partaker of the divine nature, having escaped the corruption that is in the world through lust. **Everyone** who by faith obeys God's commandments will reach the condition of sinlessness in which Adam lived before his transgression.⁵⁹

Nowhere in this section of the book, *In Heavenly Places*, is there a hint that this condition of sinlessness can be reached on this earth of sin, bondage and misery. However, through faith in Jesus and obedience we can once again be restored to the state of Adam before his fall. Through the studies we have done we can safely say that this condition will only exist once we have been translated.

WHAT ABOUT THE SEALING TIME, WILL WE THEN BE SINLESS?

We know that in the last days there will be a time of probation after which God's people will be sealed and prepared for the shaking, and that God will "draw this covering over His people, and it will soon be drawn over all who are to have a shelter in the day of slaughter".

Those that overcome the world, the flesh, and the devil, will be the favored ones who shall receive the seal of the living God..... **Only those who**, in their attitude before God, are filling the position of those **who are repenting and confessing their sins in the great anti-typical day of atonement, will be recognized and marked as worthy of God's protection**.⁶⁰

Are we seeking for His fullness, **ever reaching higher** and higher, trying to attain to the perfection of His character? When God's servants reach this point, they will be sealed in their foreheads.

Mrs. White does not clearly expand on the state God's people will be in during the sealing time, but based on the available statements, though sealed, their sinful natures will only be transformed at Jesus' Coming into the same unfallen state of Adam and Eve before they fell. *"For this corruptible must* put on incorruption, and this mortal must put on immortality." 1Cor.15:53 They will, however, during the time of "Jacob's trouble" be going through a deep soul-searching experience, wrestling with God like Jacob over whether their sins have all been confessed and forgiven.

The sealing is the "settling into the truth so that they cannot be moved". They are now protected with a covering, much like Moses was covered in the cleft of the rock. The world will be in turmoil, the plagues will fall and God's people will be safe.

These errors and sins corrupt the man, and disqualify him for the society of heavenly angels. By his defiled character he has placed himself under the flag of Satan.... These will have no shelter in the time of Jacob's trouble. Their sins will then appear of such magnitude that they will have no confidence to pray, no heart to wrestle as did Jacob. On the other hand, those who have been of like passion, erring and sinful in their lives, but who have repented of their sins, and in genuine sorrow confessed them, will have pardon written against their names in the heavenly records. They will be hid in the day of the Lord's anger. Satan will attack this class, but like Jacob they have taken hold of the strength of God, and true to his character he is at peace with them, and sends angels to comfort and bless and sustain them in their time of peril. **The time of** Jacob's trouble will test every one, and distinguish the genuine Christian from the one who is so only in name.⁶¹

There is further also disagreement over whether God's saved and translated people in heaven and on the new earth will have a choice, like Lucifer and the angels, as well as Adam and Eve, and the whole human race, to again choose against God and H is government. Some say we will be 'preserved' in a sense and will not be able to sin in heaven. But Jesus created all his beings with a free will and choice and they will always have the ability to choose against God, even in heaven, but they will not want to do so ever again because they understand and love the beautiful character of God and have seen and experienced the consequences of sin and have thus in a sense been inoculated against this evil. After Satan has been destroyed, the whole universe will be fortified against sin and this is the reason Jesus let the 'mystery of iniquity' unfold to the point where everyone will be sealed in the knowledge that Satan was evil and wrong and that Jesus is righteous and true in everything he did and permitted.

Let us not give up the struggle, "every good work will be rewarded". Seven times John speaks of "overcoming" in Revelation 2, 3 and 21 and one of the interpretations of the Greek word used there is "prevailing" - to fight, to grow firm, to persist. This supports the concept as portrayed in all of the statements given in this document, that never will there be a time when we will have "fully attained", we will constantly strive to reach a higher standard, not only on this earth, but through all eternity.

Our lifework here is a preparation for the life eternal. **The education begun here will not be completed in this life**; it will be going forward through all eternity ever progressing, never completed. More and more fully will be revealed the wisdom and love of God in the plan of redemption.⁶²



I pray that this study will give the reader courage and hope, "Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ."



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⁵⁹ ST, July 23, 1902. {HP 146.5}

⁶⁰ Hvn 90.4

⁶¹ ST November 27, 1879, par. 6

⁶² The Ministry of Healing, 466.
⁶³ Phil. 1:6

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My Escape

from the Auto de Fé at Valladolid

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Chapter 10 - 12

Summary

Don Fernando de la Mina, a nobleman of Spain, is arrested for his sympathy with the Protestant faith. Sentenced to death, he miraculously escapes during a thunderstorm, and happens upon a poor peddler in a hut who has been killed by the storm. Quickly changing clothes with the peddler, Fernando narrowly escapes his pursuers. Upon finding the poor peddler dressed in Fernando's clothes, his pursuers presume Fernando to have been stricken by divine justice and his body taken for burial. Disguised as a peddler, Fernando makes his way back to the city of Simancas to attend the Auto de Fé (Act of Faith), where his coffin is brought along with several Protestant sympathizers that are to be publicly executed. Fernando hopes to obtain mercy from the King by revealing himself before the crowd, and to find his beloved, the Doña Rosa de Riello so he can assure her that he is not dead.

He quickly realizes there will be no mercy from the King, and that he will not be able to reveal himself to his betrothed at this time. Rosa leaves the scene of martyrdom, believing Fernando to have died and Fernando watches her leave without being able to give her the good news. His life is still in danger and he must find a way for both himself and his beloved to escape.

thinking about While his next move, Don Fernando overhears a conversation between Father Lorenzo and Don Carlos de Seso. his brother-in-law. He realizes that the Catholic church is pressuring Don Carlos to betray the Doña Rosa to the authorities. If he does not, Don Carlos will be arrested. Don Carlos leaves the meeting distressed and deep in thought, leaving Don Fernando even more determined to make contact with his beloved and rescue them both from Spain. But how can he communicate to her?

Suddenly he comes upon the idea of writing her a letter telling her that he, the buhoñero, has found a trinket that he believes belongs to her. The scheme works, and he is soon in touch with Ana the maid. While he is speaking to Ana, he reveals the conversation he overheard between Father Lorenzo and Don Carlos so that she will warn his beloved of the danger. Ana invites him to come to the home of Doña Rosa to personally share the information with her.

Don Fernando is quick to accept and follows her to Doña Rosa's house. But when he arrives, he soon discovers that the officers of the Holy Inquisition are already searching the house to look for signs of the heretical leanings of the Doña Rosa. As he prepares to resist them with the help of the servants, he is informed by Ana, that the Doña Rosa has already escaped and he leaves to wait for her at the edge of a nearby road to accompany them both to a room they have rented in the town of Valladolid.



Don Juan's Arrest



I think I must have sat there by the roadside nearly an hour when I heard faint sounds from the direction of the Castillete de Riello sounds that warned me that horsemen were approaching. So, withdrawing quietly into the shadow of the stone wall, I drew my mule toward me and gently caressed her ears to keep her motionless. Presently, in the pale moonlight, I saw the Captain of the Inquisition Guard and three of his men approach and then ride past me escorting my unhappy cousin to his midnight interview with the Inquisitors at Valladolid!

Gradually the sound of the grim cavalcade died away in the silence, and darkness soon enveloped the little company. Then, as I sat in the quiet of my lonely vigil, I fell to meditating upon the probable fate of Don Juan de Lario. Would he betray my beloved or would he play the man? Would he deem it consistent with his honour that, having already forewarned the Doña Rosa of her impending danger, he might seek his own safety by divulging the facts he knew concerning her heresy? Did he betray her that night or did he play the man? I have often wondered, and now, after forty years, I wonder still; for I have never been able to discover his fate! The Holy Office works so

silently and secretly!

While I was thus meditating upon my cousin's forthcoming ordeal, my reverie was disturbed by two women who approached me from the farm. Had I not expected them I should never have recognized my beloved and her maid in the two sturdy, rural beldames who now confronted me. They were both of them dressed in long black hooded traveling cloaks, such as peasant women wear-their feet were shod with clumsy country boots and each of the women was carrying a huge bundle of luggage. Had I not expected them I should certainly have allowed them to pass by me unrecognized. However, without pretense at not knowing them, I immediately advanced toward the dames and courteously knelt to kiss the Doña Rosa's hand, then I quickly told her of Don Juan's arrest, and at her request I repeated the conversation that I had overheard vesterday between Father Lorenzo and Don Juan de Lario.

The Doña Rosa listened to me without surprise or comment, and then bade me quickly pack my mule with the bundles that she and Ana had brought with them, saying: "I wish you to convey these packages to the Fonda de la Natividad at Valladolid. You will wait for us there in the courtyard and I will then reward you for your courtesy and your service." How strangely imperious her command sounded to my unaccustomed ear! At first I felt inclined to resent her preemptory treatment, but, on second thoughts, I recognized that I really had no right to any gentler treatment than is usually accorded to a casual laborer of the meanest rank and such, in truth, I had now become . . . Nonetheless, so irritating and distasteful to me was the new distinction that had arisen between us, that just for one moment I stood and hesitated to obey. But the Doña Rosa did not deign to notice my hesitancy; with quiet dignity she calmly moved away and left me to gather up her bundles and pack my little mule.

Obediently to her command I now proceeded slowly along the road, keeping only just a little in advance of the women, so as to be able to afford them protection if it should prove necessary. As I drew near to the city gate, however, I hastened on alone, for I knew that, as Timoteo Pereño the buhoñero, I could, by bestowing the usual flagon of wine and a few coins in the comer of the guardroom, pass through the gate unchallenged with my bundles.

Having thus safely entered the city I hurried along to the Fonda and waited for the women in the courtyard of the inn. While I was standing there beside my little mule, the ostler of the Fonda sidled toward me. He was an obsequious, crafty, simple-looking loon, and he sauntered up to me, with an air of easy unconcern, and asked about my business and the business of the two women who were employing me.

"Oh," said I, "they are just a couple of farmer's wives. Don't you know them?"

To which he replied, with a sinister smile, "I only know that they came here yesterday and engaged a bedroom.

Have you worked for them before?" "Yes," said I "but"—and then happily this conversation was suddenly interrupted by a loud peal of the bell, announcing the arrival of the dames in question. The ostler, without moving, made the usual demand? "Quien es? Who's there?" and through the wicket-grille Ana's voice spoke the, then correct, response, "Dos Cristianas." Thereupon the ostler pulled the cord that hung beside him in the patio and released the wicket– latch and so admitted my beloved and her maid.

The women came to where I stood waiting with my mule, but the ostler still remained close to us, listening to our talk and generally evincing a curiosity that bade us no good. However, he learned very little, for Ana immediately unloaded the mule, and then, handing the heavier bundles to me, she bade me follow her up the patio stairway and along the open gallery that surrounded the patio and into the room that they had engaged the day before. It was just an ordinary brickfloored sleeping room and contained a couple of alcove beds, a table, some stools and a large clothes chest, in which I now had no doubt, were safely secreted the valuable heirlooms and jewelry from the Castillete de Riello, which my beloved and Ana had evidently brought with them from Simancas on the previous day.



When I had completed my service to the Doña Rosa she generously rewarded me with a gold piece-a guerdon far beyond the value of my work. Then she bade me a decisive farewell. There was no mistaking it! Her demeanor and the studied emphasis of her words told me all too plainly that she intended this to be my final service to her. Before leaving her, however, I expressed a desire that she would again honour me with her confidence and commands. But to this appeal she merely replied: "My future movements are very uncertain."

And beyond that statement I could get no further satisfaction.

I was now sadly perplexed and baffled in my efforts to keep in touch with her. She had become suspicious

of the willing and zealous buhoñero, and she evidently feared that I already knew too much concerning her, and she had, therefore, prudently (as she thought) determined to quickly separate herself and Ana from me by a sudden, unexpected departure from Valladolid.

So, in my distress and emergency, I descended into the patio of the Fonda and there sought the assistance of the surly ostler. Confiding in him as one fellow servant to another I said:

"Hermano mio, my brother, will you do me a friendly turn? Those two women owe me a considerable sum of money for carrying, and I have good reason to believe that they intend to escape from here without paying me. My name is Timoteo Pereño and I am loading at the Venta de la Reina near the river. If you will come and inform me the moment you know of their intention to depart, I will give you a couple of *reales* for your trouble," and thereupon I shook hands with the scoundrel and departed with my mule to the Venta de la Reina.

Verily, my son, it is truly said in the land of my birth, "A silvery key opens every door in Spain!"—as you will presently see.

During the early part of that night I suffered great anxiety of mind. I could not banish the brooding thought that if my beloved should manage to escape me now we should never meet on earth again. She would certainly be captured by the officers of the Inquisition, for it was quite impossible that she and Ana could travel undiscovered along the three hundred miles of country that now lay between them and safety. Every town guard en route would be forewarned of their intention to pass through the city gates and even the remote villages upon the side roads would be made acquainted with the fact that the Doñia Rosa de Riello, a wealthy heretic, and her maid, were attempting to escape from Spain into Protestant Navarre.

Escape from Spain in those dreadful days of religious persecution was always difficult. Even for an experienced traveler it was always perilous and fraught with momentary danger; and it would be quite impossible for two frail women who had never before ventured more than twenty miles away from their home. Even for a man like myself, who was now comparatively safe from pursuit by the known fact of my death, even for me I knew that capture and death awaited me on my first false or suspicious move anywhere south of the Pyrénées. As for the women, it was all too evident to me that their present method of disguise and procedure were foredoomed to speedy failure. They were so commonplace and so obvious to the simplest adversary. A "frontal attack" upon any of the great city gates, even under the cleverest disguise, would sooner or later bring about their detection and arrest.

The difficulties of our flight were multiplied by the fact that there were now three of us to escape and that, unfortunately, we three were not under the same direction. The difficulty of effecting a triple escape in such circumstances was tremendous and the prospect far from propitious.

However, it is always well to remember that in all life's difficulties both success and failure lie equally implicit in every human emergency, and just as we wisely or unwisely cope with an emergency, so do we win from it either success or failure.

Now it was perfectly certain to me that our only possible way of escape from peril was by the slow and cautious method. By the patient creating of a local confidence and then the quick taking of whatever opportunities might occur. Vigilance, patience, daring, quickness, calmness, and the power of dissimulation, were the essential elements of a successful escape and these qualities my beloved did not possess!

No, I must keep near her and protect and guide her. Beginning as a stranger, I must gradually win her confidence and then personally direct her way into safety, and then, and not till then, must I venture to reveal myself to her.

"But if" thought I, with a sudden start of fear, as I lay ready for sleep on the filthy straw that lay scattered over the Venta floor—"But if ... if?"—and here, drawing my tattered cloak more closely round me, I repressed my futile and distressful thoughts, and then prayerfully seeking wisdom, and reposing my hope in God's continued mercy, I fell into a peaceful sleep.



MY ESCAPE FROM THE AUTO DE FÉ AT VALLADOLIT by W. Timms

On the Road to

hapter 12

Early next morning I was sitting in the brilliant sunshine at the doorway of the Venta making my frugal meal of bread and onion, when I saw the ostler of the Fonda de la Natividad come hurrying to inform me that the women "had already departed from the inn."

"They had," he said, "ridden away upon a couple of mules that they had hired from him"-and here the cunning scoundrel became silent until I had given him the promised bribe! Then, continuing his information, he told me that the women had ordered him to fetch back his mules that night from Cabezón, a little town about ten miles north of Valladolid. You will see it marked on the map that I have roughly sketched here for your better understanding of the route I followed in my escape from Spain (see p. 128).

Within two minutes of receiving this vital information I was astride my little mule and hastening northward along the great Burgos road; but ride as hard as I could it was not until nearly midday that I first caught sight of the women. They were toiling ahead of me along the dusty sun-blazed road about a mile this side of Cabezón, and they were just preparing to rest awhile under the trees at the foot of the hill that rises toward the town.

Following their good example, I too, reined in my mule and dismounted in a wayside cattle hovel, which conveniently screened me from their observation and, at the same time, afforded me an uninterrupted view of the main road in both directions. The women's siesta in the cool shade was of very brief duration, however, for they soon arose to proceed on their journey. As soon as they were on the move I, too, prepared to mount my mule-but just as I was starting to follow them I noticed a small cloud of dust rising on the road behind me, about a quarter of a mile away in the direction of Valladolid, whence we had just come. Presently I heard the hasty clip-clop of a horse's hoofs, and in a few moments I saw a sturdy horseman flash past the hovel. He was the Captain of the Inquisition Guard!

Yesterday the Doña Rosa had cleverly outwitted him. But now, thanks to the treachery of the surly ostler (one of the myriad low spies in the pay of the Holy Office and the one who alone could know my lady's intended destination); thanks to that recent treachery the Captain of the Inquisition Guard now had my beloved completely at his mercy. He was already drawing rein near the women, and would certainly arrest my beloved unless I, an unarmed buhoñero, could instantly devise some means to outmaneuver him.

Quickly grasping the possibilities of the situation, I at once urged my little mule to her utmost pace, and came to within twenty feet of the Captain. He looked round at me, and, seeing only a buhonero, he took no further heed. Then he dismounted from his horse—for courtesy compelled him to dismount in the presence of my beloved, who was now standing in the road—he then removed his hat with one hand and with the other presented his official warrant to the Doña Rosa, saying, as he stood with both his hands extended before him: "Señora Doña Rosa de Riello, it is with sincere regret that I must request you to return with me to Valladolid. If you will read this warrant that I have the honour to show you, you will, I am sure, submit to its authority without demur."

My beloved stood before the Captain as one petrified with horror. There seemed no hope of escape.

The Captain, a tall, powerful man, was armed with a couple of pistols, but happily he had not deemed it necessary to handle them for the arrest of two unarmed women and so the pistols remained in their cases at either side of his saddle.



The Captain, as I have already said, was a tall and very powerful man, while I, on the other hand, was but a slightly built and unarmed man.

There stood the sturdy Captain, his broad back turned toward me and his hands outstretched before him! To me it was a tempting attitude—an attitude that suddenly prompted a happy flash of memory recalling an old schoolboy trick that I, a wiry, delicate lad, had often played upon my bigger and stronger opponents in our rough-and-tumble play.

Quietly slipping from my saddle and approaching the Captain very stealthily from behind, I drew nearer and nearer to him. Then I suddenly sprang upon his back and flung my legs round his waist and gripped him tighter and tighter. In vain he struggled to throw me off. He tore at my legs with his fingers and did me terrible damage; but, in return, I squeezed his throat in a deadly grip until the combined pressure of my legs and my suffocating grip made the strong man stagger.

He now cleverly pretended to be on the point of collapse and made a lurch as if he were about to fall forward. But I knew by his skillful defense so far that lie was far too well versed in such sport as this to accept defeat so easily. So I continued to keep a steady hold upon him until he was very nearly exhausted. Then he made a second feint of falling forward, but, instantly reversing it, by a sudden jerk backward he endeavored to fling himself upon the ground and crush me under the impact of his weight.

But, happily, I was forewarned of this move by early experience of the game, and, being very light in weight and as nimble as a cat, I sprang from his back while he was falling, and the very moment his body touched the ground I was instantly on top of him with the point of my knee pressing hard into the pit of his stomach. With one hand I again gripped his throat and with the other I seized his hair and then-lifting his uncovered head, I dashed it again and again upon the stones until he became unconscious.

TO BE CONTINUED ...





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