

The Medical Missionary Work Taught By Jesus

Compiled by Mrs. Cha Soon Choi

A scenic landscape at sunset. The sun is low on the horizon, casting a warm, golden glow over the scene. In the foreground, a dirt road winds through a vineyard. The hills are covered in green vegetation, and the sky is a mix of orange and yellow. The overall atmosphere is peaceful and serene.

Three Angels' Medical Missions International
Seminar Textbook

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Introduction

As I Prepared This Manual

In 1987, long before I understood the concept of home sanitariums, as I whole-heartedly accepted the Word of the Lord to care for the hungry, the sick, and the incarcerated. I began to invite souls to stay in one of two bedrooms in our home. My family did not have much money, and I did not have any professional knowledge to care for the sick. However, I simply accepted Jesus' words that ask us to love and care for His children.

What started as a small effort to simply open up my house to strangers to care for God's children, together with my unwavering commitment and desire to follow His instructions as found in the Bible, 30 years later it has become what is known as the Bethel Sanitarium in South Korea. The Bethel Sanitarium is now a sizeable health institution where more than one thousand people come each year to receive the gospel message, recover their health, and return home healthier, both physically and mentally.

People ask, "Is there a reason why you chose the name *Bethel*?" Yes, indeed. The word "Bethel" signifies the experience I had when I met Jesus. It is a "monument" of my faith, a memorial of my walk with Jesus, just like Jacob experienced with God in the book of Genesis.

Although Jacob deceived his father and received the blessing of the birthright, he did not receive it in the way God had intended; instead, he received it through devious, human methods. Laden with feelings of guilt, insecurity, and despair, he ran away from home. In the wilderness, he became very tired and fell asleep. In his dream, he saw a long ladder extending from heaven to earth, and he saw angels ascending and descending on that ladder. Then he heard God speaking, "Behold, I am with you and will keep you wherever you go, and will bring you back to this land; for I will not leave you until I have done what I have spoken to you" (Genesis 28:15). Jacob accepted God's promise.

When Jacob awoke from his sleep, he meditated upon his dream and felt the presence of God. He saw that, through Jesus Christ, the plan of redemption for sinners was established. He heard the amazing gospel that by the Living Word of God, sinners can return to the Father.

In olden days, it was customary for patriarchs to set up a monument as a memorial of an important event. Jacob set up a monument, using the stone upon which he rested his head, and called it "Bethel," which served as a reminder that through Jesus Christ, heaven and earth may be connected. The word "Bethel" means "House of God" or "Door of Heaven." Jacob was able to proceed with new vigor based on the confirmation and promise that the door of heaven, which had been closed because of his sin, was now opened through Jesus Christ.

At the time when my life was filled with weariness and hopelessness, I saw Jesus in God's Words, just as Jacob saw Jesus at Bethel. I received God's promise that we can be restored through Jesus. From that moment, I began a new life. After that, I followed only Jesus, the One who came to this world to save *me*. With love in my heart, I walked according to His Word, step-by-step. These steps have led to culminate in what is today the Bethel Sanitarium, my training school, with Jesus Christ as my instructor.

A few years ago, I lost my eyesight due to a genetic disease that I inherited from my earthly father and I have now stepped away from the “front lines” at Bethel. However, I feel an immense sense of responsibility that I should share what God has taught me and helped me experience during the past thirty-some years.

Because I could not keep the precious gospel to myself, I started conducting the *Three Angels’ Medical Missionary Seminars*. I put together this book based on what I have read and studied over the past thirty-plus years. The Word of God compiled in this book is the light that He shed on me like a lamp shining on a dark path at night, teaching me the work that I should do. If you carefully read the words recorded in this book (don’t pass over them superficially), although you may not fully understand everything at first, if you listen to the still, small voice in your heart and obey, the amazing light in God’s Word will shine upon your life, and I believe you will be able to follow Jesus Christ.

First of all, I would like to give thanks to God. Secondly, I would like to express my thankfulness to Hee Youm who has helped me in many respects. Presently, due to my blindness, I cannot read or write, but Hee Youm has researched, read, and typed every detail for me, and thus I was able to publish this book.

I hope this book will guide you in your life of faith, as you walk with Jesus and as you await His second coming as one of His saints. If you and I become medical missionaries who share the Three Angels’ Message, I believe we will receive great blessings. I praise God for guiding me to where I am today.

The Weakest Daughter of the Lord,
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A Note to the Reader

In this manual, I have given much advice on how to live healthfully, as well as how to help the sick. My advice is based on the counsels that God has given in the Bible, the writings of Ellen G. White, and my thirty-plus years of experience in helping people with various diseases and disorders.

You will find here some counsel that is based directly on a “thus saith the Lord,” and some that is the result of my own trial and error in helping the sick. I believe that if you follow the guidelines that I have presented here, you will get the quickest results as you minister to the sick.

Sin is the fundamental cause of disease. Whereas today, many of the diseases rampant in our lives occur due to intemperate lifestyles, sin has worked through hereditary means and other circumstances beyond our control to cause certain diseases. Regardless of the cause of disease or whether or not one becomes totally healed from disease, we still need to live our lives in accordance with the natural law, the health laws that our Creator God has established.

Please do not treat this book as the “final answer” for all health laws. Please do not use the material in this book to judge others. In some cases, healthy people may be able to eat or do some things differing from the advice herein, without negative results. I urge each reader to do their own study of God’s counsels and make God your guide. He can teach you just as He has taught me.

As the readers of this book should understand, I make no guarantees of healing for those who follow the advice contained herein.

Who Are the Three Angels? **(Revelation 14:6-12)**

“Christ is coming the second time, with power unto salvation. To prepare human beings for this event, He has sent the first, second, and third angels’ messages. These angels represent those who receive the truth, and with power open the gospel to the world.” (7BC 978.11 / Letter 79, 1900)

“I have had an experience in the first, second, and third angels’ messages. The angels are represented as flying in the midst of Heaven, proclaiming to the world a message of warning, and having a direct bearing upon the people living in the last days of this Earth’s history. No one hears the voice of these angels, for they are a symbol to represent the people of God who are working in harmony with the universe of Heaven. Men and women, enlightened by the Spirit of God and sanctified through the truth, proclaim the three messages in their order.” (2SM 387.1)

“God has called His church in this day, as He called ancient Israel, to stand as a light in the Earth. By the mighty cleaver of truth, the messages of the first, second, and third angels, He has separated them from the churches and from the world to bring them into a sacred nearness to Himself. . . . The three angels of Revelation 14 represent the people who accept the light of God’s messages and go forth as His agents to sound the warning throughout the length and breadth of the Earth.” (5T 455-456)

Part 1: The Maker Heals

Chapter 1: Natural Healing Principles of Health

Chapter 2: Remedies Found in Daily Living

Chapter 3: Fasting for Restoration of Health

Chapter 4: Healthy Food and Proper Eating Habits

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Chapter 8: Recovery Stories

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“If you diligently heed the voice of the LORD your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I am the LORD who heals you.” Exodus 15:26

Preface

When an item breaks, it is not difficult for its maker to fix it.

We often see many people who have misused or abused their bodies who seek help from specialized hospitals. However, even after surgery and the usage of medication, they still face the limitations of modern medicine, and many lose their lives.

In Chapter 8 of Part 1, there are some testimonies of people who were healed by receiving the prescription that “The Maker Heals.” They share their vivid experiences of recovering their health.

Hippocrates, a pioneer in Western medicine said, “The power of nature is a genuine healing remedy.” What is this natural power, where does it come from, and how can we get it? You will find the answer in this book.

The Creator God, who made man, wrote the Law of Life for all the nerves, muscles, and organs of the human body. The Law requires people to conform to the principles of the Moral Law (the Ten Commandments) and the Natural Law. Therefore, God said, “If you diligently listen to the voice of the LORD your God, and do righteousness in my sight, and hearken to my commandments, and observe all my judgments, then I will not give you any of the illnesses I have given to the Egyptians. For I am the LORD who heals you.” (Exodus 15:26)

All things work according to the Law. If our eyes could be opened, we might see that an unchanging eternal justice is at work in our world. A powerful force that is not under human control is acting in accordance with the Law. The human body, created in “the image of God” (Genesis 1:26), is surrounded by a mystery that science cannot explain. But if the patient trusts in the Creator God by simple faith and obeys the Word, he can experience miraculous restoration.

I am confident that obedience to the health principles introduced in this book will help the sick restore their health, and also assist the healthy in preventing disease.

Chapter 1: Natural Healing Health Principles

If You Know the Sickness, There Is a Remedy

Do not try to govern the sickness, but govern the body. Let the body govern the sickness, the mind govern the body, and the Word of God govern the mind. This is the law of the human body.

Sickness is a natural process that is a *result* of the body attempting to fight the effects of violating this law of the human body. Therefore, if you are sick, you should search for the cause, correct your unhealthy lifestyle, and create the right conditions for your body to heal. As the human body is restored by the powers of nature that God has put within it, it should be given the proper opportunity to work to heal itself.

The use of medication may temporarily relieve pain and alleviate symptoms, but if we do not address the fundamental cause, we cannot expect true recovery to full health. The only true remedy to restore one's health is to receive the Creator's touch through the Word of God, obeying His Natural and Moral Law, and using natural remedies found in daily living.

Common diseases today, including all types of cancers, hypertension, diabetes, arthritis, skin diseases (including eczema), auto immune diseases, liver disease, kidney problems, heart disease, etc., are ultimately caused by either changes to or a decline in the function of cells. It is already known that these diseases cannot be *truly cured* by modern medicine. Diseases caused at the cellular-level require fundamental changes in lifestyle that enable the proper nurturing and repair of cells. The Bible, which explains the constitution of man, is "profitable for doctrine, for reproof, for correction, for instruction in righteousness." (2 Timothy 3:16) The Scriptures must be our instruction manual for life, and as we obey His Word, our Creator will be able to heal us.

There is a story that goes as follows: One day, the clock in the landmark clock tower in front of London's city hall broke. Many people in London relied on this clock for their appointments, and as the clock stopped working for several days, it presented serious issues for the citizens. The city hall called numerous technicians and they made feeble attempts to fix the clock, but to no avail. Then one day, a shabbily-dressed old man came to the mayor and told him that he would go up the clock tower to fix it. The mayor was skeptical, but at this point, he decided to let the old man try. The old man climbed up the clock tower, and shortly thereafter, the clock was functioning perfectly again. The mayor asked in amazement how he was able to fix it so easily. The old man smiled and replied, "I am the one who made that clock."

When a machine breaks down, the person who is most likely able to fix the machine successfully is the one who created the machine. The same principle applies to our bodies; when our bodies break down, we must go to the Creator who created mankind, for healing. At the Bethel Sanitarium, patients with a variety of diseases, including many deemed incurable by modern medicine, are being restored by God's prescription found in the Bible.

The entire world was created by the Word of God, and people are discovering that this same Word is also the remedy for diseases today.

"For You formed my inward parts; You covered me in my mother's womb. I will praise You, for I am fearfully and wonderfully made; marvelous are Your works, and that my soul knows very well. My frame was not hidden from You, when I was made in secret, and skillfully wrought in the lowest parts of the Earth." (Psalms 139:13-15)

A human being is a living organism created by the combination of the father's sperm and the mother's egg. This fertilized egg is smaller than a speck of dust, but it contains the DNA that instructs the cells to make the various organs of the human body. The cells containing the DNA are instructed to replicate over and over again to form a particular organ. That's why a newborn baby can be considered a "cluster of cells."

In very simple terms, the increase in the number of these cells is the process of growth; the loss of the correct function of these cells is called disease; and when these cells stop functioning, the process of dying begins.

However, the cells that were in our bodies at birth do not continue to exist until death. Cells continuously regenerate, grow, and die throughout our lifetime, but what happens to these cells are dependent upon our environment and how we manage and nurture them. In some cases, cells live out their lives as intended and are replaced by new cells. In other cases, healthy cells can malfunction (e.g. become diseased) and die. If our health is managed properly, new healthy cells can replace those malfunctioning or dead cells, which results in healing from sickness. Yet in some cases, we consistently abuse our bodies and improperly nurture our cells, which lead not only to more cells malfunctioning and dying, but also make it harder for healthy new cells to form to replace them. Therefore, depending on how a person manages his or her body, a healthy body may become ill, or a sick body may recover. Therefore, there is no sickness that is not completely curable nor incurable.

Humans, who are designed to reflect God's image, are the ultimate creation of God, a part of Him. God made us to be His own. In His Law, our Creator has personally recorded how His life flows through all of our nerves, muscles, and organs. This Law requires that people comply with the principles of morality (the Ten Commandments), as well as, the Natural Law. God's work of restoration is done through the order He established. The spiritual world and the natural world are all governed by the same Law. All the laws governing the human body originate from God and are the same in nature and importance to the Law of God. Therefore, when a person violates the laws of the body, he breaks the Law of God.

In His work, Christ demonstrated that humanity and divinity must cooperate. God does not work without human cooperation, and the power of divinity is not called to do what man can do in his own strength. When humans utilize their abilities and capabilities given by God, He cooperates and empowers them.

However, all His promises require one condition that must be met: responding through the obedience of faith. Obedience to God's Word, within an eternal living relationship with Him, is the means by which we receive the nutrients for our mind and body.

Sin is the cause of disease.

Therefore, where there is no sin (disobedience), there is no disease. The Bible says that "the wages of sin is death." (Romans 6:23) Therefore, if the result of sin is death, what is present between sin and death is illness and suffering. If we turn away from sin, repent, and receive forgiveness, we enter the path of salvation where restoration takes place once again between forgiveness and salvation. Then we can be free from illness.

Jesus knew that every man would perish if there were no decisive changes in the principles and purposes of man's life. It was a heavy burden on his heart. He saw the power of sin acting on all the people He would save. He saw the condition of people groaning under all manner of disease, and He shed tears as He saw pitiful humanity enslaved, dragged around miserably by Satan. The Lord of love

Himself suffered crucifixion on the cross to save mankind from sin and its consequences. He is now interceding before our Father as our Mediator.

It is because of the grace provided by Jesus' sacrifice that we can receive the Word of God and be restored again. We deserve to die, but Jesus took our punishment, and when we, by faith, receive the life He has given us, we receive healing and salvation. "That it might be fulfilled which was spoken by Isaiah the prophet, saying, 'He Himself took our infirmities, and bore our sicknesses.'" (Matthew 8:17)

God's law is a safety net designed for our protection. Violations of traffic laws cause traffic accidents; likewise, violations of the Moral Law cause disorder in society, and violations of health laws result in diseases. The suffering of man that results from breaking God's Law is not a curse from God; it is the result of choices made. But by the atonement of Jesus, sinners have been given the opportunity to be restored again. Even today, Jesus tells transgressors, "I've taken responsibility for all your sins, so please do not die, but live." And "He sent His word, and healed them, and delivered them from their destructions." (Psalm 107:20)

What amazing love! What hope!

Natural Healing Health Principles

Since 1987, the Bethel Sanitarium, founded and operated by the author, has not utilized medical treatments for patients and, if possible, has avoided the usage of medication. Instead, through the principles found in the Bible, the Bethel Sanitarium teaches that restoration of health comes from the Creator's hand. This health education center teaches people who suffer from physical and mental illnesses caused by intemperance and immorality to restore their health by correcting their unhealthy lifestyles.

A significant number of patients who come to the Bethel Sanitarium are often told by doctors and hospitals that there is nothing more that modern medicine can do for them. However, through the Bible, they learn about the principles of life and how to correct wrong practices one-by-one. Surrounded by fresh air, sunshine, and the beauty of nature, it is easier to correct wrong dietary practices, and as we pray for the healing of broken relationships caused by selfish hearts, greed, anger, etc. that hurts those around them, the work of repentance takes place, turning them to the Creator, and we witness the fulfillment of the promise of Exodus 15:26: "If you will diligently hearken to the voice of the LORD your God, and will do that which is right in His sight, and will give ear to His commandments, and keep all his statutes, I will put none of these illnesses upon you, which I have brought upon the Egyptians: for I am the LORD that heals you."

There was a man in his late forties who had been suffering from hypertension and diabetes for 16 years, which led to complications, including deteriorating eyesight. Due to cirrhosis of the liver, he had severe jaundice from head to toe and had swelling from his abdomen down to his feet. His life was spoiled by alcohol, tobacco, and stress. Frequently, after work, he would go out to dinner, then to one or two rounds of drinking, going home late, often past midnight. Every morning, he barely got out of bed, drank a cup of coffee instead of eating a proper breakfast, and went to work. Every time he went to the hospital, he was prescribed more medications, but his health got worse. When he came here to the Bethel Sanitarium, he could not sleep because of the pain from various symptoms, and he felt depressed that he could not regain his health and life.

He looked at himself in dismay, weak and unable to care for his own body. Because of his condition, he was unable to care for his bedridden, elderly mother, nor support his children, so he left

them all in his wife's care. He looked up to the sky and began to search for the Absolute. Then he heard about the Bethel Sanitarium and made the decision to come. He came with a sincere hope.

A few days later, he began to realize why his illness was actually inevitable. He thought deeply and repented of his past, accepting a new life. As the days progressed, his mind became clearer and tranquility replaced his anxiety. He once thought that a meal was lacking if there was no meat on the table, but now he understood that eating meat is a cause of disease. He also thought that a life without alcohol and cigarettes was meaningless, but he learned that the pleasures of life are not found in what is consumed. Through the Bible, he began to sort out his former life by learning the right principles of life that people should live by.

He stopped taking his medications from the first day, and after about a week, the swelling and jaundice disappeared, and both his face and urine became clear. After about 2 weeks, his vision returned, and gradually he became a healthy person. In just one month, his health and life improved tremendously.

These results are the natural phenomena that occur by following God's laws of life. However, even if health is restored, if an individual goes back to his old lifestyle and lives intemperately, he will lose his health again. Therefore, after healing the sick, Jesus also gave the warning not to continue to sin so that nothing worse would happen: "Afterward Jesus found him in the temple, and said to him, 'See, you have been made well. Sin no more, lest a worse thing come upon you.'" (John 5:14)

God, who created all things by His Word, is still working in the same way through the principles of creation. However, our knowledge and understanding are so lacking that it is impossible to explain everything. There are many mysterious things about the details of the human body that science cannot explain. We cannot explain through science the mysteries that occur within the human body, or in the natural world, just as we cannot explain God. Even now, there are continuous new scientific discoveries being made, but true discoveries in the study of science will be consistent with the Bible, so long as it is understood correctly. Science cannot create something that does not exist, but merely discovers things that are already in existence, created by God.

"To many of the afflicted ones who received healing, Christ said, 'Sin no more, lest a worse thing come unto thee.'" (John 5:14) Thus He taught that illness is the result of violating God's laws, both natural and spiritual. The great misery in the world would not exist, did men but live in harmony with the Creator's plan.

"Christ had been the guide and teacher of ancient Israel, and He taught them that health is the reward of obedience to the laws of God. The great Physician who healed the sick in Palestine had spoken to His people from the pillar of cloud, telling them what they must do, and what God would do for them. 'If thou wilt diligently hearken to the voice of the Lord thy God,' He said, '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 illnesses upon thee, which I have brought upon the Egyptians; for I am the Lord that healeth thee.' Exodus 15:26. Christ gave to Israel definite instruction in regard to their habits of life, and He assured them, 'The Lord will take away from thee all sickness.' Deuteronomy 7:15. When they fulfilled the conditions, the promise was verified to them. 'There was not one feeble person among their tribes.'" Psalm 105:37.

"These lessons are for us. There are conditions to be observed by all who would preserve health. All should learn what these conditions are. The Lord is not pleased with ignorance in regard to His laws, either natural or spiritual. We are to be workers together with God for the restoration of health to the body as well as to the soul." *The Desire of Ages*, 824 (CD 120.3-121.2)

Chapter 2: Remedies Found in Daily Living

Remedies Used by God

“There are many ways of practicing the healing art; but there is only one way that Heaven approves. God’s remedies are the simple agencies of nature, that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God, are remedies for the want of which thousands are dying.” (CD 302.2)

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies. Every person should have a knowledge of nature’s remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.” (MH 127.2)

Cells that become distorted due to a wrong lifestyle may be restored by correcting life practices.

Human knowledge and civilization are promoting evils that goes against sound principles. Misguided habits and fads are fighting against nature. Because people are ignorant, they violate health laws. Therefore, the education of health principles is needed.

Exercise

Exercise leads to the healthy use of all the physiological functions of the body. Exercise increases brain hormone secretion, refreshes the mood, clears the head, relieves fatigue, and relieves depression. Exercise is essential to the law of human survival. There are more people dying from lack of exercise than from overworking.

Perhaps there is no better exercise than simple walking. Walking greatly enhances blood circulation. When the heart beats, blood is pumped out to the body, delivering oxygen and nutrients to all organs via the blood vessels, ridding the body of carbon dioxide and waste materials through the excretory system. Every time a step is taken, as the calf muscles contract and expand, the heartbeat becomes regulated. When blood circulates properly, the nutrient supply is sufficient, the excretion of waste products is effective, and the immune system is boosted so the body can heal.

Exercise, especially when done outdoors, strengthens the muscles, regulates blood circulation, helps prevent illness, and greatly helps one’s spirituality. In short, active daily exercise outdoors helps all the organs in the body to function well; it is necessary for life. When a person exercises, blood circulation increases 15 to 20 times, which delivers a large amount of nutrients and oxygen throughout the body. If a person remains inactive, the body and mind will become weak.

Mental labor and physical labor must be balanced. Students who are busy with school, studies, and activities, should not consider the time spent for physical exercise as unimportant. Those who neglect exercise to study will suffer from decreased brain activity, which makes studying less effective. Those who pay attention to the development of the body will progress more academically than those who dedicate all their time to study alone. Furthermore, the inactivity of the body degrades not only the intellect but also the moral ability.

Activity such as the cultivating of land (farming) is also greatly beneficial. Patients are advised to grow flowers or work in orchards or vegetable gardens. When patients engage in easy, pleasant activities, they forget their pain. The harmonious movement of mind and body awakens all the organs

to new life. Keeping patients from working is actually doing them harm. The more strength they use, the more they gain. The weaker the patient, the more active he or she should be.

God designed that the body, as well as the mind and spiritual faculties, would be strengthened and developed through activity. The development of physical health, intelligence, and spirituality is consistent with this principle.

“For the Word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.” (Hebrews 4:12)

Clean Water, Cleanliness

No living organism can survive without water. It is the main source of life. The body cells must have sufficient water to generate the electrical and magnetic energy that is needed for the body to function. Cells act like turbines used in hydroelectric dams, where hydropower is generated. Drinking sufficient amount of water throughout the day helps to reduce fatigue, to heal, and develop immunity.

All living, growing creatures, including humans, live by the energy produced with the help of water. The fruits and vegetables that we eat also cannot grow without the water that is needed to help generate electrical energy in the first place.

Since creation, the amount of water on the Earth has not changed. Through the power of nature, water circulates naturally on earth to support life. The sun causes water from oceans and lakes to evaporate and turn into vapor, which in turn creates clouds. When clouds meet the cooling air stream, condensation is formed, which absorbs the pollutants (bacteria, chemicals, solids, etc.) in the air and then comes down as rain. The rainwater that falls on the ground then gets filtered through our soil to become clear groundwater (well water), and we drink this water.

The water that we drink also circulates through the body, hydrating and supplying essential nutrients to body tissues and expelling accumulated waste in the body.

Drink 8 to 10 cups of water a day: when you wake up in the morning, drink 1 to 2 cups of water (always finish drinking water 30 minutes before your meal at the latest), and 3 hours after each meal, drinking water frequently up until 30 minutes prior to the next meal.

About 10 trillion cells constituting the body are all filled with water and surrounded by water. Each and every joint, the areas between the joints, muscles, and fat tissues, including all spaces, large and small, are filled with a little water to buffer and lubricate, each cell and organ tissue being protected from friction and damage.

From a single cell that is formed by the joining of the father’s sperm and the mother’s ovum, up to 1 trillion cells divide to form the fetus. The water needed for this process comes from the mother; therefore, the mother needs to drink more water during the pregnancy. From the moment a baby is born until the time he grows up to be an adult, he also requires a large amount of water for proper growth. From the time the baby is born until the time the newborn ingests the mother’s colostrum, he should be given only water. As the child grows, he or she should drink pure water, instead of juice or soda. Water breaks down and transports nutrients from the food into each cell. White blood cells are formed in the bone marrow, but without sufficient water, cell production is hindered. Therefore, chronic dehydration reduces the effectiveness of the immune system. In summary, water plays a vital role in the human body, so it is as important to drink water properly, as it is to eat properly.

Whether healthy or ill, water is the best medicine from Heaven. Drinking plenty of water helps build resistance to illness. Water used properly is much better for your health than poisonous medications.

When you are doing your best to remove waste that has accumulated in your body (commonly known as “detox”), you may experience pain or various symptoms. In times like these, breathe fresh air, drink pure water, and fast (abstain completely from food) for a few days, and you will experience recovery.

Pure water is the best liquid for cleansing the tissues of the body.

When water treatments are used wisely and carefully, many people will receive help.

If you have a fever, drink plenty of water and soak in hot water (about 40 C/104 F) until sweat forms on your face. Keep the head and neck elevated above the water, wrap a cool towel around your neck, and bathe your head with cold water. Continue this process for 30 to 40 minutes, and repeat this process two to three times a day until the fever dissipates.

Frequent bathing is very beneficial for our health, especially if you bathe just before going to bed or after waking up in the morning. Whether you are healthy or sick, when you bathe, you will breathe easier and more freely. Through bathing, muscles become more relaxed and flexible, the body and mind become more energized, cognitive ability sharpens, and all body functions become more active. Further, bathing stabilizes the nerves and promotes perspiration as well as circulation by opening the skin’s pores and stimulating the kidneys and excretory system.

Thorough cleanliness is just as important for physical and mental health. Since impurities are excreted constantly through the skin, the pores can be blocked if they are not cleaned frequently. When pores are obstructed, the impurities that are meant to escape through the skin place an extra burden on other excretory organs. Moreover, bathing helps the small intestine, colon, stomach, and liver, providing health and strength to the organs, as well as promoting digestion.

It is also important to keep clothing clean at all times. Clothes that are worn absorb wastes and toxins that are excreted through the pores. If the clothes are not washed or replaced frequently, the impurities can be absorbed into the body again.

Unclean things are often sources of sickness. Germs that can cause death are buried in dark corners, in hard-to-reach places, often in rotting refuse or garbage, and where moisture is trapped and mold is formed. Do not place food scraps or piles of leaves that will decay or pollute the air close to the home. Do not bring into the house anything that is unclean or rotten.

When epidemic fevers break out in villages and cities that were thought to be sanitary, the source of the breakout can be found in piles of garbage in locations surrounding homes. Therefore, cleanliness, sufficient sunlight, and attention to hygiene in all aspects of home life are essential for getting rid of illness and for providing happiness and vitality to family members.

God’s Word cleanses us from sin.

Just as all living creatures cannot live without water, man cannot have spiritual life without Jesus Christ. Jesus said, “If anyone thirsts, let him come to Me and drink. He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.” (John 7:37, 38)

This is a promise to pour out the Holy Spirit upon those who receive Jesus Christ by faith. He who has God in his heart works with Him to bless all mankind. When a person becomes a co-worker with God, he becomes a channel of the Holy Spirit, a channel to share the heavenly life with this world. This principle is spoken of by the prophet Ezekiel:

“And it shall be that every living thing that moves, wherever the rivers go, will live. There will be a very great multitude of fish, because these waters go there; for they will be healed, and everything will live wherever the river goes. It shall be that fishermen will stand by it from En Gedi to En Eglaim; they will be places for spreading their nets. Their fish will be of the same kinds as the fish of the Great Sea, exceedingly many. But its swamps and marshes will not be healed; they will be given over to salt. Along the bank of the river, on this side and that, will grow all kinds of trees used for food; their leaves will not wither, and their fruit will not fail. They will bear fruit every month, because their water flows from the sanctuary. Their fruit will be for food, and their leaves for medicine.” (Ezekiel 47:9-12)

Sunlight

Sunlight is one of the best, most powerful remedies. If you would like your home to be an attractive, inviting place, allow fresh air and sunshine to fill it. Outdoor activity under the sunshine is beneficial for both body and spirit. This is part of God’s prescription for the restoration of health.

Fresh air, pure water, sunlight, beautiful surroundings—these are God’s ways of healing sick people in a natural way.

Life on Earth could not exist without sunshine. All plants and animals benefit from the energy that comes from the sun. If possible, remove the draperies during the day and make sure that each room has enough sunlight. You will receive many benefits from sunlight if you know how to utilize it. Sunlight is a very powerful remedy.

Vitamin D is generated when our skin is exposed to sunlight, and it is synthesized from cholesterol; therefore, harmful cholesterol levels are lowered, blood vessels are cleaned out, blood becomes cleaner, blood pressure is normalized, and heart illness is prevented or treated. In addition, as vitamin D levels are elevated, the body is able to absorb and store calcium, and teeth and bones are strengthened, thus preventing osteoporosis. When the amount of calcium in the blood is sufficient, alkalinity becomes stable, emotions and nerves are stabilized, and stress is relieved.

Every building in which a man dwells must be situated on high ground with good drainage, as much as possible. This will keep the house dry at all times and prevent health risks associated with humidity and other toxins. People do not realize the significance of this problem. Moisture and toxins that are found in lowlands and humid environments lead to unhealthy conditions, dangerous illnesses, and many deaths. Make sure that sunshine and air flow is sufficient throughout the house. In particular, the bedroom should be designed to allow good air circulation day and night.

In farming, greenhouses are covered with transparent material to help plants grow in a warm and sunny environment. Without the appropriate temperature, sunlight, and air, plants cannot be healthy, and sometimes cannot even survive. If such conditions are necessary for healthy plants, why would it not be just as necessary for our own health, as well as the health of our families and guests? In our homes, we should pull open the drapes, heavy curtains, and windows. We should also avoid planting trees close to the house that can obstruct sunlight or air circulation.

The proper use of sunlight gives your skin beauty, elasticity, color, and resistance. Tanned skin has more health benefits than pale skin.

Christ is the Sun of Righteousness. Just as all life on Earth is activated by energy from the sun, likewise, sinners can live only because of Jesus. Strength and ability to overcome evil and be freed from sin can only be received from Christ. This should be received daily.

“But to you who fear My name the Sun of Righteousness shall arise with healing in His wings; and you shall go out and grow fat like stall-fed calves.” (Malachi 4:2)

Clean Air

Air, a blessing freely bestowed from Heaven, contributes to the health of all organs of the body. The unlimited supply of clean air in the Heavens is one of the richest blessings we can enjoy. Blocking the oxygen supply to brain cells for just 10 minutes result in irreparable damages. The brain acts via electrical currents to control all functions of the human body. Although a patient’s heart and lungs continue functioning for hours, they cannot be revived if brain activity is interrupted. Fresh air, along with many other factors, plays a major role in producing the body’s electric wave energy.

Unclean air cannot supply the required amount of oxygen needed in the blood. Blood that lacks oxygen then passes through the brain and other organs without having any vitality. Therefore, thorough ventilation is necessary. If you stay in a closed room that is poorly ventilated, soon the air will stagnate, causing the weakening of the constitution of the whole body. This makes one especially susceptible to colds, causing one to get sick very easily. Many women who live trapped in these types of sealed rooms look pale and weak. They repeatedly breathe in the same air, which contains toxic substances that have come out through their lungs and pores. Therefore, impurities are transferred back into the blood.

Red blood cells supply white blood cells with oxygen and various nutrients to strengthen their function. White blood cells fight against both infectious disease and foreign invaders to the body, but disease will never be prevented if the supply of oxygen and nutrients to white blood cells is cut off. Disease will not be prevented because the white blood cells in the blood would become weak. This happens when red blood cells do not properly supply the white blood cells with what is necessary.

Clean air and oxygen is lacking in our polluted cities. Oxygen found in fresh air strengthens and arms our white blood cells. One of the causes of various cancers is chronic oxygen deficiency in the body’s cell tissues. The red blood cells are not supplied with sufficient oxygen to properly nourish the tissues, causing white blood cells to weaken its defenses, thereby making our cell tissues more susceptible to disease. Achieving perfect health is the result of perfect circulation of clean, healthy, oxygenated blood.

Fresh air is more important to patients than food. You can live for several weeks without food and survive a few days without drinking water, but you can live only a few minutes without air. Further, the oxygen in the air interacts with the glucose (sugar) we obtain from food to generate the energy we need.

The importance of physical breathing illustrates the importance of spiritual breathing. The phrase “pray without ceasing” (1 Thessalonians 5:17) illustrates in God’s Word that the real needs of man are filled by God. Just as man breathes in oxygen without ceasing, likewise, he should not cease for one moment from holding onto God’s power. Breathe in heavenly air. All the things of nature that are revealed open up the invisible spiritual world, and all the elements necessary for health are parallel to the elements of the spiritual ministry of Christ in accomplishing our salvation. We can learn lessons of redemption through the study of human physiology and the laws of health.

Rest and Relaxation

Sufficient exercise, rest, and sleep are essential to the health of the body and mind. Some people get sick from overwork. For such people, relaxation, liberation from worry, and temperance in eating habits are essential for health recovery. Insufficient rest, overwork, stress, and sleep deprivation leads to the breakdown of the biorhythms, and various illnesses will occur, making it difficult to maintain one's health. Sickness is the body's command to take a break and rest. Rest is an excellent remedy. Since colds, pneumonia, acute infectious illnesses, and other illnesses all require rest, treatments will be effective only if you rest properly. Even animals do not break the laws of nature regarding rest.

The body regenerates and is restored through rest. Therefore, one of the best medicines is good sleep. No matter how well you eat, exercise, and fulfill all other conditions necessary to enjoy good health, your body will become fragile and listless if you do not get sufficient sleep.

When your body receives sunlight, serotonin is produced, and when the sun goes down, melatonin levels are elevated. Melatonin is the hormone that repairs and restores the human body. The highest level of melatonin production is from 9:00 pm to 2:00 am. Therefore, it is good to go to sleep early in the evening and, on the other hand, to be active early in the morning.

If you eat and go to sleep right away, the digestive organs have to work, which reduces melatonin production, thus reducing the number of cells that can be repaired. Therefore, cancer cells can develop more easily, and the immune system is weakened, making it easy to contract various illnesses.

When you sleep, your stomach also should rest, so it is much better for your health to eat a light supper and allow digestion to complete before going to bed, or not to eat at all before sleeping. Working at night also makes you weak. On the other hand, proper rest for mind and body promotes good health.

In Genesis 2:1-3, the Bible tells us that God finished His work of creation and immediately proclaimed that man should rest on the Sabbath day. In the fourth commandment of the Ten Commandments (Exodus 20:8-11), it is commanded that we should rest instead of work on the Sabbath.

We can only receive true rest as we believe that God is our Creator and have absolute confidence in His authority. Then we may rest from our work and obey God's Word (Hebrews 4:9-11). The Sabbath is a sign of God's power and covenant promise that when man obeys God's Word, He recreates man and restores the lost image of God in man. In particular, in following God's commandments (Exodus 20:8-11) it is good to worship God on the Sabbath day, resting the body, mind, and even the digestive organs. Eat simply on the Sabbath. Some will find that fasting one day a week (whether on the Sabbath or on another day) helps to restore exhausted bodily organs from overworking.

He who lives and works in obedience to the law of God is one with Christ, and his heart experiences rest in His love. Those who believe in Christ according to His Word and trust wholly in His protection, that is, those who follow His commands, will have peace and tranquility. There is complete rest and restoration in complete obedience.

Chapter 3: Fasting for Restoration of Health

Cause of Disease - Waste

Fasting is one of the best ways to help your body rest and heal itself. One reason why cell function is impaired and normal activity cannot be achieved is because of the waste that has accumulated in the body. In the course of daily living, toxins can build up inside the body. If you fast for a short period of time, your body's physiological system will expel the pollutants and the waste.

Our body tries to keep itself healthy by removing residual or newly introduced toxins. The body is doing the best that it can do and it makes a valiant effort to get rid of what is harmful. But when the body begins to lose the battle due to being overwhelmed, it sends a signal for help. As a result, we often experience headaches, fever, nervous breakdown, numbness, pain, or various other symptoms, and we label this an illness. In times like these, when we use the remedies given from Heaven—fresh air and the simple use of clean water—to help nature take its course, we will treat the illness quickly and safely. This helps to remove the obstacles and to help the body in its efforts to recover its depleted energy.

Animals usually do not eat when they get sick. When a puppy gets sick, he rests without eating until he recovers. With human beings, many terminal illnesses are the result of wrong eating habits. In this case, it is important to know how to better take care of oneself, rather than always depending upon modern medicine, which often relies on drugs made with fabricated chemical compounds.

Please keep in mind the following tips for fasting and use them when necessary:

Fasting Methods

1. Water Fasting: Slowly drink 1 or 2 cups of water at a time throughout the day. Drink a total of 2 to 3 liters of fresh water each day. Abstain completely from all foods and liquids besides water. Add a small amount of salt to 1 or 2 cups of water once or twice a day (not to exceed 1 tsp of salt in one day). This will provide the needed electrolytes.

If you fast for a few days (the time frame depends upon your body's weight and physical strength), waste products will be expelled by your body.

2. Fruit Fasting: For three meals a day, eat a bowlful of one type of fruit per meal. Remember to eat slowly and chew thoroughly! Eat a different type of fruit at each meal (it is okay to repeat the same fruit the next day), and do not mix different types of fruit in one meal. After a fruit fast meal, water may be consumed 2 hours after the meal until 30 minutes before the next meal. Drink water freely, typically more than 2 liters per day.

With this kind of meal, the simple fruit sugars are easily handled by the digestive system. The simple, fresh fruit strengthens the immune system's T-lymphocytes to fight against cancer cells while giving strength and energy to the digestive organs. In addition, many fruits act as a diuretic, which stimulates the body to expel waste. The fruit fast is beneficial for people who do a lot of mental work, those with weak digestive functions, and people with diseases. When diabetic patients eat fruits that are rich in fiber, they do not have to worry about hyperglycemia (high blood sugar levels); thus most diabetic patients may stop using medications or insulin.

Some people use aspirin to dilute the blood to prevent stroke and heart disease, but eating a lot of vegetables and fruits can replace the usage of aspirin.

If one has ascites (a build-up of fluid in the abdomen) due to liver cirrhosis, continue with a fruit fast until the swelling in the stomach is gone. The liver can be healed as the body is cleansed of toxins and receives proper nutrition. With liver disease, it is very important to prevent the accumulation of toxins; therefore, minimize stress, abstain from all alcoholic drinks, eat healthy foods in a simple manner, and refrain from overeating and eating between meals. Active exercise particularly helps with the detoxification process. Dinner (the evening meal) must be either a water fast or a fruit fast.

3. Temperance Fasting: Stop eating all unhealthy foods. Follow the principles of eating (see Chapter 4: Healthy Food and Proper Eating Habits) and eat only one-half of the usual amount of food you consume. Drink water freely 2 to 3 hours after meals until 30 minutes prior to next meal, drinking a total of more than 2 liters a day. Reducing the amount of food will shorten the time needed for digestion, and that short amount of time after digestion is completed will produce the effects and benefits of fasting.

Choose one of the three fasting methods above, based upon your weight and strength and only for the length of time that you feel you can handle. If at any time the fasting causes you stress, transition to the recovery meals (see below), for stress will undo any benefits from fasting. Even one day of fasting will help. Those who are too weak or underweight, and therefore cannot do a water or fruit fast, may participate in a temperance fast that will help remove accumulated waste from the body.

People with illnesses such as malignant tumors, cysts, inflammation, hypertension, diabetes, arthritis, rhinitis, atopic chronic skin illnesses, autoimmune illnesses, muscle stiffness and paralysis, can continue to do a fruit fast for 1 to 2 weeks to alleviate symptoms.

Fasting helps to cleanse the blood, therefore many symptoms that are associated with dirty blood will disappear. For example, skin diseases, athlete's foot, inflammation, and various cancers and tumors can be reduced with fasting (from the cleansing of the blood). Blood will be able to circulate easily because the waste attached to the blood vessel walls has been removed. Thus, the blood becomes clean, blood pressure is normalized, the pulse rate is stabilized, harmful cholesterol is lowered, diabetic patients begin to see their blood sugar levels normalize, swelling in the stomach is reduced, the complexion looks healthy, the head clears, and you feel refreshed. When one is freed from addictions to drug medications, drugs, alcohol, tobacco, and irritating spices, while the principles of temperance become established, recovery starts taking place, and the body is prepared to receive the benefits of a healthy diet.

During this time, in order to clean the waste (sin) accumulated in the heart, repent and pray for the restoration of your relationship with God and for the restoration of broken relationships. (See Chapter 7, "Healthy Relationships and Stress.") Jesus' words, "Come unto me, all ye that labor and are heavy laden, and I will give you rest" (Matthew 11:28), call us to accept the invitation of Christ, which leads to the restoration of both the mind and the body. It is impossible to separate the body and mind in the restoration of health.

Things to Do Daily

- While doing any of the 3 types of fasting, having stopped taking medications, patients with hypertension or perhaps mental illnesses may temporarily have high blood pressure. If the blood pressure rises above 170, take your medication again. If you take medication for heart disease or respiratory disorders, you may need to gradually reduce your medication as the body begins the recovery process. Please note that stopping the usage of medications without following the health laws can be dangerous. In particular, you must abstain from any use of alcohol, tobacco, and coffee.

- Bathe and change your undergarments frequently.
 - Air out your bedroom, allowing fresh air to circulate in your room.
 - Sunbathe in direct sunlight for at least 15 minutes a day.
 - Do outdoor activities every day. Make sure to walk (exercise) 1 to 2 hours a day.
 - Go to sleep early (9:00 pm) and wake up early (5:00 am).
 - Wash your bedding frequently, dry it outside, allowing the sunshine to disinfect it.
 - Continue doing these things daily even after the fasting period is over.
- As the body begins the process of recovery, there can initially be what appears to be negative reactions (a recuperative response), which actually means that body is improving. Some may experience dizziness, vomiting, headaches, muscle aches, diarrhea, chills and intensified pain in the parts of the body that have been problematic. This does not need to be a concern since these symptoms will disappear in a day or two. Lower belly aches and diarrhea may occur because the waste that had been attached to the intestine walls is now being detached. As the toxins are being excreted, patients, especially those who have used drug medications for long periods of time, may develop red spots and itchiness of the skin. However, the skin will return to normal when all the toxins have been expelled from the body.
- While doing fruit fasting, patients with diabetes should stop using insulin and oral medication because they may become hypoglycemic. If you experience hypoglycemia, drink a little bit of honey tea or eat some fruit and your blood sugar will be stabilized immediately. (It is safer for diabetic patients to do the fruit fast than the water fast.)
 - The liver removes accumulated toxins in the body. If you have liver problems, provide your body with the proper nutrition and the liver can be restored. It is very important to prevent the accumulation of toxins for patients with liver problems, therefore stress must be eliminated, consumption of liquor must be terminated, a simple healthy diet is needed, and overeating and eating in between meals is prohibited. Active exercise is especially helpful for detoxification. Dinner must be either just water or fruit.
 - People who have gastrointestinal illnesses such as gastritis and stomach ulcers, which cause upset stomachs, should eat a small amount of food that allows the stomach to feel comfortable for breakfast and lunch. Do not eat dinner (an evening meal). Instead, 30 minutes after drinking 1 to 2 cups of water during “dinner time,” ingest a mixture of olive oil (2T) + charcoal powder (1t). After consuming this mixture, do nothing (don’t drink any water before going to sleep) until you wake up the following morning. Do this for 3 days to 1 week, and the gastrointestinal illness will be cured. (Use this method only if you have acid reflux, heartburn, or pain in your stomach.)
 - If patients with kidney failure, who typically undergo dialysis 2 to 3 times a week, would do a fruit fast (only if weight and health allow) and then continue eating small portions of healthy food, the frequency of dialysis may be reduced. This is possible ONLY when the healthy living principles are STRICTLY followed.
 - If you have inflammation, osteomyelitis (inflammation caused by infection of the bone), arthritis, boils, and other parts of your body that are rotting due to inflammation, continue with the

fruit fast until all the inflammation goes away and the cells revive. When a person does not have sufficient weight or health to do a fruit fast, they should eat healthy meals in moderate portions.

- Stop taking medications for any skin illnesses, such as atopy (allergic skin diseases), and do a fruit fast. Symptoms will be more severe on the second or third day after you begin the fruit fast, then the symptoms will gradually lessen, and if you continue with a healthy diet, the symptoms will disappear altogether.

- The process of treatment for all diseases, may vary depending on the patient's condition, but most diseases, even early-stage cancer (if healing is possible), can be eradicated by temperate eating or by fasting.

- After undergoing surgery, if you refrain from eating hospital food and from taking medications, and you do a fruit fast for about a week, inflammation will not occur, you should not need to take antibiotics, and your strengthened physiological processes will help to heal the surgical site quickly. Those who have undergone cancer surgery, even without using radiation or anticancer drugs, can prevent metastasis by doing the fruit fast and then continuing to eat a healthy diet. By following God's prescription, the recurrence of cancer can be prevented and you can live a healthy life.

- Because meat makes blood that cancer likes to feed on, cancer recurs when the patient eats meat again. In other words, if you go back to old eating habits, cancer will return. Among patients I have met throughout the years, there are many who have reverted to their former unhealthy lifestyles (either during the recovery process or after healing had taken place), whereby cancer recurred, and they lost their lives.

The illnesses that modern people suffer are neither "incurable" nor "curable" illnesses. You can gain or lose your health depending on how you manage your body.

Recovery Meals

When the fasting period is over, you should start your recovery with a healthy diet (see Chapter 4 to learn about healthy foods), following the guidelines below:

- **Water Fast Recovery Process:** After doing a water fast, allocate the same number of days for the recovery period as the number of days of the fast. The first meal will simply be one spoonful of cooked brown rice (or another whole grain if you do not eat rice), which must be chewed thoroughly to become liquefied. From the next meal onward, increase the amount of the food little by little, adding just one side dish at a time. After completing the number of recovery days equivalent to your fasting days, resume eating a sufficient amount of food during meals, but do not overeat or snack (eat in between meals). Do not consume anything, except water, between meals.

- **Fruit Fast Recovery Process:** If you have done a fruit fast for a short period of time (1 to 3 days), when you start the recovery process, simply start eating healthy foods in small amounts, and increase the amount gradually.

If you have done a fruit fast for a long period of time (4 days or more), be careful and follow the directions for the water fast recovery process (see above).

- **Temperance Fast Recovery Process:** After the temperance fast, gradually increase the amount of food to a satisfactory portion. From that point on, eat a fixed amount. If you continue to provide good nutrition for your body, your health will recover after a month or two.

Chapter 4: Healthy Eating Habits for the Recovery of Health

“And God said, ‘See, I have given you every herb that yields seed which is on the face of all the Earth, and every tree whose fruit yields seed; to you it shall be for food.’” (Genesis 1:29)

Food and Health

Although food is necessary to live, if we eat improperly, we become sick and die. Our bodies are composed of the food we eat. Each organ of the body requires appropriate corresponding nutrients. The brain needs to be supplied with a sufficient amount of its share of necessary nutrients, while the bones, muscles, and nerves also need their share. It is an amazing process that turns food into blood and, in turn, that blood is used to fulfill various functions in the body. This process continues ceaselessly to supply life and power to all nerves, muscles and tissues.

Therefore, we must choose foods that best provide the elements necessary for our body to function optimally. At the present time, our appetite is not a safe guide for choosing the best foods. Wrong eating habits pervert the appetite. Sometimes our appetite tempts us to look for food that makes us weak and unhealthy. Many people around us suffer from illness and pain caused by wrong eating habits. Therefore, in order to know which food is best to help restore health, we must study God’s original plan for the human diet. He who created man and knew his needs, appointed the food that Adam should eat.

Food That Contributes to Good Health

The best food for the human body is the food that the Maker instructed that people should eat. The Bible says in Genesis 1, “Then God said, ‘Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the Earth and over every creeping thing that creeps on the Earth.’ So God created man in His own image; in the image of God He created him; male and female He created them. Then God blessed them, and God said to them, ‘Be fruitful and multiply; fill the Earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the Earth.’ And God said, ‘See, I have given you every herb that yields seed which is on the face of all the Earth, and every tree whose fruit yields seed; to you it shall be for food.’” (Genesis 1:26-29)

In the beginning, instruction regarding food for human consumption did not include meat. God did not give people permission to eat meat before the flood. However, they were permitted to eat meat after the flood because all the plants on the Earth had been destroyed. In the Garden of Eden, as God chose the foods fit for consumption, He showed us which foods are the best foods.

God taught the same lesson when He provided a plant-based diet in the wilderness for the children of Israel. God Himself brought the Israelites out of Egypt to take possession of their Promised Land. He took charge of their training. Through Israel, God blessed and instructed the world. God supplied them with the most suitable plants (not meat) for this purpose, and He sent manna, food from Heaven.

The Israelites were allowed to eat meat on a few occasions, but only temporarily, because of their dissatisfaction and complaints as they longed for the fleshpots of Egypt. As a result, many Israelites became sick and died. Nevertheless, not everyone accepted the vegetarian diet. Many responded to the restrictions against meat-eating with feelings of dissatisfaction and even open complaints. Therefore, it did not become a permanent statute.

When the Israelites settled in Canaan, they were given permission to eat meat, but they were given cautious restrictions that would reduce harmful consequences. They were forbidden from eating pork and other unclean animals, birds, and fish. (See Leviticus 11) Eating the fat or blood of any animal was also strictly prohibited. (See Leviticus 3:17; Acts 15:20) Only animals that were in good health could be used for food. It was not permissible to eat any animals that were killed by being torn to pieces or animals whose blood was not well drained. (See Exodus 22:31; Deuteronomy 14:21)

Israel suffered losses because they abandoned the dietary plan God had given them. They longed to eat meat; therefore, they reaped the consequences. “So He gave them their request, but sent a wasting illness among them.” (Psalm 106:15, NASB) They did not reach God’s standard of character, nor did they fulfill His purposes. They valued worldly things above spiritual ones and did not reach the excellence that God intended for them.

The education of the Israelites covered all areas of life. Anything related to their welfare was an object of concern to God and was included in the scope of His Law. God gave them plant-based food because He wanted them to receive the greatest benefits possible. The manna that God gave to the Israelites in the wilderness provided physical strength and promoted intelligence and morality. Even though they experienced a difficult life in the wilderness, not one person was weak.

After the flood, God allowed the long-living humans to eat meat, thus shortening the length of their sinful lives. Not long after the flood, the physical size of humans reduced dramatically, as did their lifespan.

All grains, vegetables, fruits, and nuts that God provided from the beginning of time contain all the ingredients needed to make good blood. These necessary elements are not adequately supplied by flesh-meats.

Although one may consider something to be good food, it should be suitable for the climate one lives in and appropriate for the individual’s occupation. Sometimes those who engage in intense physical labor may partake of food that may be beneficial for them, while it may not be suitable for those who work desk jobs or for those who do jobs that require intense mental labor. Each person, through experience and the exercise of sound judgment, needs to make appropriate food choices for his/her own body.

Proper Methods of Eating (Reference for “Health Reform,” Chapter 13 of Part 2)

- 1) Choose the best foods that God has selected for us.
 - 2) Eat simply; eating food in its natural state is best.
 - 3) Refrain from snacking and overeating.
 - 4) Chew thoroughly.
 - 5) Follow proper food-combining protocol.
- Choose the best foods that God has selected for us. Eat simply, the best being in its natural form.
 - It is best that you eat at regular mealtimes, eating just enough to appease your hunger. It is better not to eat the next meal if you are not hungry.

If people regularly eat simple, nutritious plant-based foods, following the principles of healthy eating, they will not feel fatigued or suffer from illness.

In many cases, abnormal hunger is the consequence of overtaxing the digestive system.

- It is especially good not to eat anything just before going to bed. If you do eat before going to bed, the food will not digest properly, you will feel groggy in the morning, and you will have no appetite for breakfast. When you go to bed to rest, the stomach's work should also cease and rest, just like all the other organs of the body.

Disorders caused by improper eating are but the beginning of illnesses that result in death.

- Avoid eating between meals and overeating.

After eating, do not eat anything until the next meal.

Do not drink a glass of juice or eat even one peanut in between meals.

-Eating Between Meals: In some cases, the food that you eat during a meal can actually be considered "eating in between meals." At each meal, although it may be called "food," eating additional food before the previous meal has been digested actually becomes a "snack" (eating in between meals), which becomes a cause for illness. Do not eat more food when you still have undigested food in your stomach.

-Overeating: Eating more than what is necessary is considered overeating. If it takes your stomach more than five hours to digest your food, then you have overeaten.

- Eating food that is too hot or too cold can disturb the digestive process. If the food is cold, the stomach will have to put forth additional energy to warm it up before digestion can begin.
- The more liquid you have mixed in with the food in your stomach, the harder it is to digest. Watery foods (for example, porridge) slow digestion, weakening the stomach, and worsening the health. Drink water 2 to 3 hours after meals until 30 minutes before the next meal.
- Do not eat a lot of salt, and avoid pickles, fermented kimchi, and artificial seasonings.
- Strong, stimulating spices (extremely spicy, salty, etc.) can interfere with digestion. If you are used to eating strong spices since childhood, you will not enjoy eating lightly seasoned, mild foods. Fiery foods abuse the stomach. Extremely stimulating foods first destroy the thin membrane of the stomach, and then destroy sensitivity or feeling. The blood is heated, and animal-like characteristics are exhibited. Moral and intellectual functions can become weakened.

As much as possible, prepare a simple and nutritious meal table. Knowledge of proper food combining methods should be accepted as wisdom from God.

- Food should be chewed thoroughly and eaten slowly because, when saliva is thoroughly mixed with the food, it helps to make the digestive process smooth. There is also an ingredient in saliva that counteracts some harmful things in the food. It is good to keep food in your mouth for as long as you possibly can.
- It is bad to eat food immediately before or after intense exercise or when feeling extremely tired. Immediately after meals, your digestive organs require a large amount of energy, so if you are burdened with strenuous mental or physical activity immediately after eating, your

food will not digest. When you are excited, worried, or in a hurry, it is better to rest and refrain from eating until you become stable again. The stomach is closely related to the brain. Therefore, when the stomach is sick, it sends a signal to the brain to help the weakened digestive system. When this occurs, the brain becomes congested. When you are constantly using your brain, yet lack physical exercise, you should eat less.

- Even if you refrain from eating meat or other harmful foods, when you eat to satisfy your appetite by overeating or binge eating, the digestive organs are overworked. Overeating causes excessive amounts of blood to gather in the digestive organs, therefore resulting in feelings of lethargy and fatigue; it also causes the limbs to feel chilled. Those who continue to overeat mistakenly think that their tired feelings come from being hungry. These feelings actually come because the digestive system has been overworked.
- It is better to eat two meals than three meals a day. Those who switch from three meals to two meals may feel weak or dizzy at first, especially at the time of the third meal, but if they continue consistently, the dizziness will disappear and good health may be enjoyed.
- Breakfast should be heavier than other meals. The energy needed for the day should be supplied at breakfast. If you eat two meals, it would be good to skip dinner (the evening/third meal). In the evening, the body becomes active in its work of healing and regeneration through resting, so refraining from eating dinner is beneficial for guarding the health of the patient and aiding in his/her recovery. Therefore, it is good to eat a simple meal of one type of fruit or to do a water fast for the evening meal.

Those who eat three meals per day sometimes also feel hungry at night, desiring to eat another meal, a fourth meal, before going to bed. This is simply a bad habit that has developed (not a necessity) that makes people feel that they cannot go to sleep without eating something first.

- Feelings of abnormal hunger can be caused by the heavy burden placed on the digestive organs to process unhealthy foods. Taxed digestive organs require time to rest and to replenish their depleted energy. You should never eat the next meal until your stomach has had time to rest from its work of digestion. If you are going to have a third meal, you should make it a light one, eating a few hours before you go to sleep.

Those who are in responsible positions must daily make decisions that are of vital consequence. They will not have the ability to make quick judgments unless they exercise strict temperance. More than anyone else, these people should be more temperate in regards to food. Make sure that greasy and extravagant foods do not fill the meal table. If the stomach is in a state of confusion, the mind will also be confused, confidence will decrease, and often, anger and cruelty follow. At each meal, partake of just three or four dishes made from plant-based foods. Eat an amount to appease your hunger; do not eat any more. Exercise actively every day. Experiment to see if this is beneficial or not.

- Due to wrong food combining methods, there are many cases of digestive disturbances, unclean blood, and mental confusion. For example, vinegar causes fermentation in the stomach, interferes with digestion, and decays food. As a result, the blood does not receive the needed supply of nutrients, and this condition can lead to liver and kidney failure. Sugar causes fermentation in the stomach, thereby making the brain fuzzy, and creating a troublesome character.

- Eating fruits and vegetables together can create digestive problems. If you are going to eat fruit for one meal, it is good to eat vegetables at another meal.

When eating a combination of vegetables and fruits that are permissible at the same meal, you should eat the fruits first, and then eat the vegetables. The sugar found in fruits is not digested in the stomach, so it is better to eat the fruit first, and then eat other foods after the sugar passes through the stomach. It is the same for all other sweet foods.

“Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?” (1 Corinthians 6:19)

Meat (Reference for “Dangers of Meat-Eating” found in Chapter 9 of Part 2)

We eat food in order to supply the energy needed for each organ in the body. Just as a car needs to be filled with the proper fuel in order to operate, the human body needs to be supplied with the appropriate energy in order for it to function. All living things must receive energy from the sun, and humans and animals must receive additional energy from plants. Therefore, the person who eats meat gets his nutrition indirectly—the nutrition which should have been supplied by plants. Animals take in the primary source of life found in grains and vegetables, yet humans eat animal meat, ingesting something that is one step removed from the intended source of life. And animal products are doubly harmful because disease in animals is rapidly increasing.

Most people who eat meat do not really know much about these facts. If they could see the animal before its death and know the nature of the meat they are eating, they would probably shudder and turn away.

Meat is the primary food eaten in some homes. If we eat the typical meats available today, our blood becomes polluted with the animal fluids that contain cancer and TB. Our body is made up of the foods we eat, and as a result of our diet, we suffer pain and illness. Despite this fact, many people think that God is the cause of their sickness, illness, and suffering.

Continually eating meat that is full of germs and cancer leads to tuberculosis, cancer, and other fatal illnesses. In particular, the cell tissue of pigs is infested with parasites. Regarding pigs, God says, “The pig is also unclean. . . . You are not to eat their meat or touch their carcasses.” (Deuteronomy 14:8, NIV) Fish can also cause diseases because they are contaminated by the filth they eat.

However, very few people believe that the meat they eat causes blood poisoning and other illnesses that are often fatal. Meat-eating harms the health and affects the mind and soul in the same way. “. . . Those who eat the flesh of pigs, rats and other unclean thing—they will meet their end together with the one they follow,’ declares the Lord.” (Isaiah 66:17 NIV)

Often, animals that were transported long distances are killed at the slaughterhouse. Their blood is full of adrenaline. Those who eat their flesh are taking in poison. Some animals seem to know what will happen when they are brought to the slaughterhouse. Therefore, they become infuriated and go crazy. Because animals are killed in this condition, their meat is toxic and can cause spasms, convulsions, and strokes in people who eat this flesh.

When people eat meat, they feel that they are receiving strength. However, this feeling is not due to the nutrients in the flesh but due to the stimulants, or toxins, in the meat that they are used to consuming.

If we eat the meat of dead animals, we will take on their tendencies. Flesh meat causes changes in people's tempers and strengthens animalistic tendencies. Those who educate their children to eat meat are causing them great harm. While eating meat causes the animal tendencies in humans to increase, it also causes the intellectual ability to decline proportionately. If students do not eat meat, they will do much better in their studies.

Those who eat meat are ten times more likely to be ill compared to those who do not. Yet doctors cannot seem to explain the reason for the rapid increase of serious diseases today. We know that this suffering comes mostly as a result of eating animal flesh. When meat is eaten, it can cause the food in the stomach to putrefy, which can lead to disease. Cancer, tumors, and lung disease are mainly caused by meat-eating.

God will give His people wisdom to cook healthy food without including meat. Grains, nuts, fruits, and vegetables have all the elements our bodies need.

Many people are so deeply engrained in the habit of overeating that they will not turn away from this path and practice self-control. Rather than restricting intemperate eating, many would rather choose the path that sacrifices health and shortens life. "And put a knife to your throat if you are a man given to appetite. Do not desire his delicacies, for they are deceptive food." (Proverbs 23:2, 3)

Because of their intemperate cravings, our first ancestors were cast out of the Garden of Eden. Temperance in all things is part of the work of restoring us to the Garden of Eden. We cannot afford to be satisfied with just seeing our need to practice temperance; we need to put these principles into daily practice. The Bible says that everyone who is contending for the victory will be temperate in all things. (See 1 Corinthians 9:25)

Basic Principles of Healthy Cooking

- It is best to eat the food that God has given us in its natural form as much as possible. In the meal table at the Garden of Eden, there were no cooked foods.
- When you cook, make sure to preserve the original taste and nutrition of the food as much as possible.
- Cooked food must be seasoned properly and taste delicious in order for proper digestion and rapid healing to take place. Except for special circumstances, an appropriate amount of salt should be used in cooking.
- A salt-free diet is suitable when eating food in its natural state (raw), but unsalted cooked foods are not tasty and have difficulty being digested, resulting in the weakening of one's health.

(EDITOR'S NOTE: The following cooking tips have been written from the perspective of Korean-style cooking. Please take the principles and adjust them to the local foods in your country. Also, continue to study the writings of Ellen G. White for further insight.)

❖ SEASONINGS

- Season all foods with salt. It is not recommended to cook with soy sauce, fermented soybean paste, spicy red pepper paste, etc.
- Use natural seasonings. Sesame seeds, perilla seeds, peanuts, almonds, cashews, etc. may be used by roasting them (separately), grinding them, and then adding them to your cooking.
- For sweeteners, use only limited amounts of honey or other natural, raw sweeteners.

- Use fresh-squeezed lemon (or lime) juice or sour plum extract (Korean-style) when a sour flavor is desired. It is best not to use vinegar.
- As much as possible, refrain from using oil. Use water or vegetable stock when sautéing different foods. When oil is necessary to prevent flour-based foods from sticking to the frying pan, dab a little oil (that has a high smoke point, like avocado oil) on a piece of a paper towel and spread an extremely thin layer on the pan. It is acceptable to use a little olive oil after food has already been taken off the fire.

❖ **BROWN RICE**

- To make brown rice: Brown Rice + Glutinous Brown Rice + Grain/Pulse (one type). Add one type of grain/pulse to the brown rice at each meal. Rotate the type of grain/pulse at each meal. Miscellaneous grains/pulses may include wheat, barley, beans, millet, corn, red beans, oats, mung beans, Job’s tears, etc.
- Cook rice one hour before the meal time. Do not soak rice longer than one hour.
- Cook brown rice using the method you would typically use to cook white rice, but add an additional 10-20 minutes.
- Using a pressure cooker is good, but a pot may also be utilized.
- It is better to eat thoroughly cooked, yet firm, chewy rice than mushy rice. When you eat firm, chewy brown rice, thoroughly chewing each bite, you can enjoy it as your meal, even without any savory side dishes.
- When cooking rice with Job’s tears, wheat, corn, or millet, use glutinous brown rice, one of the previously listed whole grains, and a little bit of salt.
- Brown rice cakes (dense, mashed sticky rice): All rice cakes should be seasoned to taste only with salt. Do not add any sugar. If sugar is included in rice cakes, the food will spoil in the digestive system before digestion can be completed, and you will feel uncomfortable.

❖ **SOUPS**

- When making soup, use daikon (a type of white, long radish), kombu (an edible kelp; Koreans call it “dashima”), and shitake mushrooms for the broth, adding just enough water. If you boil the daikon too long, the color will start to turn yellow and it will not taste good, so take out the daikon, kombu, and shitake mushrooms before the daikon changes color. Then add salt to taste.
- Use this vegetable broth as the base for all soups including seaweed soup, noodle soups, mugwort soup, taro soup, etc.
- Instead of using oil to fry or sauté vegetables, use this vegetable broth as a replacement for oil. Then season the vegetables with salt and natural seasonings.
- When the soy sauce flavor is needed, use this vegetable broth with salt and chopped onions and bell pepper, roasted dry laver (seaweed paper) pieces. Add natural seasonings and mix.

❖ **RAW VEGETABLE SALADS (With Korean-Style Sauces)**

- Thoroughly wash a variety of vegetables (2 to 3 per meal), drain them, and slice them, adding salt and natural seasonings. Mix altogether. At this point, it is also good to add blended tomatoes.
- It is best to eat vegetables raw that are able to be eaten that way: cucumber, carrot, tomato, kale, broccoli, bell pepper, beet, bellflower, sweet potato, etc.

❖ **COOKED GREEN LEAFY VEGETABLES**

- If you boil leafy green vegetables and drain out all the water before adding the seasoning, you lose many valuable nutrients. Therefore, it is better to thoroughly wash the leafy green vegetables and sauté them with a bit of salt and natural seasonings (without draining the water).
- Use the same cooking method above for both “fruit” vegetables and root vegetables. Use vegetable broth instead of oil to sauté the following: pumpkin, eggplant, bellflower, potato, onion, lotus root, burdock root, etc.
- When you cook vegetables, do not blanch them but instead, cook them thoroughly. (When you blanch vegetables for the sake of brightening the color, it interferes with digestion.)

Follow the previously introduced healthy cooking methods and cook a variety of delicious dishes you can eat healthfully. It is important to be flexible and to apply these techniques to suit individual needs.

Many people eat intemperately and, consequently, ruin their health and character. Just as we must study the Bible thoroughly, we must apply the same principles and study health reform in-depth. Not only that, we must constantly eat the Word, digest the Word, absorb the Word, and implement the Word, so that it becomes the lifeblood within us. We need to think less about the temporal food of this world and more about the food that is given to us from Heaven.

“I am the bread of life. Your fathers ate the manna in the wilderness, and are dead. This is the bread which comes down from Heaven, that one may eat of it and not die. I am the living bread which came down from Heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is My flesh, which I shall give for the life of the world.” (John 6:48-51)

Suggested Daily Routine for a Healthy Life

- *6:00 AM: Wake-up*

Begin the day with prayer. Brush your teeth thoroughly and then drink one to two cups of water. Do light exercises (stretching).

- *7:00 AM: Worship*

It is good to start the day with prayer and God’s Word.

- *8:00 AM: Breakfast*

Because we receive energy for the day from the morning meal, we absolutely must eat breakfast. After a meal, do not lie down. Instead take a leisurely walk for about an hour. Three hours after the meal until thirty minutes prior to the following meal, drink two to three glasses of water. Do not eat or drink anything (besides water) between meals. Not even one peanut nor a glass of juice should be ingested. These guidelines must be followed after every meal.

- *10:00 AM: Exercise, Manual Labor*

Active exercise in the outdoors (walking, hiking, gardening, yardwork, etc.) causes both body and mind to grow stronger. Air out all rooms and put blankets outside in the fresh air, under the sunshine. Clean areas around the exterior of the house and remove all garbage. After exercising, take a shower and change into clean clothing.

- *1:00 PM: Lunch*

Take a slow-paced walk for thirty minutes to one hour after the meal to help digestion.

- *AFTERNOON: Rest, Reading*

Spend quiet time in prayer, meditation, and reading, allowing for reflection and searching of the heart.

- *6:00 PM: Supper*

When you go to bed, your stomach must be completely at rest. Therefore, for supper, it is good to drink one or two glasses of water and refrain from eating anything. However, based upon different health needs, eating a light fruit supper is permissible.

- *7:00 PM: Worship*

End the day with reflection through prayer and reading of the Word of God.

- *9:00 PM: Bedtime*

The body does the work of regeneration through rest, so it is very important to prevent any sleep disturbances. Because the body works to repair itself while sleeping, especially during the hours between 9:00 PM and 2:00 AM, it is best to sleep as early as possible.

Chapter 5: Praying for the Sick

“Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.” (James 5:14-16)

Healing That Is Promised in James 5

Those who wish to be prayed over for the healing of their sickness need to recognize the fact that it is sin to violate the laws of life that God established, and they must repent and put away that sin.

Faith and obedience cannot be separated. To have faith in God is contrary to seeking our own will; it is seeking God’s will to be done. We need to obey God’s will.

To regain their health or accomplish a certain task, many people wrestle with God and pray for special blessings or help. Their prayers and their tears and struggles, however, do not bring the blessings they desire because they have not surrendered themselves to God. They are not doing the proper work to receive the abundant grace offered to those who believe.

In order for the prayer of faith to be answered, we must do the things that God instructs in His Word. When we pray for the recovery of health and don’t receive an answer, it may be because, if while violating God’s Law, God answers our prayer, He cannot receive the glory. God Himself never works in a way that violates the Law that He has set up. The miracles that God performs do not violate the laws of nature. God never contradicts Himself. God is still working for every individual, but the reason we cannot understand everything is that we do not know God well. We must believe in Jesus Christ as One who restores all things; we must cooperate with Him by obeying the health laws; and as we completely trust Him, praying with our whole heart, then He will share His life with us. When we trust Christ in this way, we receive precious power and strength from Heaven. This is the true science of the restoration of body and spirit.

The gospel ministry and health ministry are closely connected. Jesus taught truth to the people, spreading the gospel of the kingdom, and He performed miracles. All this is included in the work of creation through God’s Word. Even today, by the same method, sick people are experiencing healing.

However, all prayers of faith do not necessarily result in healing. Believing in the power of God and doing our best is important, but there are cases where people do not recover, but pass away instead. It is a blessing when we can fall asleep *in* Jesus. Jesus healed many sick people, but He wanted to give them the greater gift of eternal life.

A few years ago, a deaconess who attended a church in Seoul came with her husband to the Bethel Sanitarium. He had end-stage stomach cancer. He was very thin—he looked like skin and bones. He could not stand up for long, could not walk, and could not eat. His face looked as pale as paper. In my mind, I wondered what I could possibly do for someone in such a bad condition who had come such a far distance. As I was thinking these thoughts, I guided them to their accommodations. The next morning, there was urgent knock on my door. I opened the door, and it was the deaconess who came the day before. “Director, there is something very wrong. Come quick!” She was in a panic. I went with her into their room. The pale man was lying flat, with his eyes closed. I called to him and touched him, but there was no response. However, I could feel a pulse in his wrist. The moment I saw him in this condition, I felt so sorry for him, and my heart flooded with guilt. If I had known that he

would die this quickly, I would have come last night, and even with a few words I could have shared the gospel of salvation with this dying soul. Now what could I do for this person who had lost consciousness? There was nothing I could do to help this lady, who had come such a far distance along with husband, who was in such a pitiful condition. I could not find peace in the fact that I had to let this man go.

“Jesus, please forgive me. You sent this man to me, but I have not been faithful. If he came here by your Providence, then, even now, help me to accomplish your will. How can I help this sick man?” As I was praying in my heart like this, the thought suddenly came back to my mind: When people are dying, their extremities begin to get cold and weak. Gradually, they cannot speak; they close their eyes. But until their last moments, their ears still work; they can hear. So, on some occasions, when parents are dying, they wait for their children, and when they hear their child’s voice, they open their eyes.

I thought to myself that God probably arranged this order of loss of function in this way so that people can hear the gospel until the last moment, so they can be saved. As I was gathering my thoughts together, I made up my mind to do something for this patient in his final moments. I grabbed ahold of his two cold hands, and I told him emphatically, “Sir! Listen very carefully to what I am going to say now. It is very important.” Whether or not this person could hear, I shared the gospel with him and his wife.

“Sir! Regardless of how you have been living thus far, Jesus has taken all of your sins, and he offers salvation to the sinner. If you believe this fact, and if you accept it in your heart, you will be saved right at this moment.” As I was speaking, his cold hand gripped my hand. Opening his mouth, he said, “Thank you.”

Up until that time, his wife had been pleading for him to believe in Jesus. But he had thought that the ways of the world were more important. Even after he became sick, he wanted to believe in God, but he felt unworthy to be saved. Now as he was facing death, he felt terribly afraid and insecure. He could not do anything so he simply closed his eyes. But in his subconscious state, when he heard my words of assurance, he responded.

Unbelievably, soon thereafter, he got up and walked around; he was able to eat and talk. He improved tremendously! After this experience, whenever I give lectures in the morning or evening, I speak to those who are listening with the same urgency as I preach in front of people who are dying. I share the gospel of eternal life that gives hope for life beyond the grave.

Three mornings later, that same deaconess came to me again with a look of shock on her face. I ran with her to the patient’s room. I found her husband in the same position, unconscious. “Deaconess, you must take him to your home. It seems that he is ready to leave us, so you must hurry.” He should pass away either at his home or at the hospital, so I quickly called a taxi to send him home.

A little while later after they left, I got a call from the lady. She said, “My husband has breathed his last breath.” A few days later, she called again. “Now, I have finished his funeral services... For thirty years I have been praying; I tried so hard to help my husband be saved. My answer to prayer came while we were there (at Bethel).” She repeatedly expressed her gratitude.

After I received that phone call, I felt a sense of satisfaction and fulfillment. This was more fulfilling to me than if I had been able to restore life to the cancer patient. This man, in his last moment of life, awoke, and for three days clearly held onto the hope of the resurrection. He entered

into a peaceful sleep. What a blessing death can be. It is wonderful to live healthfully, but it is even more wonderful to live eternally.

Chapter 6: Miracles Brought About by the Word of God

Faith That Cooperates With God

Just as the brain sends signals that cause our body's organs to function, people's hearts must be governed by God's Word. The heart, the center of the body, governs the entire body. Whether good or bad, all our actions originate from the heart. The heart is the organ by which we worship God and communicate with the citizens of heaven. Many people live their lives without being clearly aware of what kind of treasure is housed in their treasure chest.

There is a science within the human body that people need to understand. It is a mysterious science that consists of material that never can be fully understood. Just as our mind and body are one, so our health and faith are interconnected.

We know very well the story of the woman with the issue of blood. That woman met Jesus, the Word made flesh, and received the life that comes from re-creation.

“For she said to herself, ‘If only I may touch His garment, I shall be made well.’” (Matthew 9:21)

These are the words from the story about the woman who suffered for 12 years with this disease. She spent all her money on treatments, but the doctors concluded that she could not be healed. But when she heard about the Great Physician, Jesus, hope revived. She went to the location where Jesus would pass, touched his outer garment, and felt that she was healed. Ellen White describes the faith of this woman in the following quote:

“In that one touch was concentrated the faith of her life, and instantly her pain and feebleness disappeared. Instantly she felt the thrill as of an electric current passing through every fiber of her being. There came over her a sensation of perfect health. ‘She felt in her body that she was healed of that plague.’” (MH 60.2)

Jesus gently told her, “Daughter, your faith has made you well. Go in peace.” Jesus came to this earth to be the Savior and Healer. He came for those who are sick and dying, and this Jesus is the Creator and the Word who became Flesh. Nowadays, if only patients would look to Jesus, the Great Physician, with the same eyes of faith as this woman, they would have exactly the same amazing results. To those who go to Jesus in faith, spiritual and physical life may be restored.

Though it is true that God works through natural law, He is the One who governs natural law. Therefore, when by faith one has contact with Him, there occurs a supernatural phenomenon that we cannot understand today. God is still at work in this present age, bypassing constraints of time and space. Today, patients who both obey the natural law and meet Jesus by faith, will experience the same healing that took place in the Bible. However, it is impossible to explain the mystery of creation because science still cannot explain it.

Meeting Jesus is not experienced through dreams, hallucinations, or hearing a physical voice, as many Christians might explain. In the beginning, God was the Word and 2000 years ago, that Word became flesh. Jesus Christ who came to this earth, died on the cross, resurrected, and thereafter, sent another Helper, the Spirit of Truth, which came upon us. Truth is the Word of God. After Jesus ascended to heaven, because He is no longer with us on earth, the way that we meet Him today is through the Word of God. Through His Word, when we meet God by faith, the same phenomenon of creative power takes place. Although this experience may differ from person to person, when they

read the Bible, listen to sermons, pray and seek Him, believe in the Creator God, and through nature, know that He lives, praise the Lord, and by deeply meditating upon the cross, experience repentance and understand true love, then wherever the Spirit of Truth exists, the same phenomenon of re-creation takes place.

Every Word from God contains His power, and when people accept His Word by faith, they receive the ability to do the work to accomplish His Word. The results will reveal the power of creation. Walking on water was not something that Peter could do through his own ability. He was able to walk on water because of the command that came from Jesus. However, if Peter did not believe that Jesus' Word would come to pass, there would have been no way that he could have taken one step on the water. The faith of Peter, in cooperation with God, fulfilled the Word of God through obedience.

In John chapter 5, verse 1 and onwards, the paralytic of 38 years was not asked by Jesus to exhibit faith in Him. He simply said, "Rise, take up your bed, and walk." Immediately, he stood up and walked. In one moment, all his nerves and muscles revived, and he walked. As soon as he decided to obey Jesus' Word, his body responded according to his will. As he began to move, he realized that he could stand. We, also, with like faith, will receive not only spiritual healing, but can also receive physical healing. Jesus says to us today, "Rise, and walk." "Go." Don't wait until you can walk. Believe the Word of God, take action immediately, and you will receive power.

However, many people do not accept the good news of the Gospel. Judas Iscariot, one who met Jesus Christ face-to-face, the Word of God made flesh, heard His Words, and witnessed the power of the Word of God before his eyes, did not recognize the Originator of Life. Today, there are many people just like Judas.

Even so, through the following testimony we will be able to see that our living God still works to bring about miracles today, through His Word.

My name is Mr. _____ Lee, 48, from Banpo-dong in Seocho-gu within the city of Seoul. When I was 27 years old, I learned that I had a disease and therefore visited many different hospitals (Gyeonggi Medical Center, Hanyang University, etc.), and was diagnosed with degenerative arthritis, an incurable disease. This disease is one in which the cartilage between joints disintegrates. This may not seem so severe, but, actually, it is difficult to accurately express what a painful, frightening disease it is. Even at such a young age, I spent my days confined to my room, lying on my bed, unable to even go to the restroom. I tried any and all medications that were reportedly good. I also consulted with all well-known specialist doctors. Despite their fame, the medications they prescribed merely reduced my pain level temporarily. This is what I experienced for 20 years of my life. About 10 years ago, I had surgery to replace artificial joints in my right wrist, which caused the pain to subside in that location. However, I still had constant pain in other joints and had to continue taking pain relief medication. My body seemed to be getting worse. Even the joints in my jaw caused me pain, so I was unable to chew my food. Furthermore, there was inflammation in the roots of my teeth, resulting in all my bottom teeth falling out. Therefore, even presently, I wear dentures where my bottom teeth used to be. If something would bump my joints or cause them to twist, I had to hunch over in unbearable pain. However, the suffering in my heart was greater than the pain in my physical body.

Although I was the eldest of 7 children, I was unable to take care of my aging parents as I should, but I felt even worse for my wife, who wasted her young adulthood on me, her pitiful husband. My heart suffered much pain because I felt so sorry for her. Honestly, my life continued only due to the absence of death. Every single day, I merely ate the food that was set before me, took my

pain medications, lounged in my room, and watched TV. Daily my children went to school and my wife went to work, yet I was dying physically and mentally, all alone in an empty house, all day long. I didn't want to see anyone; I didn't want to talk; I didn't want to live.

While my heart was filled with regret and sadness, my younger sister (the 4th out of 7) introduced me to the Bethel Sanitarium and I was able to come here. Although my sister and wife's earnest pleas convinced me to come here, I was doubtful that a disease like mine could be healed. But because of my past experience of attending church a bit, a thin, threadlike hope formed in my heart, and that created a desire in me to seek God.

On April 2, 2003, I arrived early that morning at Bethel Sanitarium, just a few minutes after the morning lecture had begun. As I opened the church doors and entered, I felt the warmth of God's embrace and I began to feel peace. The content of Mrs. Choi's message fell like drops of sweet rain onto my thirsty soul. It was as if God was saying, "Come on in. What took you so long?" Although these were words spoken through a human agent, that voice was like the voice of Jesus clearly speaking to me, burrowing deep into my heart. I was compelled to kneel before God and I earnestly prayed, "Jesus, my life has been so difficult that I wanted to die, but here I am before you. I would rather die before you, Lord. Please take me in." But my heart was still heavy and I could not release the burdens on my shoulders.

I had been unable to work for a long period of time, and I felt the burden of our financial difficulties. Also, my inability to fulfill my duty to my parents, siblings, wife, and children added to my burdens. I felt like a worthless human being, burdening those around me...Inexpressible despair and frustration still weighed heavily on my shoulders. I followed the suggestion of the director to stop taking my medications, but the pain was so severe that I could not sleep at night. Because I couldn't sleep, I would sit on the sofa in the living room all night long. Sometimes, my roommate, a fellow patient, would give me a massage, but the pain would not go away.

On the fourth day after arriving at Bethel Sanitarium, it was the Sabbath. I heard the grace-filled sounds of hymns being sung and the earnest prayers and testimonies of patients, hopeful of God's help. It was the very first time in my life that I had experienced such worship!

During the sermon, the director read Matthew 11:28. "Come to Me, all you who labor and are heavy laden, and I will give you rest." At the moment when I heard this verse, I suddenly felt my heart lift. "That's right. Let me lay down my burdens. He said to lay down my burdens and rest, right? Okay, I will lay down my burdens. I will rest." As soon as I made my decision, all the burdens that had accumulated disappeared from my mind.

Throughout this terrible journey, where was that person who would tell me that he would take all my burdens-the wounds on my diseased body and mind, my isolation and loneliness, the burdens regarding my family-so that I could lay them all down and rest? There had been no one who would take these burdens for me. All my burdens were so heavy that I nearly collapsed under their weight. My life consisted of simply waiting to die. But Jesus told me to lay down my burdens. He was the One who could deliver me from them. I heard these words and they became my hope. "Thank you, Jesus! Thank you very much, Jesus!" In that moment, I thought my heart would explode. I experienced indescribable delight and joy, mixed with regret and repentance. These many feelings caused my heart to feel overwhelmed.

Without realizing what I was doing, I fell to the floor of the church and wept. If I had suppressed my tears, my heart might have burst. I wept intensely and afterward my heart felt extremely light. It was as if my heart had been cleansed; I felt at peace. From that time on, God's Word was as

sweet as the honeycomb. Before I had given Him my burdens, I kept praying in my heart that God would heal my disease, but now, because I believed that He had already healed me, I didn't need to pray that prayer anymore. Instead, prayers of thanksgiving flowed out to the Lord who had taken all my burdens.

That Sabbath afternoon, an amazing change took place in my body. I really wanted to read God's Word, and so I began reading the Bible and the pain in my wrist began to subside. I don't know exactly when it was that my pain began going away, since I had been reading. It was nearly dinnertime and as I started to move my wrists, I realized that there was absolutely no pain! The next day, Sunday morning, patients joined the staff at the garden to dig up the ground to plant vegetables. I was free from pain! The following day, even when I dug a ditch by myself, I didn't have any problems at all. Because I had been fruit fasting, I was a bit weak, but there was no difference in mobility between myself and others who didn't have my problem. My 5th vertebra had been protruding out of my spine, which caused pain in my leg and created difficulty in walking, but when I noticed that I didn't feel discomfort, I reached behind to touch my vertebra and found that it had receded to nearly its proper location. I received healing for all my diseases. Although I had met many famous doctors, they all said that cartilage does not regenerate. Nevertheless, I am healthy today. I believe that God, the Creator of mankind, has re-created the cartilage between my joints. Sadly, however, the artificial joints that I had surgically implanted 10 years ago in my right wrist did not improve my condition. Even now as I write this testimony, I feel severe discomfort.

As I am sincerely thankful to our God, I want to share how wonderful God is with others. Therefore, I am writing this testimony. Now that I have entrusted all my burdens to Jesus, I want to live only in obedience to His Word. Presently, I am so happy. But I have one desire that I am praying for now. "Loving Father God, You who have healed my diseases, You who have given me my loving wife, please orchestrate the conditions so that she may turn to You. She sacrificed so much for me. If I go to heaven and she's not there, then I won't want to stay there, either. Jesus, please do whatever it takes to draw her to you. Amen."

To my children, relatives, and furthermore, all those who read this testimony, I hope that you will believe God's Word and enter into His rest, just as I have.

The body governs diseases, the mind governs the body, and God governs the mind through His Word.

"He sent His Word and healed them, and delivered them from their destructions." (Psalms 107:20)

This patient's experience came as a result of coming face-to-face with the Creator's powerful Words of Life.

We need to understand the reality that all nature is connected to God's supernatural power. If we learn of God and the knowledge of His Word through personal experience, we will be able to understand natural science. If the Words of Life, which through its' power created all things, enters the hearts of people, they will learn the fact that the Word works inside the entire body through God's creative, life-giving power. Therefore, our faith needs to become a faith in the Word of God. When we believe the Word of God, that Word becomes a reality.

God who said, "I create the fruit of the lips..." (Isaiah 57:19), even today, breathes Life into every dead faculty through His Word.

The story of the paralytic that was lowered through the roof of a house is recorded in Mark 2:1-12. In this story we are able to recognize Christ who healed both spirit and body simultaneously. Ellen G. White explains the faith of this patient as follows:

“Now, in words that fell like music on the sufferer’s ear, the Savior said, ‘Son, be of good cheer; thy sins be forgiven thee.’ The burden of despair rolls from the sick man’s soul; the peace of forgiveness rests upon his spirit, and shines out upon his countenance. His physical pain is gone, and his whole being is transformed. The helpless paralytic is healed! The guilty sinner is pardoned!” (DA 268.2-268.3)

When the paralytic believed the Words that fell from Jesus’ lips, that is, when he accepted them, the Word activated in the man’s heart and, simultaneously, a change took place in his physical body. Jesus immediately told him to “stand up and walk.”

“I say to you, arise, take up your bed, and go to your house.’ Immediately he arose, took up the bed, and went out in the presence of them all, so that all were amazed and glorified God, saying ‘We never saw anything like this!’” (Mark 2:11, 12)

Our faith is the hand that grasps God’s power.

Limitations of humanity are perfect opportunities to cling to God.

Those who are in despair need to grasp the promises of God and rise.

A few years ago there was a patient who came from Seoul. He had end-stage pancreatic cancer, which had metastasized to his liver, causing abdominal edema, jaundice, and severe pain. Due to the severe pain, he couldn’t sleep at night, and because of discord in the family he was in the midst of a divorce. He was on edge and seemed to be floundering in the darkness. Because of his long fight with cancer, he had quit his job, didn’t have much to his name, and with his disease-ridden body and the painful knowledge that he was dying, he began seeking only for God

Finally, he saw a glimmer of hope and began to study about the God of the Bible. When he was unable to sleep at night because of the pain, he would read the Bible. As he read the Bible, he did not feel pain. So whenever he had time, he would read the Bible. It was the beginning of a new life. He regretted his past and repented of his sins, and as the days went by, he began to experience changes in his heart. He accepted God’s prescription and applied them to his life, thereby grasping the power of God.

At some point the pain went away, the abdominal edema disappeared, and his non-functioning leg began to gain strength. By fixing his eyes on things above, he began to stand. He gained strength in body and mind, and 2 months after he returned home, he visited the hospital for a checkup. The results of his checkup showed that there were no cancer cells in his pancreas and liver. He was ecstatic and he called me. I asked, “What’s happening with your wife and the divorce?” He told me that when he returned home, he immediately took his wife’s hands into his own and sincerely apologized to her. With tears in his voice he said, “I regained my health, my family, and my life.”

There are many cases in which individuals, while reading the Bible or listening to sermons, receive life and experience changes in body and mind through the Word of God.

In order to save humanity, Christ came to this earth and healed the sick, helping us understand things we cannot see through the things we can see.

In the story of Captain Naaman, who was commanded by the prophet Elisha to wash in the Jordan River seven times to be healed, the water of the Jordan River represents the fountain of the blood of Jesus Christ, by which sinners may be cleansed from sin and receive salvation.

Captain Naaman did not become cleansed of leprosy by dipping in the river seven times. It was not through the works of man (washing seven times) that he was healed. He was healed through complete obedience to the Word of God. The Word of God contains His promises, and those promises are merely fulfilled by the One who spoke the Word in the first place.

Chapter 7: Healthy Relationships, Stress

Mental Health

Many people are pursuing physical health while disregarding their mental and spiritual health. But if the balance of body and mind is broken, then they cannot recover the health of the whole person. Mental vitality and spiritual strength are strongly affected by our physical condition and activity. As our physical health improves, the foundation is laid for the development of a healthy mind and balanced character.

Selfishness destroys human relationships; as a result, it leads to sickness of mind and body, ending in death. Today, depression caused by mental suffering tears apart relationships between parents and children, husbands and wives, and other relationships. This depression results in children and spouses running away from home, getting divorces; even leading to murder and suicide.

A few years ago, when I was holding a health seminar in Canada, a lady in her sixties came to my room. She opened her bag and told me that she was taking thirteen different medications—for hypertension, diabetes, heart disease, arthritis, insomnia, depression, stomach disease, etc.—so many she could not remember them all. “But,” she said to me, “I believe that if you could heal one of my diseases, then all of my sicknesses would be healed, and I would not need any of this medicine.” I asked, “What *is* that one disease?”

The lady said, “It is the disease of hating my husband. I hate him. I don’t want to see him. Please, could you heal me of this disease?” That lady held my hands and wept. She did not let go for quite some time.

Though married couples might look happy to other people, there is hardly a couple without struggles. Because of depression, relationships--between spouses, in-laws, parents and children--are disintegrating to the point where healthy relationships are nearly extinct today.

Depression

Among those who run away from home, get divorced, commit suicide, and do other terrible crimes, many are suffering from depression.

Some time ago, a mother took her 3-year old child and her neighbor’s child, who were playing together, led them both to the roof of a high-rise apartment building and pushed them over the ledge, killing both of them. In another case, a young person contracted a killer via the internet, paying him to kill his mother. It was later revealed that both of these crimes were committed by people suffering from depression.

In America, a mother of five children forced her children to get into a bathtub filled with hot water, and drowned them one by one. All five were killed. As the police investigated this crime, it was found that she, also, was suffering from severe depression.

With entire families committing suicide together, couples separating/divorcing, road rage (violent driving), etc., it is not an exaggeration to say that this world is like a big mental hospital. In peaceful times, these types of people appear very “normal” in society. We are living in a very unsafe, unpredictable world. We can never predict when such an incident will take place. Therefore, it is best to diagnose and prevent depression from the beginning. This sickness needs to be treated, but it cannot be solved by modern medicine.

Because depression is a sickness of the heart, the cause of depression is the same as other adult or lifestyle diseases. Intemperate eating, immorality, guilt, overwork, stress, shock, menopause, etc. are often related to depression and manifests these symptoms:

- The person tries to hold onto their grief or keep feelings of depression to themselves, trying to manage alone. As a result, their mind is always filled with darkness; their heart is in pain and distress.
- They have no physical strength or will to pursue life. They lose their spiritual strength. Therefore, they always feel uneasy, nervous.
- They like to be alone, and they don't want to do any work that requires contact with people.
- They are short-tempered, and they often speak or act violently.
- They complain that their heart hurts, but that other people do not understand.
- They often complain of a lack of enthusiasm, despair, and a desire for death.
- Their conversation is often negative and pessimistic, rather being than hopeful and positive.
- They are imbalanced, which is seen by intemperance in emotions, appetite, words, and actions.
- They are always sad and lonely, tending to weep easily. They suffer from insomnia.
- They become selfish, and instead of trying to understand others, they want to be understood and get sympathy from others.
- They are very sensitive, and can become greatly frustrated by the smallest matter.
- They are greatly stressed when others don't follow "my" way of thinking.
- If they think that someone else is causing them trouble, they will talk bad about and surmise evil about that person, presenting it as the truth, thinking and talking as if that person is their enemy. They often avoid that person, sometimes even wanting to kill them.
- If a wife was hurt by her husband, when she merely sees the shoes her husband wore when he hurt her, she still remembers what was done to her. Even a little thing might trigger her memories to pour out like a flood. Even after fifty years of marriage, she may recall hurts from the beginning of their marriage.
- A daughter-in-law who was hurt by her mother-in-law may feel pain when she simply hears the name of the town where her mother-in-law lives. There is a saying that when part of the body has inflammation, even the slightest breeze can make the body feel pain. In the same way, if a person's heart is suffering, even a little thing will cause old hurts to rise up. Therefore, they don't like that person; they don't want to see them nor hear their voice. They want to get rid of the "club" that hurt them, so they try to kill the person who hurt them. If they cannot get rid of the "club," they run away from home, get divorced, or commit suicide.
- Children may react very sensitively to their parents' words, act rebelliously, avoid conversing with their parents, or run away frequently from home. These children are sick from depression. If they suffer stress from their parents, they grow up as children with bad tempers. When

parents point out faults that they need to correct, it does no good; rather, they consider those who give them advice as their enemy. These hurt souls need a remedy.

Can Depression Be Healed?

Of course, depression is a sickness that can be healed. If you yourself, or some members of the family, have some of these symptoms, instead of cornering them, seek to comfort, understand, and help them to experience healing. When dealing with sicknesses of the mind, we need to be understanding, exerting great care and wisdom. With minds that are sick and in despair, we must use tender remedies that will touch their heart. In many occasions, family problems will weaken the vitality of soul and body.

In such cases, the person needs to replace the cause of depression with a healthy lifestyle. Many will need to change their entire life pattern and create an environment that can help improve their health. We must help them find relief from the burden that has hurt them. If the matter is related to their environment or to a relationship, then they may need to get away from that environment or person for a while—go traveling or change their surroundings. Patients need the opportunity to be healed of their heartaches by a change of surroundings, but unless the patient himself prays for his own recovery, even these efforts will be of no help. As we decide to pray and put forth our own effort, then God will help.

Most depression comes as a result of self-focus, self-centeredness. Understanding the essence of faith and establishing right values in life is very important for a person to gain spiritual vitality. Stress is not something that comes *from* others, but it is something that I *receive* for myself. If I am changed, then stress disappears. Before blaming others, first I need to recognize my own problems, correct myself, and repent. Depression can be easily healed, but because it can return any time, constant effort is needed to guard against it.

A few years ago, a mother in her thirties suffering from severe depression came to speak with me. As soon as she opened her mouth, tears flowed and prevented her from saying what she wanted to say. Her husband's violence had caused her two children to run away from home after seven years of marriage. Until this point, on numerous occasions she had had to run away from home with her children to her parents' home. She had dated her husband for six years before marrying him. One year later, she got pregnant, but because of severe morning sickness, she and her husband argued throughout the entire pregnancy. Her husband could not understand her, and his complaints made her very sad, sorry, and disappointed in her husband. This was the beginning of the disputes between them.

In her second pregnancy, she had morning sickness again, and her husband complained and accused her of being disorderly, of not maintaining orderliness in the home, and not preparing proper meals. He said, "All other ladies do these things; why can't you?" When she tried to defend herself, he began to beat her. Although she was afraid of her husband's violence, she didn't say anything to others. These problems continued at least every two weeks or so.

She could not always run to her parents' home every time a problem would arise, and she feared that if she divorced, she would not be able to raise her children by herself. As days passed by, her anxiety, fear, and tension increased. She began suffering indigestion, insomnia, and mental and physical weakness; she even lost the desire to live for her children. While her children were playing and accidentally slammed the door, the noise startled her, reminding her of her husband's violence. When she heard her husband's footsteps when he returned from work, her body trembled with fear.

She avoided her husband more and more, and since one year prior, they slept in separate bedrooms. Her husband's violence became even worse. She could not endure it, so again, she escaped to her mother's home. Her mother noticed the seriousness of her condition, so she brought her to the Bethel Sanitarium. For a person in this situation, we cannot say, "Persevere; be more patient." Without a change in circumstances, it is likely that one may develop mental problems and become an invalid. In cases like these, the cause must be determined and the problem between husband and wife must be resolved.

About three weeks after she came to Bethel, the lady came to my office with a much more peaceful expression on her face. "I have been thinking about everything. I think it's *all* my fault. I would like to go get my children who are staying with my parents and go back home. How can I go about doing that?" I asked, "Are you sure you can do that?" She said, "Yes. I believe I need to do it for the sake of my children. However, I am not sure whether I can endure my husband's violence..." But, she made up her mind to have courage to go on with her life. I thought that since nothing had changed from her husband's side, this lady's resolution was sure to be destroyed in no time.

That afternoon, the lady gave me her husband's phone number. I called him, and after finishing at work, he came to Bethel. He quickly said in a curt voice, "Why is 'that person' in *this* kind of place?" I answered, "I beg your pardon? If a husband does not understand why his wife is in this kind of place, then who can know?" I spoke to him just as I would speak to my own children and explained his wife's condition in great detail.

The husband responded as if there were no problems at all. "Why should these things happen, just because a man gets upset? If she runs every time something like this happens and gets sick because of this, what can I do? If she behaved properly, why would there be any reason for me to get upset?" (In his region of South Korea, men were known to be physically violent and unsympathetic toward their wives.)

Then I said, "Are you going to continue to give your wife a hard time like that? If so, your wife will soon need to be admitted to a mental hospital, or she will divorce you. Which path would you like to take? Think carefully. It seems to me that, in this situation, there are only two options." After a period of silence, he asked me with a whisper, "What do you think I should do?"

"You need to throw away your 'club.' Your wife is responding to your violence quite logically. Her condition is actually much worse than you think. There comes a time when, if a man wants to save his wife and children and protect the home, he must surrender his own thoughts and temper."

"Okay, I will do as you have said." His voice became very calm. I said, "Go, persuade your wife, and take her back home."

About a year later at a health seminar, I unexpectedly met this lady's mother. I asked her, "How is your daughter doing nowadays?" She responded, "After that experience that led them to Bethel, my son-in-law's violence disappeared, and they are getting along well."

People can be changed at any time. Therefore, we must make efforts to help one another. This couple's problem was simple to resolve. If they would be willing to give up the "club," then their relationship could be restored. Likewise, we also can easily face our troubles, find a solution, and be restored. Whether our trouble is with health or with marriage, there is a solution. If people stubbornly hold on to their opinions, and keep on complaining and resenting others; if they make no efforts to correct themselves, they will suffer greatly because of their problems.

People will be restored by accepting the physical, mental, and spiritual laws of life. Therefore, people who suffer from mental issues need a healthy living environment. Give them a change of environment, remove the causes of distress, and help them to solve the fundamental problems that burden them. They need to start anew, with new strength and hope. To accomplish this great change, the whole family needs to understand each other and work together. They need to understand God's love, His gospel. This will bring renewed strength to their lives.

The life of faith supplies what we need for mental, physical, and spiritual recovery. As we keep the laws of health, through study of the Bible, we must change our thoughts. The Bible is the book that changes peoples' hearts.

Stress

Stress affects people not only mentally, but it can affect the physical system, leading to death. Unless our stress problem is resolved, we will suffer both mentally and physically, and cannot expect recovery. However, there are many people who have the wrong understanding regarding stress. That is, they think that others are *giving them* or are *causing* stress. However, stress is not *given* by someone else, it is something *received* by me. If I don't want to have stress, I must change my own thoughts.

God says, "Let the wicked forsake his way, And the unrighteous man his thoughts; Let him return to the LORD, And He will have mercy on him; And to our God, For He will abundantly pardon. 'For My thoughts are not your thoughts, Nor are your ways My ways,' says the LORD. 'For as the Heavens are higher than the Earth, So are My ways higher than your ways, And My thoughts than your thoughts.' " (Isaiah 55:7-9)

God's heart and our heart meet together when our thoughts meet God's thoughts, and this takes place through His Word. Let us understand these principles from the Word of God:

This World is Not the Kingdom of Heaven. Let us recognize that all people who live in this world are sinners. (See Romans 3:10-12.) The only thing that comes out of sinners is sin. Therefore, if we expect love from sinners, there will be conflict. We can only receive that love from Heaven. When we receive Jesus Christ through righteousness by faith, our mind meets the mind of God. It is only then that we can receive from God and give to God. Therefore, we should not seek love from people; we need to seek it from God. And we need to receive the love that God has already made available by faith.

Recognize and Differentiate Between the Sin and the Sinner. Sins committed by sinners are not done on purpose; they do not intentionally commit sins. Because they inherited their sinful nature from Adam, and have been captured by the law of sin; they are victimized. Therefore, they do not understand what they do; neither can they escape from that sin on their own. Jesus hates sin, but He has pity on sinners; He loves them. But sinners love sin and hate other sinners. These sinners need the Savior who will set them free from their sin. Therefore, instead of resenting those who hurt me, I need to teach them about Jesus, who will save them from the sins that are holding them captive. Jesus comes near to all people when they feel the pain of sin. He comes near with deep sympathy. Jesus says, "Neither do I condemn you; go, and sin no more." (John 8:11.) Because Jesus has already paid the price, He offers forgiveness for their sins.

Everyone is Different. We need to recognize that in this world there are no two people the same, because God created all people to be different. (See Romans 9:21.) There are many occasions in which an upper class person lacks the strengths of an underprivileged person. We often point fingers

at people who are different from us, accusing them that they are wrong. But it's not wrong to be different from others. Therefore, people are to help each other. God created each of us differently, and when these differences are united in Christ, it will result in the most beautiful harmony. "Behold, how good and how pleasant it is for brethren to dwell together in unity! . . . For there the LORD commanded the blessing—life forevermore." (Psalm 133:1, 3)

Nothing is Mine. When we were born, we did not bring anything into this world. Therefore, we need to admit that nothing is mine. The things that we have are not ours. All these things are from God, prepared by the Creator God. God gave us all of these things in order that we might use them according to His will. As we use these blessings according to God's will, we are preparing our character for life in Heaven. When people obey the Word of God, that is, when we use what God gave us according to His will, we give glory to Him. "Now therefore, if you will indeed obey My voice and keep My covenant, then you shall be a special treasure to Me above all people; for all the Earth is Mine. And you shall be to Me a kingdom of priests and a holy nation." (Exodus 19:5-6)

Know for Certain Whom You Believe in. When we consider the wrong "person" to be the object of our faith, we will not only have conflict, but we may lose our salvation. No matter who it is, no human being is to be the object of our faith. You may recall from your own experiences that trusting in people results in disappointment.

The God who created human beings says that we should not make any person or other god the object of our faith. "Trust only in Me," says our Creator God. When the Creator God says, "Remember the Sabbath day," we must trust and follow Him; this commandment tells us to remember not to trust anyone but the Creator God. The reason is because our life and all our needs are received from Him, and we can live only in connection to Him.

People were created to have a "helping" relationship with one another (see Genesis 2:18), and a "faith" relationship with God. When we put our faith in another human or in a false god, we will experience sickness, misery, or even death. Human beings need to share with those who are in need the blessings that they received from God by faith. When this principle is practiced in relationships, all the stress caused by placing our trust in other humans or false gods will disappear.

All of our relationship problems stem from these five points. When we live and think contrary to these points, we experience sickness and unhappiness. But when we think in harmony with God's Word, we will accept all of these principles as truth, and the resentment caused by our wrong thoughts will disappear. If we don't want to suffer stress, we need to change our thoughts. Having a right faith relationship with the One who gave His Son for us will produce a shortcut to solve problems in relationships.

Is Forgiveness Possible?

On the first day of a health seminar in Washington, D.C., I had a consultation with a lady in her late forties. Her first words were, "Though I wanted to attend your seminar several years ago, I had one fearful thought, and because of that I hesitated until now. But my body is in so much pain that I had to come. I am so worried."

I said, "What do you mean by that?"

"Since a long time ago, I have heard your health lectures, but if I accept that Jesus that you have been talking about, my thinking may change, and I may forgive my husband. This is what I am afraid of."

I could not help but be shocked by her words. This woman had a sad story to tell. She was a graduate of Ewha Women's University (one of the most prestigious, all-women university in Korea), and her husband was a graduate of Seoul National University (arguably the top university in Korea). They were well matched, in that both of their families were high profile. They respected and loved each other, had a son and a daughter, and immigrated to America. They had a happy home.

Then the problems began. The husband started seeing another woman. But the husband was very caring to his family, so no one suspected anything. When this lady received a phone call from a friend who tipped her off, she ran madly to the place where her husband was supposed to be, and saw with her own eyes that her husband was with another woman. At that moment, her heart felt like she had been physically clubbed. From the top of her head to her toes, it felt like she was having a seizure, and she barely made it home.

This woman did not want to believe that her husband was seeing another woman. She decided to give her husband some time, hoping that he had made just a momentary mistake and would be faithful to her. One month passed; two months passed. Her husband was no different than before the affair started—still very caring at home. But the wife continued to follow his steps, and she saw the relationship with the other woman continuing. Though she wanted to confront and question her husband, she knew that if she acknowledged that she knew what was going on, there would be a big argument. As she imagined the terrible results, she was afraid to open her mouth.

But after six months, the lady could not hold it in any longer. She packed all of her husband's belongings in luggage bags, and placed them on the front porch. When her husband arrived home from work, she demanded that he take the bags and get out. Surprisingly, her husband simply took the bags, loaded them into his car, and left without saying a word. She had had some hope, but when he left without saying anything, her hopes were dashed, and she fainted on the spot. From the moment she regained consciousness and onwards, she felt a deep resentment in her heart.

Later, this lady learned that her husband rented an apartment and was living with the other woman. She felt that the situation was so bad she could not even cry. She made all sorts of efforts to try to forget about her husband. Days went by, and resentment accumulated one layer on top of another. Her mind and body grew weak, and she could sleep only after taking sleeping pills. She could digest food only after taking digestive aids, and she felt no enthusiasm about any kind of work. She lived such a life for a little more than ten years. So, her mind and body became very sick. Her body and soul were groaning in pain, harboring a sickness that medicine cannot heal, and she was feeling a resentment that no one could solve. She wanted to commit murder; she wanted to commit suicide, but because of her responsibility to her children, she could not bring herself to commit such a crime.

Now I could understand what she meant when she said, "I'm afraid that I may forgive my husband." This woman had experienced the pain of losing her husband, and now she had the disease of hating her husband, her enemy. It would be very strange if she was not also physically sick.

The Bible says, "Love your enemies." When we hate our enemy, our enemy does not suffer, but *we* suffer because of the hatred in us. Therefore, "love your neighbor as yourself." When we love our neighbor, that love is reflected back to us. If we want to make others upset, first we must be upset. If we try to please others, first we must be pleased. This is another law of nature. All of God's Words are blessings for our benefit. God says that the Words that we cannot obey in our own strength, He will do. His Words are His promises and His allowances.

After I heard all of this woman's tearful story, I asked her, "Sister, as you have lived for more than ten years hating your husband, has this been helpful for you? Or was it painful?"

“It has been painful.”

“Then, do you want to continue to live in pain, or would you like to end your pain here?”

She was silent. A while later, she spoke again. “Even though I might die because of this pain, I cannot forgive him.”

“Then, for the rest of your life, you will have more diseases and more pain in your heart. Still, will you not forgive him?”

She was silent for a while. This woman who was filled with such deep resentment and pain could not be comforted by anyone. Though people would tell her to forget about it, she could not easily put it out of her mind.

The only doctor who can heal this “enemy” sickness is Jesus Christ. Only the One who created our minds can heal the damaged heart.

About a week later, during one of my morning lectures, I talked about “The Love of the Cross.” Though I tried hard to explain this topic, I experienced the difficulty of explaining the vastness of God’s love with human lips. Drawing from my personal experience, I shared my lectures with great earnestness. Tears flowed from the eyes of that woman.

Just like the sap flows in the tree, and blood flows in our body, love must flow in our mind. Only when we allow the love of Jesus Christ that led Him to give his life for sinners to flow in us, can we forgive our enemies, and find healing for our damaged heart. Forgiveness is not for others; it is for myself.

“Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, ‘Vengeance is Mine, I will repay,’ says the Lord.” (Romans 12:19)

After the morning lecture, everyone went to the dining area, but this woman locked herself in her room and knelt before God. She began to see herself in the light of holy love from the cross. She began to see that her mind was filled with pride, selfishness, hatred, jealousy, and envy. The woman was so proud that she did not even plead with her departing husband to remain with her; she didn’t plead for his love; she was so full of confidence, so smart and proud. All this made him feel that she was too difficult to live with. This is why he left without a word.

One by one, she began to examine her character and her actions, and she began to see her faults. Gradually she began to understand her husband and realized that the trouble was not with him but with her. The sinner who needed forgiveness was not her husband but herself, and she knelt down before the cross. The Lord of Love finally came into this pitiful woman’s heart.

After the meal was over, I was taking a walk when this woman approached me. In her eyes, there was still evidence of her tears, but in her heart, the dark, lingering cloud had blown away and her expression was filled with bright and cheery beams of the morning sunlight.

When man kneels down before the cross, he is arriving at the highest point that a human being can reach. The words flowing out of the woman’s mouth gave an impressive testimony of one who had received the love of the cross. She made up her mind to give up the evil thoughts toward her husband, and with regret mingled with repentance, she would live a new life.

“Director, thank you.” With tears in her eyes, she hugged me. The chronic “enemy” sickness, that no human doctor could heal, now disappeared. As long as the cross stands between two people, the “enemy” sickness will disappear.

Do not seek revenge. If you seek to take revenge on your enemy, you hurt yourself. Hatred and a spirit of revenge are originally from Satan, so whoever has that spirit will have misery. Only as I realize that I am the worst of sinners and recognize God’s forgiveness and love, can I forgive my enemy. That’s why forgiveness is another name for love.

God makes no allowance for us to not choose to forgive and love. This must be our character in order to receive eternal life. When we are unjustly accused and rejected, we must not look at our misery, but instead think deeply about Jesus. When Jesus was ridiculed and mocked and put to shame, He did not seek revenge. He was mocked but did not mock others. He did not respond to the cruel human whippings with threats. Instead, he entrusted Himself to the One who will judge righteously. And when we suffer pain, He wants us to give it all to Him instead of holding it to ourselves and suffering.

“Surely He has borne our griefs and carried our sorrows; Yet we esteemed Him stricken, Smitten by God, and afflicted.” (Isaiah 53:4)

“Let this mind be in you which was also in Christ Jesus.” (Philippians 2:5)

Chapter 7: Recovery Stories

Rectal Cancer, Stage 4 / Doctor of Dermatology, Yo-Hwan Kim

Fourteen years ago, rectal cancer had spread to my anus and lymph nodes, and when I heard I had only three months left to live, I floundered in despair. Today that experience still seems like a nightmare.

But I attended Mrs. Cha Soon Choi's health seminar while wandering through the valley of death and I had an experience that I cannot fully describe. I experienced a thrill and emotions that seemed to consume me, and my soul became obsessed with the strong invisible power that I personally encountered. For the first time in my life, I was brought to my knees with many tears of repentance. I thought to myself, "What kind of doctor am I?"

I did not know what to eat and how to eat, and I did not even know where to find the answer. I realized that the way I had lived my life was totally backward. Now my life began to change. Thoughts about my values and the universe changed. Physically, my body felt light, my head was clear, my pain was gone, and I felt like I was flying away from all my burdens. Hope emerged that I was being completely set free from the deadly cancer in my body. Since that moment, I have been studying the Bible and medicine in a completely new way.

During the time I spent at the Bethel Sanitarium, the medical education I received (the "medicine" of Life / "The Maker Heals") was on a completely different level than what I learned from the cellular medicine department (which was based on Hippocrates, the medicine of Chi(氣), the Renminbi, the Emperor of Bohai, and the medicine of Sasang Constitutional Medicine, and the "medicine of the soul" by Jaema Lee) at medical school. I am confident that this "medicine" will play an important role in the future of medicine.

Hypertension, Angina Pectoris, and Fibroids / Ms. _____ Kang (China)

"Enemy" Sickness

It has been 23 days since I arrived here from Hangzhou, China. For three and a half years I visited many hospitals for hypertension, angina pectoris, and fibroids. I tried countless medications, including different varieties, several times over. Doctors could not determine the cause nor find the cure for the pain that racked my body, so I had to resort to taking increased amounts of painkillers with increasing frequency; otherwise I couldn't sleep. I was filled with pain and tired of living.

During this time, I was diagnosed with fibromyoma (uterine fibroids) by Konkuk University Hospital (a major university hospital) in Korea. Based on recommendations from people around me, I also began taking Chinese medicine. I was told that I would have to take medicine for three years and that the success rate was about 30%. I started to take the medication with the hope that I would be part of the 30%. At first, the medication was able to control my pain, but the painkillers made my head feel fuzzy and sleepy, and I lived devoid of appetite and strength. I lived in despair since I was holding onto only a tiny bit of hope offered by a drug with a terribly low success rate. In the meantime, my son learned about the Bethel Sanitarium, and because of him, I was able to come to this place.

When I came here, I saw that it was a beautiful place. My son held my hand before leaving me and said, "Mom, they will discourage you from taking medication. If you can, please relax and do not

take the medications you have.” As he left, he handed me his own Bible and said, “Read it whenever you have time.”

I thought to myself, “This is a strange place that cures disease without medication.” I went into the common room and asked other patients who came to the sanitarium before I did, “Is it true that you do not take medication?” They said, “It’s true.” In the evening, I heard the director’s first lecture. Her voice was quiet, yet dignified, and the words touched my heart and brought conviction.

I stopped taking my medications and began the simple program of eating fruit, drinking water, taking walks, and attending morning and evening lectures. I followed all the instructions given to us. I felt much lighter as I lost 4-5 kilograms, and at night the angina pain I had come to expect did not come. My head was very clear, so I didn’t have to worry about hypertension. Nearly all the piercing, painful symptoms were gone. My symptoms gradually disappeared, and I was able to concentrate on the lectures of the director, and all my attention was directed to Jesus. I was like a student who came to hear the Word of God, not a patient who had come for healing. As I became aware of the presence of God and felt the love of Jesus little by little, I wanted to hear more, and read more books. After listening to the lectures, I spent time rereading the presented Bible verses and praying. Finally, I thought to myself, “Oh, this is the absolute truth. Even if I throw away everything else, I have to hold on to this. Even if I cannot do much, I have to work diligently at finding truth more than anything else in my life!”

I had felt so sad that my husband had abandoned me. It seemed so unfair that, without any choice on my part, I had gotten sick and would have to face a lonely death. It was, however, a great feeling to discover a new life goal and mission to work towards for the rest of my life. So, I prayed often, “Thank you. Thank you very much.”

Whenever I would walk or lie down, new thoughts would come to mind. I thought, “I know what’s wrong: I have been thinking all along that I am not a sinner! I have been boasting about living a conscientious, diligent life. Now I realize that I am a sinner.” Slowly I began to get answers to the question, “Why should I repent?”

Finally, I came to the realization that my disease was a sickness of the heart, caused by an accumulation of jealousy, hatred, envy, resentment, self, etc. I realized that I was born destitute of true love. I saw that this sickness could only be fixed by God and that if I wanted to be healed from this disease, I must open my heart, accept God as my Physician, and obey His Word. So, I began the search to uncover my sins, and I had to bow in humility as God revealed my sins, one after another. The sin that bothered me the most was that I had not allowed my son to live his faith, forcing him, instead, to study abroad. I realized that this was the greatest sin that I had committed before God. A few years prior, my son had studied at the Russian Seventh-day Adventist University, and when he returned to Korea, he faithfully served God by serving the church. I didn’t like what he was doing, so I forced him to go abroad to study. My son never complained. He kept his faith and led me here so that I could choose for myself. As I realized this, I quickly took a walk up the mountain and begged forgiveness from God. Then, I called my son and said, “I’m sorry, my son. Please, forgive me...and thank you for bringing me here. Now I am well.” I repented; for the first time in my life, I told my son that I was wrong.

My disease was really the result of “enemy sickness” (sin), and now my concern was to know how to go about forgiving my husband who abandoned me and my two children 20 years ago. It was clear to me that by forgiving him, I would live, and God would be pleased. Hate and revenge originated from Satan, and these are not pleasing to God. How could I accept and follow the command, “Love your enemies?”

One day, the director gave a serious lecture on three ways of not being stressed. It penetrated my frustrated heart. As I contemplated forgiving my husband, it seemed that my own faults were greater, and I felt so sorry for him, whose situation had become really bad. I thought, if I had known God earlier, we would not have become enemies. It seemed that the huge boulder that had been crushing me rolled off of my body, and peace flooded my heart. I was convinced that from that point on, I would not suffer from the problems of the past. It was a short time period that I spent at Bethel, but I was touched deeply.

As I have come to this place, I am so grateful that the living God is with us today, working for us. I have seen what He is doing. I am also thankful that I have been introduced to this beautiful truth that teaches me a sure faith, which is a great blessing. I pledge to follow the Lord diligently with a humble attitude.

Finally, I would like to thank all of you, including the director, for your efforts to save souls who are perishing, to give them new lives. This is the redeeming work of God. When I go to China I will share my testimony with people far and wide, and I will live the remainder my life following the Lord just like the director does.

Skin Disorder / Mr. _____ Lee, 61

My reason for going to the Bethel Sanitarium—I operate a geriatric nursing home in Haman County, Gyeongnam Province, Korea. Prior to this, I lived a busy life in many aspects of society: working in a government office, serving as a university professor, doing church work, participating in civil society organizations and literary associations. I had three bachelor’s degrees and two master’s degrees. I held a doctorate degree and served as an academic advisor of graduate students, as well as being a professor, and the vice-president—all high-profile work. I lived a successful life in the world.

Meanwhile, I developed a skin disorder which spread from head to toe. Over the course of four years, seven doctors (three oriental medicine doctors and four dermatologists) oversaw my treatment. I went to the hospital for treatments and also tried all kinds of folk remedies. Hospital treatment costs were exorbitant, yet I did not improve. Instead, my disease was getting worse as time went by.

Then, one of our nursing home staff said, “My husband suffered with liver cancer and after he was went to the Bethel Sanitarium, he was healed. Now he is back at a school working as the principal. Why don’t you try Bethel?” That’s how I was introduced to Bethel. I was in the midst of a crisis because my skin disorder kept spreading all over my body, even to my face. Just as a man falling through the air tries to grasp even at straws, I stopped everything and came to Bethel.

What a surprise! I started doing fruit fasting, following the instructions of the director, Mrs. Choi, and after about five days, strange changes began to take place. I was suddenly plagued with swelling, pain, and itching all over my body, alternating between my chest, back, and neck and head. I wondered to myself, “Is something wrong? What is going on?” I began to worry and wondered what to do.

Although I heard the director say that this phenomenon was a “recuperative response,” doubts still lingered. Then, about three days after the “recuperative response,” the overheated skin on my head, neck, and chest cooled down, and the swelling reduced. It was frightening to see my dead skin peel off my body! This phenomenon lasted for a few days. When I got up in the morning, the floor was white, as if dusted with flour, and when I rubbed my head and back outside on the veranda, it seemed like it was entirely covered with snow. This lasted for several days.

The itching and swelling on my face gradually subsided, and the skin on my neckline and the back of my head (which was like elephant's skin) gradually softened as well. Meanwhile, itchiness on the back of my head and waist, legs, and arms was so bad that it caused me to wake up 3 or 4 times at night. Newly formed scabs peeled off, causing pus and blood to ooze from the sores, thereby creating a mess on my bed and pillow.

Finally one day, something amazing began to happen in my body. It was like a miracle. Blood and pus that had been oozing for such a long time, suddenly, in one moment, completely stopped! The skin on my neck, which was as rough as elephant's skin, became softer, and the skin of my rough and bumpy chest also started becoming as soft. An incredible thing was happening right before my eyes! Without thinking, I repeatedly breathed out in admiration, "God's power is amazing!"

There was an old man from Goeje staying next door to me. He had come to Bethel after rejecting his doctor's recommendation for radiation treatment for his last-stage lung cancer. He had stayed here for only 28 days and found out that two-thirds of his lung cancer had reduced during that time! I was envious, thinking to myself, "Can my problem also disappear just like his did?" It was now my turn to experience the miracle, and I was so happy that it seemed like the whole world belonged to me!

I am a sinner — Before becoming sick, I was a self-proclaimed "faithful Christian," working hard to maintain my spiritual life and ministry. But when I came to the Bethel Sanitarium, I listened to the Word of God every morning, and finally realized how much sin I had committed before God. This realization was a defining moment in my life because I hadn't realized this for 61 years, my whole life as a born-into-the-church Christian. I also realized that God made me and called me "very good." Accepting Jesus as my Savior, He dwells within my heart, and therefore my body is the holy temple of God, a precious instrument to be used to do worthy things in His sight. It was amazing to come to this realization, not having known this for 61 years.

Sin does not only consist of stealing, lying, and robbing. What could be a greater sin than to wrongly care for this instrument of righteousness (my body) through mistreatment and overeating? I began to feel miserable, thinking, "How do you work for the Lord with this kind of body and still manage a nursing home and live in society?"

I fell to my knees on the floor of the chapel and confessed to God. "Lord, I was ignorant and carelessly treated this precious body that you gave me. I repent of this great sin that I have allowed for four years. Lord, forgive my sins, and help me to be cleansed and show the glory of the Lord to the world." I earnestly prayed together with my wife.

Catching Five Birds with One Stone—About a day or two before leaving Bethel, as I listened to one of Mrs. Choi's messages, I came to realize another very important thing. I had not been able to forgive those who had wronged me. There were many people who had received help from me, yet never expressed their thanks. I could never forget these people's ingratitude. Some of these people were etched deeply in my memory—those who had borrowed tens of thousands of dollars, those who had received grace from me, yet were cruel to others, those who had slandered my reputation and honor, those who had tortured me during democratization campaigns to eliminate military dictatorship, etc. I could not forgive these people, and I was certain that one day they would pay for their wrongs.

However, by listening to Mrs. Choi's message, I realized how futile it is to have such an attitude toward those who have wronged me. I also recognized that this attitude is contrary to Jesus' Word and is not an appropriate attitude for a Christian. Because of this wrong way of thinking, my physical body and my spirit were suffering.

“Let’s forgive everyone. Let’s forget! Next time I meet them, I will laugh with them instead of being angry. Jesus had pity upon and prayed for His enemies even while he was being crucified! Stephen prayed for those who were stoning him! Can I truly call myself a Christian, when I live with such grudges?”

I grabbed my wife’s hand, who had been sitting next to me in the worship service. I squeezed her hand, letting her know that I had determined to put everything behind me. My wife smiled at me, silently affirming, “Honey, I support you 100%,” and we held hands tighter.

I am healed. I have forgiven my enemies. I learned about sins related to food. Now I can go and teach my family and staff how to have a proper and happy meal table. I am ready to introduce and guide sick people to the Bethel sanitarium. I have received a great gift of “catching five birds with one stone.”

The great love of the Lord — Now I am going to live my life by sharing this good news of God’s healing to all the people around me. This mission is the highest priority of all the things I am doing now, and I will go forward for the glory of God.

“Oh, how great is the love of God!

“Lord, as I think about this grace that I can never repay, how you have delivered me from the tribulation of the past four years, I am exceedingly grateful and joyful!

“Oh Lord, how great is your love! Hallelujah! Hallelujah!”

Recurrent Stomatitis / Mr. ____ Han, 60

I am 60 years old and live in Namyangju City, Gyeonggi Province. I attend a local church Seventh-day Adventist Church.

I did not have a terribly serious sickness, but it was very difficult for me, so I tried all sorts of hospital treatments and other remedies, such as Chinese medicine, etc., but I did not get any better. In fact, my heart and other organs were getting worse and worse. The disease I suffered from was diagnosed as “recurrent stomatitis” (an autoimmune illness). This disease can turn into a rare disease called “Behcets disease,” which is a terrible disease that causes inflammation in various organs. In fact, it is such a terrible disease that, if there is inflammation in a localized area in the mouth for an extended period of time, it turns into cancer.

The problem was very small at first, and it was just a bit inconvenient to eat, but it gradually got bigger over time. The inflamed area was about the size of a grain of rice when it first appeared, but by the time I came here it had grown to be about the size of my thumb. The pain was so severe that I can’t adequately described with words. When the inflammation first started, I got antibiotics from the hospital and it went away after 2 or 3 days. But over time, I had to get prescriptions for longer periods of time: 5 days, 1 week, 10 days, 2 weeks, and now, even with continuous antibiotics the sores in my mouth would not heal. The sores formed on my gums, as well as on the roof and floor of my mouth. If the sores scarred over, they became inflamed. Then that would cause me to feel lethargic and extremely tired. Painkillers relieved a bit of the pain, but I had no energy. I felt like I weighed a thousand pounds, so I had to lie down most of the time. I could not get up. Sometimes the inflammation would go away, and correspondingly, the lethargy also disappeared. Just as I would wonder if I really had a problem, the irritation would come back after a few days. It was a vicious cycle, coming and going, again and again.

During this time, problems began to appear in various aspects of my life—I had little money, and it was difficult to keep a consistent job. Relationships in my family and at church were difficult to maintain. I was irritable, nervous, and easily angered by negative thoughts.

I suffered for 20 years before coming to Bethel. I don't even want to think about how long I suffered. There were many times when I felt that the pain on my tongue was so severe that I wanted to cut it out. In recent years, because the inflammation in my mouth would not heal even after treatments for 15 days, the doctors suggested that I get a biopsy. The results of the biopsy showed that there was nothing wrong, but a new problem formed in the spot where the tissue was removed. They sewed two stitches where the tissue was removed, and the doctor told me that it would take about three days to close up, but instead of healing, the pain became more severe, and the medicine was no longer effective. There seemed no way out of this situation.

I was very frustrated that this small irritating problem could not be cured by so-called high-quality, modern medicine. Frustration and despair filled my mind, and simultaneously, severe fatigue came over my body. I really wanted to rest, but I had no idea where I could go.

As a Seventh-day Adventist, I heard the health message to some degree, and I knew how important it is to rest. I also already knew about healthy food, how to eat, the benefits of fasting, and what they teach here. But the knowledge I had was merely theory because I had not put into practice. I cooked brown rice, but sometimes added white rice. I was vegetarian, but sometimes did not refuse meat when it was served. Even worse, I would unwisely overeat foods that I found to be delicious. I did not have the ability, nor the wisdom to respond to the faithful love of God, and I was a Christian in name only. Lack of exercise, eating an unbalanced diet, and overeating caused the sickness that brought me here.

My lifestyle caused me to get sick, and foolishly I didn't realize my part in it, but instead, complained to the world and to the heavens. I realize now that if I had sought God with a sincere heart at the beginning of my sickness, I would not be writing such shameful things now. I endured twenty years of pain and came to the end of my rope.

But God did not forsake me. He opened the way for me to come to the Bethel Sanitarium. Actually, before deciding to come here, I had thought that I would just simply rest at a place near my house.

I think I have made three good choices in my life: first, marrying my beloved wife; second, beginning my faith-life (although I was already halfway through my life) to serve the Creator God; and third, the decision to come to the Bethel Sanitarium. I am truly grateful to Bethel for providing me with the opportunity for the restoration of my body and mind. When I first came to Bethel, I did not have much hope; I planned to simply participate half-heartedly in the program. I was not very confident of recovery, but the fact is—I am still alive.

When I arrived, at the entrance of the sanitarium, I saw a memorial stone that welcomed me. My eyes were drawn to the words, "Come to me, all you who labor and are heavy laden, and I will give you rest." My heart felt warm and light after I read this verse. I proceeded to the office to register and as I was nearly finished, the director asked me, "Are you an elder at your church?" I mumbled, "Elder? Yes, but I am not doing my job." I couldn't say anything more. My mind was still not fully at ease. I was assigned to a room and I was told to do a fruit fast, drink a lot of water, listen to the Word, and sleep. For two or three days, I just ate and slept. I slept so much during that time that I cannot recall or calculate just how long I slept.

On the third day, my body felt ready to be more active and so I began wandering outside my room. From that time onward, my mouth began to feel less pain, and the inflammation began to reduce. I listened to the director's lectures in the morning and in the evening and I felt so guilty when I realized how wrongly I had lived by not practicing what I had already known. As I experienced my shame, I became more aware of the love of God and accepted the love and merits of Jesus, who died on the cross to pay the price for sinners like me.

My heavy burdens began lifting little by little. Things began looking a bit different. As my heart became lighter, my footsteps also became lighter. Family problems from the past and struggles in the church and in my secular life were resolved. Other extremely difficult problems began resolving gradually. It was amazing to see how easily my problems were solved! It was not because I did anything, but it was because I laid down all my heavy burdens at Jesus' feet.

Today, it has been exactly ten days since I arrived here, and the sores in my mouth that would not go away have disappeared completely, and new tissue is beginning to grow to replace the ugly scars. Yes! I am healed! Not only has my physical body been restored, my spiritual eyes have been opened, and I am able to experience the blessed assurance, the hope of eternal life.

“For yet a little while, and He that shall come will come, and will not tarry.” (Heb. 10:37)

I cherish a desire for the Second Coming, the day when we will see the heavenly city. I would like to give thanks for my physical healing. But even more than that, I would like to thank you for sharing the blessing of the assurance of the hope of eternal life. Jesus' words, “Thou hast been forgiven of thy sins” was the message of healing and restoration to me. Finally, I would like to thank the director and the people who serve at Bethel, for sharing the Words of Life for the sake of their patients.

Depression / Ms. _____ Ku (USA)

God's Word: The Remedy

I was raised in a Buddhist home, was educated, and learned how to make a living. Later, I was introduced to Christianity, and as a result, I was persecuted. I decided that I needed to get married as a way of escape from my family and the persecution. Three times a day I prayed to God to help me get married. God answered my prayer by allowing me meet my husband who was from Canada. In 1977, I was able to move to Canada with my husband.

At that time, my understanding of being a devout Christian was to diligently attend church while earnestly trying to live my life the best I could. After 15 years of living as an immigrant, we had the opportunity to cross over to the United States and I was able to change my occupation. I became a dental technician and was diligently living my life when I noticed something was wrong with my health. I felt lethargic, always exhausted, and became easily irritable. More and more, serving the church became a heavy burden and I became more and more skeptical of my faith. I went and received a complete physical and the results showed that I had thyroid issues, osteoporosis, uterine leiomyoma, hypoglycemia, depression, hypertension, hemorrhoids, and was prescribed medications for all these diseases. To be 42 years old and have to take all these medications left me feeling sad and hopeless. Why? Because I knew I had to take all these medications for the rest of my life! I had severe hemorrhaging due to my uterine fibroids and therefore needed surgery. I had already undergone two surgeries during childbirth and two additional surgeries due to complications during my ectopic pregnancies. I felt the news was too much for me to bear and therefore, I lost the desire to live. Whenever I tried to go to sleep, I would struggle in pain for two to three hours before finally falling asleep. And when I couldn't fall asleep, my mind was restless, filled with painful thoughts. All this was severely affecting my work. The pain in the back of my head would creep up to the front of my forehead,

and when the sun broke through in the morning, my eyes would open to a blurry fog, and when I went to work, I was unable to focus clearly on the teeth before me.

Then one day, just as a deflated balloon falls to the ground, I lost all my energy and collapsed on the floor. Since I had no insurance, I went to visit an Oriental Medical Clinic. They diagnosed me with severe depression. My energy was completely depleted. I let out a deep breath and stopped to ponder my situation. I thought to myself, "If I died, what would happen? As a believer, would I be able to enter the promised home in heaven? Did I live a life worthy to be saved?" As I thought about these questions, I opened up the Bible and began to spiritually diagnose myself. The conclusion left me with no confidence in being saved. Looking down upon my spiritual state and my physical state, I was left hopeless... filled with utter disappointment and frustrations. Because of church, I felt that I couldn't even do the things in life that I wanted to do. Even toward my husband, all I felt was the burden of having to suffer long, with the pain and dissatisfaction of having to be patient, by holding my tongue and emotions inside. Then I decided to leave the church and live my life the way that pleased me. A year went by... But because my Christian moral standards were strong, I couldn't even enjoy living in the world. And as I thought about our children, I was lost in determining what I should do... I couldn't go forward, nor could I fall backwards; I couldn't lift myself up to heaven, nor could I disappear into the earth... I was sick spiritually, physically, and mentally and didn't know what I to do with myself... Then I concluded, "I will take my own life!"

It was then that I received news that Mrs. Cha Soon Choi was going to hold a health seminar at our church. I decided to attend one of her lectures. The lecture I attended happened to be the one in which she shared her testimony. While listening to her testimony, I realized that her past life was similar to the suffering that I was undergoing. I decided to seek counsel from her. Something she said really struck a chord in my heart. She said, "My dear sister, meeting Jesus is the only way you can have life." I then spoke with my husband and together we decided that the only way I could meet Jesus is to become a patient in her 10-day program.

I then proceeded to attend this 10-day program by myself. This was at the end of June 2001. I listened to her share 3 lectures each day. After the third day, I realized how stubborn and hard-headed I was. I realized that I cannot live like this anymore and decided that if I am to die, I should die on the cross. At least then, God will take care of me. That night, I stayed up all night praying, wrestling with God, as Jacob did in his time of trouble. The following day, Mrs. Choi opened to John 1 and began to read: "The Word was God." Through this verse, light began to shine into my heart and my mind. I began to feel a current flow from the tips of my fingers down to the tips of my toes... I couldn't control myself. Suddenly, all the questions and confusion I had about the Bible began to unravel. The pieces came together, making sense to me as I began to understand the Bible. From that day forward, God's Word became my anesthetic, my nerve stabilizer, acting as a comforting-and-joy-giving hormone, and God began the "surgical" process that began to cure me. I thought recovery was impossible, but God's Word was able to give me new life! I experienced that He, as my Creator God and Father, can recreate me! Words cannot express this amazing new Truth that I have discovered!

I was able to experience how, "Thy Word is a Lamp unto my feet and a Light unto my path." (Psalm 119:105) "I am the Way, the Truth and the Life," (John 14:6) were words that I finally understood and experienced for myself. In the past, although I knew that God's Word is the Truth, my life was filled with suffering and agony because I didn't truly believe it in my heart. Now, I could no longer live a day, a moment, a breath away from God. It was through the power of His Word that God healed my relationship with my husband, children, family, friends, my physical health, and spiritual life. All this was restored to me in Jesus Christ!

Beyond anything that I can imagine or comprehend is His incredible, infinite, boundless Love for me!

Psalm 19, verses 7 and 8 are His promises that have come to pass in my life.

“The Law of the Lord is perfect,
Reviving the soul;
The testimony of the Lord is sure,
Making wise the simple;
The precepts of the Lord are right,
Rejoicing the heart;
The commandment of the Lord is pure,
Enlightening the eyes.”

It was through these experiences that all my pain and suffering have disappeared, never again to reappear during these last 3 years. My uterine myoma disappeared, and as I reached the pinnacle of understanding God’s love for me, I could sense my body releasing hormones that began healing my body. Through my newly acquired healthy eating habits, I no longer have high blood pressure, and even my hemorrhoids have disappeared. My eyesight is returning back to normal. And as I meditate on His Word with a thankful, joy-filled heart, my severe depression and headaches have vanished! Now, I finally understand the reason for being born, the purpose of life, and the true meaning of life. For the remainder of this life that God has gifted me with, I desire to give and live it ALL FOR HIM!

Alcoholism / Mr. _____ Kim, 45

From an Alcoholic to a Child of God

My name is _____ Kim, and I am 45 years old. I have been here at the Bethel Sanitarium because of alcoholism and depression.

My past has been stained with ambition, power, pride, lust, and the spirit of revenge. I graduated from a prestigious university, and have worked in the best companies in Korea, such as the Korean CIA, KOTRA (Korea Trade Promotion Corporation), IBM, etc. either by invitation or by passing the qualification exams. After successfully competing against several hundred applicants, I was able to work in the Central Daily, the Korea Times, and the Seoul Economic Daily as a reporter in the political and foreign affairs departments. I was full of vain knowledge, and I was an abominable human being, filled with overconfidence. I had confidence in myself, that my words were always right, and that my knowledge was accurate. But, I lived with feelings of loneliness, spiritual emptiness, and bitterness; I lived like a nomad in the city, where I ate, drank and immersed myself in licentiousness every day.

In the meantime, a short-lived marriage ended in divorce, but, since I needed to raise my son, I moved to Busan [about two hours from the Bethel Sanitarium]. I felt a great degree of stress from my divorce and from having to quit my job as a journalist, which I enjoyed so much. After that, the only rewarding work that I did was teaching English. For two years, I was the best English teacher in Busan. My popularity went through the roof, and as a result, I became the director of a big English-language institute. All of this made me feel more and more proud, and I felt that it gave me great power.

Constantly cycling between pride and humiliation, I was a big lie, a self-contradiction. I constantly used deception with my words in order to get recognition, and my knowledge was simply a tool for

making money. My actions were always exaggerated. Inwardly, I was like a cowardly mouse, but outwardly, I always put up a courageous front.

I desperately tried hard to be seen, appreciated, and not forgotten. I was always dependent upon others, yet I was not really sincere. I felt like a filthy, miserable soul, filled with only lust and deceit. Will a tree that has grown in poor soil live long? I was merely a tree, yet without fruit.

My institute became so well-known that the number of students continued to grow. We could not figure out what was happening, but decided to expand the institute building to meet the needs of additional students. However, when the Asian Financial Crisis came, the company that was in charge of our construction project went bankrupt, and we had to take over the construction costs along with increased payments for lecturers. Over an unbelievably short period time, the institute collapsed. I do not want to think back to what ensued during the next few years. My life was in chaos and it filled me with such sorrow that I turned to alcohol, and even contemplated suicide.

Everything that had sustained me vanished in a moment, and the emptiness could not be filled. So I turned to alcohol. I found myself having lost face, and felt like the most miserable and pitiful person in the world; yet, I could not bear the slavery of sin, wine, and demoralization any longer. Finally I decided to come here (to God's house—Bethel) like an Indian fleeing his reservation, waving a white flag of surrender.

I did not even know that this was the “house of God”. There was plentiful spiritual and physical food in the “house of God” so that many people could eat, yet still have a surplus. I fell on my knees and bowed down and said in my heart, “I surrender. Jesus, I surrender all to you. I am a prodigal son, and now I have returned to my Father's house, so help me to be worthy to be able to stay in this house. Please protect me.” Hot tears streamed down my face. When I first came here, the first few days were filled with both distress, and yet, immense relief.

One week after fruit fasting, it seemed like light was shining through the words of the director, reaching even my cells. It was a strange and wonderful experience. After that, I struggled intensely to meet Jesus in my heart. However, self was warring within me against what seemed like the Lord. I had my doubts. How could I meet the Lord of Love, the One who shed His blood for this contrary lump of clay?

Subsequently, I went on a ten-day water fast in my hunger and thirst to meet Jesus. The first few days were painful, but my heart had never felt so light. I spent sleepless, tear-filled nights because I longed to surrender myself completely. I prayed every day, “Jesus! I was really lonely and hard-hearted. I was so horrible. Please forgive my sins. You are the only one who can give me the strength to live. If You are with me, my despair can turn to strength. If you are with me, I can stand up against any misfortune. I am no longer miserable. You existed before the Heavens and Earth were created! I believe in You, Lord. Please be with me until the end of the world. Thank you, Lord; You are so good and gracious.”

It seems that God had been anxiously waiting for this moment when He saw me afar off in the distance. The Lord did not manifest Himself to me visibly, but I felt comforted as I meditated on the thought, “I have received a great blessing by simply returning to the Father.” Then I felt the presence of Jesus, whom I wanted to see so much. He was right here, not a great distance away.

The Lord was present in the writings of the prophet, Ellen G. White, (in *The Desire of Ages*, *Steps to Christ*, and *The Ministry of Healing*), in the Bible, and in the lectures from the director.

“Most assuredly, I say to you, unless one is born again, he cannot see the kingdom of God.”
(John 3:3)

“It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life.” (John 6:63)

“Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.” (Isaiah 41:10)

I read and meditated on one verse after another. From then on, my heart overflowed with sacred ecstasy, and all uncertainty and darkness disappeared. To me, the Word was the seed of Life coming from God. As soon as I realized this, I opened my eyes, the darkness was lifted, my ears were opened, and the Word of God began to sprout as a seed in my heart.

“Oh! Heavenly Father, you were so close all along. Thank you, thank you very much!” The Lord rushed over to me, hugged me, kissed me, and gave me a smile. I told Him, “You have given me the desire to know God, to have a new understanding about You, and a desire to truly worship you—and you have given all this to me through my sufferings. Thank you!” I could not breathe properly through my joy and tears. This wonderful God is with me yesterday, today, and tomorrow. He was right beside me the moment I opened my heart to meet Jesus. At that moment I was saved from death, and experienced rebirth, a new life.

I thank the Lord for restoring my mind, despite my family’s efforts to admit me into a mental hospital. The Lord is now with me and in me all the time. He smiles like me, cries like me; the Lord is awake even while I sleep. The Lord is my life. He is my all. In this age where there is an abundance of immoral, atheistic shows, publications, and movies, and many souls have fallen, I will be an instrument to shatter darkness through the light of the Lord in the lessons I write, the books I write, and the songs I sing. The apostle Peter, despite his many weaknesses, soaked his handkerchief with tears whenever he thought of his firm conviction of “the living Son of God, Christ,” his fiery passion for the Lord, and how he denied His Lord. I vow to live like Peter, with a burning passion and love for Jesus.

Currently, we are eagerly exploring the books of Daniel and Revelation. The Bible tells us so much about our past history and the precise prophecies that are to take place in the future. There are mysterious diseases, earthquakes, tsunamis, and world-wide terrorism, all signs of the imminence of Jesus’ second coming. Now is the time to prepare for the Eden home through sharing the three angels’ message and the preaching of the everlasting gospel. It is time for health reform, including vegetarianism. The sanctuary truth, the plan of redemption, etc. move my heart immensely. I would like to be a true instrument of God in the future.

Finally, I pray that this light will shine on my family and neighbors who are still unable to see the reality of Heaven because they are engrossed in the honor and riches of this dark world.

Atopy / Ms. ____ Kim

I had a very severe case of atopic skin disease before coming to Bethel. I had been struggling with atopy for three years and the condition had gotten worse with time. I visited many reputable clinics for dermatology and later received treatment at the Seoul National University Hospital, but the symptoms seemed to improve only for a few days after taking the prescribed medications and getting injections. But due to weakness and severe stomach pain, I would discontinue taking the medications and, again, all the symptoms would return. When my condition was at its worst, I had boils on my

face, ears, and head—pretty much all over my body. The itching was unbearable, and when I began to scratch, scabs would fall off and sores would ooze.

The medication for my skin disease was designed to induce sleep. But every night, however, I could not sleep because I couldn't stop scratching my itchy body. It left blood on my bed sheets and pillows. Day by day, I continued this war with my oozing skin, which left me exhausted.

At one point, I had been visiting the hospital regularly and it seemed like my symptoms had improved, so I decided to get my hair permed. But, my scalp and eyes swelled up as if I had gotten stung by bees. My face also swelled up and got extremely itchy, like a woman experiences when going through child birth. Everybody who saw my physical condition was so surprised; even the doctor was so shocked that he warned me not to get my hair permed. However, although I followed his advice, the symptoms did not improve.

As a result of taking the skin medication for three years, my body was continuously swollen, so I took other medications to reduce the swelling. My quality of life dropped significantly, depression came, and repeatedly I complained to my husband, with irritation and anxiety, that I did not want to live. While living in this condition, I heard about a church member who was healed at the Bethel Sanitarium. My brother told me that this man had been in the last stage of prostate cancer, yet he had gone to Bethel for one month and recovered, not only physically, but also spiritually. My brother strongly recommended that I go to Bethel to get well, also. My first thought was that atopy is a bacterial disease, therefore antibiotics, not a change in diet, is needed as a treatment. But my second thought was that if I went to Bethel, I might have some time for rest and reflection.

The high school that I attended was a Christian school and I learned about Jesus there, but I met a non-Christian, got married, and had children. I was unable to live a faithful religious life, and I fell in love with the ways of the world. There was, though, a thought in the corner of my mind that one day I should return to the Lord. I had a vague belief that the Lord would receive me fully, but the world was still attractive to me, and giving it up was not easy.

As I attended the morning and evening lectures, I could not concentrate properly, but nonetheless, with the director's guidance, I learned a lot of the Word of God. John 14:13, 14 says, "And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. If you ask anything in My name, I will do it." This Bible verse touched my heart. Tears began to flow, but the tears were not because I was leaving my worldly lifestyle, nor were they due to my malignant atopic disease. I was touched because I realized that God did not say that He can do some things, but not other things, for me; but instead, that He can do *anything* for me if I only ask. Repentance is said to be turning from the wrong way, and I realized that my disease came as a result of wrong living and wrong eating, but God was using it as a way to help me meet the Lord.

When I had first arrived at Bethel, my body was so swollen. I weighed 3 kilograms more than I do now, and the swelling was so bad that when I looked at myself, I did not look human. After about 20 days, my weight reduced to normal and the atopy that had been extremely troublesome, healed so beautifully that even I could not believe it!

My hand had been continuously reaching for and scratching my back, legs, and arms. One day, I thought that if I would cut off my fingers, then I wouldn't scratch myself and, perhaps, might have fewer scars on my body. But then I realized that I was not feeling itchy any more on my head, face and back—actually, anywhere in my body. I did not feel like scratching myself. I had consulted with the director and did one day of water fasting, followed by a ten-day fruit fast and recovery meals. As

the director habitually says, “Clear air, sunlight, proper exercise, and time with the Lord (which is more important than ever) are the gospel.”

When we say the word “gospel” we know that it means “good news.” We thank the Lord for the ministry of the gospel to the physical body, which gives freedom from physical diseases, and the spiritual gospel, by which the Lord gives us a new life in place of our sins.

When people say that atopy is a mild disease and easy to cure, just like the person who feels the pain of thorns stabbing you under your fingernails unbeknownst to anyone else, no one knows the pain other than yourself. I have been suffering from this skin disease for three years, and I truly do not want to suffer from pain again. Another thing I realized is that God’s ability to heal is not dependent on whether a disease is mild or serious, but it is determined by whether or not we depend entirely on Him. The director’s words remind us of this truth all the time.

I visited a traditional Korean clothing shop in downtown Hadong, and the owner of the shop mentioned the following about the director, “The director of Bethel studied only the Bible since long ago, and she has been used by the Lord to save many souls, but I studied only the things of the world, and I still cannot escape this life.” Her remarks caused me to ponder many things.

I pray the Lord’s presence will continually be in this garden, Bethel Sanitarium. I pray that He will heal and save many souls, and that His hands will be upon them at all times. I love the Lord. I have such deep affection for Him. I thank God.

Lymphoma, Tonsil Cancer / Male, China

Lame

Good morning. I am from Beijing, China. I was born in 1944. I was a member of the Chinese Communist Party (Party membership No. 5) as a building materials researcher, and was the vice-president in charge of technology, production, and inventory in a company that tests and produces building materials. I have come to this sanitarium to recover from lymph node cancer and tonsil cancer.

In Acts 3:2-8, a beggar, who was born lame, begged for money from Peter and John who were entering the temple. Peter said to him, “‘Silver and gold I do not have, but what I do have I give you: In the name of Jesus Christ of Nazareth, rise up and walk.’ And he took him by the right hand and lifted him up, and immediately his feet and ankle bones received strength. So, he, leaping up, stood and walked and entered the temple with them—walking, leaping, and praising God.”

Before I came to Bethel, I was a blind man who could not read the Word of God, though I had eyes, and I was a deaf man, unable to hear the Word of God, though I had ears. I did not believe in the existence of God, or Heaven, or the fact that Jesus is coming again. I was merely a church member who went to church every Saturday with my Bible in hand, replacing it on the bookshelf when returning from church. This was repeated every week.

One day, a lame man who did not know how to walk, although he had legs, came to Bethel. The next day, at the first lecture in the morning, the director said, “Here at the Bethel Sanitarium, we provide two kinds of food. One is physical food, and the other is spiritual food.” At the same time, I was introduced to this verse from the book of John, “It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life.” (John 6:63)

The director taught us that the cause of our physical illness and spiritual illness is from rebellion against the Word of God, eating the wrong foods, and living the wrong way. She also taught us that we can now come to God's treatment room and follow His prescription, which is eating right and living the right way. I really liked the lecture. As I earnestly listened to her lecture, and then studied the Bible diligently, prayed sincerely, and praised God, the Word of God began to soften my hardened heart and seeped into my mind, like a light, drizzling rain softens the hard ground and permeates the Earth.

As I listened to the lectures throughout the day and read the Bible daily, I realized that my sickness was caused by conflicts with my daughter. My sins became more and more evident. I prayed countless prayers of repentance to God for my sins, which I had not previously noticed. Moreover, desperately pleading with God, I repeatedly confessed my unbelief. I repented many times with a broken heart and an abundance of tears. I also realized deeply that God loves us so much, and He has given us His promise:

“Can a woman forget her nursing child, and not have compassion on the son of her womb? Surely they may forget, yet I will not forget you.” (Isaiah 49:15).

As I cried in response to God's abundant love and His promises, I saw in Jesus the image of the father who was waiting for the prodigal son to return. My heart began to change as I felt that pure love permeate my body and mind. I spoke to the tiny little yellow flower, “You were created by God, right?” While listening to the sound of a rippling stream, I asked, “Were you also created by God?” The world that God created was so beautiful. I fell on my knees, placing my hand over the cancerous mass on my body that was growing rapidly, and prayed earnestly to God.

“Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand.” (Isaiah 41:10).

I gained great strength from these Words. I firmly believed them. God truly held me with his righteous right hand, strengthened me, and helped me. His almighty healing hands touched me. The cancerous mass that was extremely large has begun to diminish, and now after a month, it has shrunk to the size of a bird's egg.

There were several nodules linked together in my left arm for more than 20 years, but one morning I woke up and found that their shape and the connecting links had changed. Two of the nodules had shrunk on both sides! I sang songs that expressed my happiness. “God is so good. God is so good...”

As my spiritual illness began to heal, my physical disease had been working to heal itself. At first, I read the Bible and prayed to be healed of my physical sickness, but now I have come to study the Bible, pray, and obey: to meet Jesus and enter into eternal life.

Dear friends, my fellow patients, today I am a lame man—that prodigal son. This crippled man, who had legs but couldn't walk, has now received strength in his feet and ankles by the name of Jesus Christ of Nazareth and is returning to the house of God.

I stand here today and sing praises to God. I give endless thanks and glory to God. At the same time, I would like to give my warmest thanks to Cha Soon Choi, a great matchmaker who introduced me to my wonderful husband, Jesus.

“I love you, my Jesus! I love you, I love you very much, my dear Jesus.”

This is everything; this is indeed everything.

“Return, you backsliding children, And I will heal your backslidings” (Jeremiah 3:22)

“Indeed we do come to You, For You are the LORD our God.”

Everyone, let us all tear down the walls separating us from God, and return to Him.

Depression, Insomnia, Atopy / Ms. ____ Son, 49

I was the mother of a precious child. I am currently 49 years old. I was the eldest daughter in a Confucian household. I lived for 47 years as a Buddhist believer, up until 2 years ago. I got married when I was 27 years old. My husband was the eldest son of his lineage, and as his wife, I took part and served in the family ancestor worship rituals eleven times a year. But even after three years of marriage, we had no child. I went to the hospital for a check-up, but found that there were no physical reasons why we should not conceive. I tried everything to have a child, but it was useless. However, after several attempts using artificial insemination, we finally had a baby boy.

From that point on, my life was filled with happiness. My life revolved primarily around my child. It was so much fun, though. He grew up, was a good kid, and studied well, as we, his parents expected. But because my husband is a bit stern, cold, and lacking in understanding, I grew more and more attached to my son, and he became my entire world. My personality was quite opposite from my husband's personality and I had a difficult time bearing with his behavior. Sometimes our child saw the violent behavior of my husband toward me and he felt sorry for me. The more he saw his father's violence, the more he took on the role of being my trusted guardian. My son and I could read each other's thoughts simply by looking into each other's eyes. Just thinking about such a son like him brought me happiness. Although I claimed to believe in Buddha, I transferred my son to the Sahmyook Elementary School, an Adventist Christian school, when he was in the fourth grade. I heard that the school had a good reputation for character education.

One Saturday morning, during the winter break of my son's sophomore year in high school, he ate breakfast with me. As he was going out the door, he said, “Mom, I cannot take any calls when I am in the worship service.” I replied, “OK, I understand.”

I did not know that this would be the last conversation I would have with my beloved son. Unexpectedly, I received the tragic news that my son was killed in a traffic accident on the way to church. I fainted. My son, so handsome, so wonderful...Gone?—I could not believe it. He had left for church only an hour or two ago.

Involuntarily, my body shivered, trying to deny the reality of the situation. I truly understood what it means to feel the “bones melting.” From that day on, I did not leave my son's room, nor did I eat. One hundred days after he was killed, there was supposed to be a special ceremony in his memory. I thought that I should kill myself and join my son in death instead. All I had to do was pay my respects to my son by simply setting the table with food and a framed picture of him. This was the last thing I could do for him as a mother. I hated myself for not having been able to protect my son. My younger sister stayed at my house with me for over a month to take care of me. I felt so much pity for my other sisters. If I was gone, who would they depend on to survive?

One day, my husband inquired, “Do you know that I am here next to you, dear?” At that moment, my eyes opened and my husband came into view. I blamed God. I had lived earnestly and diligently in my own way, thinking that I had lived a good life, helping the poor around me, believing that in turn, my son would be blessed in the future... But how could this happen to me?

My son, who was more precious than my own life, passed away. For six months, I could not breathe without stabilizers and I could not sleep without sleeping pills. I decided to follow the suggestion of the people around me to attend my son's church, where he had been attending for 2 years. But somehow, it did not fill the hole that my son left.

Every time we went to church my husband always gave a thank offering. Once as we came home after church, I questioned my husband, picking a fight. "What are you so thankful for that compels you to give a thank offering?" My husband responded, "You, Ji Hyun's mother, are alive like this and next to me. I am so thankful for this fact, and this is why I give thank offerings." My husband, my sisters, and those around me were anxious, worried that someday I would kill myself.

Soon thereafter, something strange happened in my body. My whole body became itchy, and I could not stand it. No medications could cure the itch. My husband is a pharmacist, so I tried everything. But nothing was working for me. I could not sleep at night, and sometimes I laid down on the cold tile floor in the restroom, which seemed to help, so I continued to lie on the restroom floor. My body and mind were filled with so much pain, that I thought about death constantly.

Although one of the church members asked me many times to go to the Bethel Sanitarium in Hadong, I responded that even though I would go there, my dead son could not be resurrected. Plus, it would not be easy for me to go somewhere without my husband. However, I am so grateful to Jesus who brought me here. I have come to know God's love, which is far greater than the love I have for my son. The God of Love gave us His only Son so that He can live with me, and my son, forever.

I thought that when I lost my son, I lost everything, but my son left me a greater gift. Now, I have hope and conviction that when Jesus returns, my son and I will meet Jesus together. Until that day, I will live so that I will be able to meet my son. I am going to be a Christian who believes in Jesus, not a mere church-goer. Thank you, director.

Director Choi said that when you leave the Bethel Sanitarium, just remember Jesus and live with Jesus. Forget about Director Choi and everything here. But I cannot forget the Bethel Sanitarium, and I cannot forget the director who teaches a vivid, living truth.

Thank God. Thank you, Mrs. Choi.

Diabetes, Deepening Physical and Mental Illness / Male

Chungnam Yeasan Sabkyo-eup is a small town in the midst of a wide plain, like an island floating in the middle of the sea. In this small town, the Sabkyo high school, where I work, is like a big palace. In actuality, I spent twenty years here as a teacher, but it seems as if it has been more than fifty years, due to the severity of educational guidance practices leading to the degradation of human nature. Classes begin at 7:00 am and continue throughout the day, followed by additional individual tutoring sessions and tutoring groups extending into the night. It is usually 1:00 am by the time my workload is finished each day. I was always the homeroom teacher for the high school senior class, and additionally, I worked as the research director. I directed the research in the area of guidance, devising ways to create more time for students to learn, while sleeping less.

I announced to the students, "The person who saves time, succeeds. Tonight, reduce your night's sleep to four hours, write out a one-day study plan, and submit it by 6:50 am." I had to suffer more than the students to make this happen. The school was practically in my front yard, yet I did not have time to go home. The more fatigued I was from teaching, the more I depended on cigarettes and coffee. I chain-smoked more than three packs of cigarettes and drank 10 to 20 cups of coffee a day. The more I used tobacco and drank coffee, the less I would eat proper meals.

Then one day, I had a heart attack while teaching. I was sent to the Seoul University Hospital and was diagnosed with acute myocardial infarction and underwent cardiac surgery. However, I could not recover because I had undergone surgery while my body was so fragile. I was in a vegetative state, lying like a corpse in the intensive care unit. After 20 days in this condition, I was miraculously resurrected. Although I was alive, it was at this time that I learned that I had diabetes. It seemed like divine punishment for my sins.

When I was discharged, I weighed only 35 kilograms and could not walk. My doctor warned me, “Be careful about your diet because your diabetes has progressed considerably.” And he gave me a list of precautions. But I did not take this disease seriously because I was simply so happy to be alive!

I was eager to take Chinese medicine, dog meat, beef, etc. to provide nourishment for my body and to recover my health. I continued to take the medicine prescribed by the hospital, and I recovered to some degree, but my diabetes gradually became worse. I experienced extreme thirst, eating excessively without feeling satisfied, bloating, and my teeth falling out. Because I was always drinking water every time I sat down or stood up, I was nicknamed a “cubed snailfish,” and was called “a glutton” because I had to keep eating until going to sleep. However, what was worse than the nicknames was the fact that I was so skinny that I looked emaciated.

As a man with a height of 165 cm, yet weighing a mere 40 kg, I felt extreme distress and agony because of my pitiful appearance. There was nobody in the world who could understand the bitterness in my heart, who knew how I much wanted to avoid people, to hide.

I felt like I would dry up like a dying leaf. I cried out, “Lord! Please do not forsake this barren life. Lead this sinner the way I am supposed to go.” I had been a member of the Methodist Church up until this time. With the little knowledge that I had of God, I sought Him. I hadn’t expected that I would search for God in the end, while facing death.

It was not long ago, when my friend, Mr. Min, pleaded with me to join him to go to the Bethel Sanitarium in Hadong, South Korea. I was unable to resist his pleading because I wanted to help him. He had run for office to be a member of the National Assembly, but failed to get voted in. He was experiencing great pain in his heart because of this defeat, so I agreed to comfort him by accompanying him to Bethel.

I searched for the address that was given to me for Bethel. I did not know what this place was, so I had to ask over and over again.

“Bethel Sanitarium!”

Situated on a sunny mountain side, this place looked like a place where a mysterious old hermit might live. I felt like I was in a strange place, but when I was greeted by Mrs. Choi, all my doubts disappeared. The atmosphere around her communicated a kind of authority. “Have fruit, beginning today.” The words of the director struck me as if they were words from the Absolute.

I ate a few pieces of fruit and went to the evening worship. The director’s lecture began. Words of truth filled the empty air. I had heard a lot of sermons from pastors and revival meetings, but it was a brand new experience. It sounded like thunder, but then it permeated into my mind like my own mother’s sweet voice. It’s her lectures that makes Bethel a place filled with the Holy Spirit, and healing takes place. God is here in this place. It was at this time that my ears were opened to hear the truth, and from that moment onward, time went by quickly.

I wondered if I would be able to sleep at night after having eaten only a few pieces of fruit. My water bottle was next to me, but I had nothing to eat. Fear came over me, but as I was calling out to God in my heart, I fell asleep. I woke up early the next morning. My mind was extra clear, and my heart was filled with a sense of victory and assurance that I could continue the program. “Thank you, God. Thank you for helping me overcome appetite, and for allowing me to meet a new day.”

Two days, three days, four days. . . . I ended fruit fasting after four days, yet I did not feel like eating more food, even though I began my recovery meals. I heard the voice of God in the director’s lectures every day. I felt the closeness of God who is far away, and I prayed to Him more seriously than I had ever prayed in my life.

Today is the 12th day since I came to Bethel. I am thrilled with the healing rays of sunlight. My diabetes, which people called an incurable disease, has disappeared. My unquenchable thirst, like that of a cubed snailfish, is gone. My gluttony is under control. My weight has increased by 3kg. New strength is being added day-by-day. Thank you, God.

“There is no incurable illness, but there is only an incurable life.”

“The essence of God is love, and He doesn’t want to live eternally without us.” The words of the director touched my heart. I know that my sickness has been healed by God as a gift, only in connection with Him. If the relationship with God is neglected in the future, my diabetes will recur. I will live with a cleansed mind, and give glory to God, so that I will not neglect to accept Jesus as my Savior.

Hereditary Skin Disease / Ms. _____ Choi, 28

From “I am dying,” to “I am in the Lord!”

I am _____ Choi. I am 28 years old and I live in Incheon. The reason why I am telling you my age is because it is a key factor in my story of how I came here and what I have experienced. The reason I am here is because of chronic acne that runs in my family. My 54 year-old father is still dealing with an itchy scalp to this day.

Well-acquainted with my skin condition, people I know are shocked to see how clear my skin has gotten while here at the Bethel Sanitarium.

The acne that has plagued me started appearing during my sophomore year of high school. It spread all over my face, head, and chest—to the point of covering almost my entire torso—by the time I was a sophomore in college.

It started as a boil that later filled with pus. It was so itchy and inflamed that even eczema (an itchy skin rash) seemed trivial in comparison. When I went to the hospital, I was prescribed steroid medications that I continued to take for 7 years. I was still young at the time, so I did not know that taking this medication could lead to birth defects and might elevate transaminases (increased liver enzymes, which could indicate liver damage). After about 2-3 years of taking this drug, the doctor stated, “It would go against my morals to prescribe any more of this medication. This type of drug should not be consumed in this manner.” So I went to a different city to refill the medication, blindly trusting it, as if it was a narcotic. At one point, my body developed a tolerance to the drug and I began seeing side effects.

Fevers would come and go, I had severe mood swings, and my acne got worse than before... There are no words to express the agony I went through. At the age when I should have been at the peak of physical beauty, I was instead tarnished and broken from my disease and the medication.

So, I began to follow a healthy lifestyle. I did exercises like yoga, biking, and walking; I also cut out sugar and oil from my diet and became a total vegan. In addition, I tried enzyme juice, moxibustion (a traditional Chinese medicine therapy which consists of burning dried mugwort on particular points on the body), a hip steam remedy, a wild herb diet, juicing vegetables, an exercise that consisted of bowing 108 times, liver detoxification, bile removal, etc. Although I spent a fortune trying every possible remedy, I barely had any progress. Even the miniscule effects of these “remedies” were temporary. I was gullible, easily convinced to try many recommendations.

I went to get a comprehensive medical examination. I thought I just had an acne problem, but I found that I had lost too much energy. I found that I had a liver hemangioma (tangle of blood vessels), and an extremely low white blood cell count, which signaled a weakened immune system. I also had chronic gastritis, leaky gut syndrome, etc. My organs were failing. It also baffled me that I was drinking 3 liters of boiled water every day, yet the test results revealed that I was dehydrated.

Despite my vegan diet and healthy lifestyle, I didn't see any improvements in my health. It was so difficult that I had no desire to live.

When I arrived here, I ate only fruit for 8 days, and my acne reduced significantly. When I started my recovery diet, my acne began to appear again due to the detox reaction, but I decided not to worry about the symptoms and placed everything into God's hands. This is because I believed that this is the place where I could learn how to live.

I am a third generation Buddhist. I placed amulets not just around my entire room, but also in places such as my pillows and books. Perhaps this is the reason why everything that the director said on the first day just fell on deaf ears. Suddenly, on the third day, something that was said caught my attention. “It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life.” (John 6:63) my

That's when I thought, “I came to heal my body, but I see that in actuality, my mind has been famished and diseased.” My skin had caused complications, and because of my skin problems, I had resented my parents and treated my family badly. At work, my superiors didn't see happy. It was common practice to be competitive by overloading oneself with work and taking other people's performance results. I had always wondered if the way that they lived truly led to happiness. I realized that although my life and health condition seemed dark and negative, and even though I wanted to die, everything—including my skin condition, my relationship with my family, and my career—had all been made more difficult because of my diseased mind.

Now that I have come here to Bethel, I think that the motivation to come here for my acne problem was a façade of my true desire to heal my dark, jealous, and selfish character. I came to realize that despite my brokenness, God led me here, transformed my body and mind, and has given me salvation.

I believe that choices can change lives. It is said that 90% of diseases come from the mind, but if the mind is filled with dissatisfaction or irritation, then the body will also say, “Oh! I guess my owner

wants to die. I'll help him." Now that I think about it, both the growth of the lump in my liver and the sudden worsening of my skin condition took place when I began to think that I no longer wanted to live. Once I laid all of my burdens and brokenness upon God, the Creator of the Earth and the Universe, I realized that all healing and happiness comes through Him. I am very happy that as my mind was cured, my physical disease naturally went away and I also received the Remedy of Life.

Change your thoughts from "I'm dying" to "I'm in the Lord."
Change your lamentations of despair to exclamations of faith.
I hope you will meet God just as I have.

Part 2: Medical Missionary Gospel Evangelism Taught by Jesus

(Selections from the Bible & Ellen White's Writings)

- Chapter 1: Characteristics of Medical Missionaries*
- Chapter 2: The Age When Medical Missionaries Are Desperately Needed*
- Chapter 3: Medical Missionary Work Bears the Signature of Heaven*
- Chapter 4: The Third Angels' Message & Medical Missionary Work Are One Body*
- Chapter 5: Small-scale Home Sanitariums*
- Chapter 6: Health Institutions*
- Chapter 7: The Danger of Miracles*
- Chapter 8: True Physicians Are Educators*
- Chapter 9: Dangers of Meat-Eating*
- Chapter 10: Necessity of Fasting*
- Chapter 11: Satan's Amalgamation*
- Chapter 12: Clean and Cheerful Home Management*
- Chapter 13: Health Reform*
- Chapter 14: Educational Reform*
- Chapter 15: Sabbath Reform*

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“And Jesus went about all Galilee, teaching in their synagogues, preaching the gospel of the kingdom, and healing all kinds of sickness and all kinds of illness among the people. Then His fame went throughout all Syria; and they brought to Him all sick people who were afflicted with various illnesses and torments, and those who were demon-possessed, epileptics, and paralytics; and He healed them.”

(Matthew 4:23, 24)

Part 2 Preface

Jesus Christ, who was the very first medical missionary, sent out the twelve disciples to preach the gospel and heal the sick. Thereafter, He also sent out the seventy disciples. Today, as the Lord sees people living in this era filled with so much disease and suffering, He desires to send the Third Angel's Message, along with the health message, as the last warning message to the world.

The gospel ministry was organized to proclaim the truth to both the sick and the healthy. This requires the combining of the service of medical work and the gospel ministry. Through this combination, God has prepared the way to share the light and to present the gospel to people of all social classes and situations. God wants gospel workers and believers to have a clear, positive interest in medical missionary work.

Patients will personally experience the Lord's healing touch, and attendees of the Three Angels Medical Missions Seminar, themselves, will be healed and educated. They will experience for themselves the living reality of the battlefield that we live in today.

Through the medical missionary evangelism method that Jesus taught me personally, I have been spreading the three angels' message, without respect to denomination. I have been doing this work for more than thirty years, personally researching, practicing, and experiencing the contents of the Word of God, from which I have compiled and organized the contents of this book.

Therefore, I hope that readers will use this book as a reference in the broader context, to learn for themselves how medical missionary evangelism should be done in this day and age.

Chapter 1: Characteristics of Medical Missionaries

INTRODUCTION

A person, with the mind and spirit of Jesus, who does medical missionary work, is a true medical missionary taught by Jesus. God's genuine way of teaching us is through the born-again experience, being guided by the truth as it is in Jesus, and learning by life experience.

When true medical missionaries see people who are sick and suffering, they see not only their symptoms of disease, but they understand that disease is a result of sin, and recognize the need to teach people about Jesus. As they learn of Jesus, these suffering souls may experience a fundamental repentance, and a change will take place in their lives. Jesus taught people that in order to receive life, they must keep the Word of God. Jesus "went about all Galilee, teaching in their synagogues, preaching the gospel of the kingdom, and healing all kinds of sickness and all kinds of illness among the people." (Matthew 4:23) We also need to work in like manner.

But we are not the ones healing the sickness. Jesus is the healer. The work we are to do is to share the gospel so that sick people can meet Jesus as their Healer. They can meet Him through His Words.

Therefore, without making fundamental changes in the life that have led to sickness, yet using various healing treatments, patients may feel a small improvement in health, but until they, as sinners, go to Jesus and receive eternal life, they cannot receive complete restoration. True medical missionaries who share the gospel will not work in this manner, otherwise, it will be known that they have lost the characteristics that set them apart as medical missionary gospel evangelists.

Those who are preparing to be medical missionary gospel evangelists must carefully consider this point.

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

Characteristics of Medical Missionaries

"When all our medical missionaries shall live the renewed life in Christ Jesus, and shall take His words as meaning all that they are designed to mean, there will be a much clearer and more comprehensive understanding of what constitutes genuine medical missionary work." (MM 21.3)

"Oh, how I long to see those who claim to be medical missionaries honoring the Great Exemplar, whose life declares what is comprehended in the claim to be a medical missionary! I would that they were learning the Saviour's meekness and lowliness. My heart aches to think that Christ is so greatly disappointed in His followers. They bear a name that their daily life does not give them the right to bear.

"We must be sanctified, soul and body, through the truth; then we shall honor the name, medical missionary. Oh, this name means so much! It calls for a representation altogether different from the representation given by many who bear it. Soon these will understand how far they have departed from the principles of Heaven, and how greatly they have grieved the heart of Christ." (MM 21.1-2)

"The power of love was in all Christ's healing, and only by partaking of that love, through faith, can we be instruments for His work. If we neglect to link ourselves in divine connection with Christ, the current of life-giving energy cannot flow in rich streams from us to the people." (DA 825.1)

The Exemplar Medical Missionary: Jesus Christ

“God’s servants who are doing genuine medical missionary work have a most solemn, sacred responsibility resting upon them to keep in view Christ’s life of unselfish service. They should turn their eyes from everything else, and look unto Jesus, the Author and the Finisher of their faith. He is the Source of all light, the Fountain of all Heaven’s blessings. To every medical missionary worker I am instructed to say, ‘Follow your Leader. His is the way, the truth, the light, the life. He is the One whose example we as true medical missionaries must follow.’ ” (MM 21.4)

“Jesus carried the awful weight of responsibility for the salvation of men. He knew that unless there was a decided change in the principles and purposes of the human race, all would be lost. This was the burden of His soul, and none could appreciate the weight that rested upon Him.” (MH 18.1)

“The gifts of the Spirit are promised to every believer according to his need for the Lord’s work. The promise is just as strong and trustworthy now as in the days of the apostles. ‘These signs shall follow them that believe.’ This is the privilege of God’s children, and faith should lay hold on all that it is possible to have as an indorsement of faith.

“He knew that those who petitioned Him for help had brought illness upon themselves; yet He did not refuse to heal them. And when virtue from Christ entered into these poor souls, they were convicted of sin, and many were healed of their spiritual illness, as well as of their physical maladies. The gospel still possesses the same power, and why should we not today witness the same results?” (DA 823.2-823.3)

“In the Saviour’s manner of healing there were lessons for His disciples. On one occasion He anointed the eyes of a blind man with clay, and bade him, ‘Go, wash in the pool of Siloam. . . . He went his way therefore, and washed, and came seeing.’ John 9:7. The cure could be wrought only by the power of the Great Healer, yet Christ made use of the simple agencies of nature. While He did not give countenance to drug medication, He sanctioned the use of simple and natural remedies.

“To many of the afflicted ones who received healing, Christ said, ‘Sin no more, lest a worse thing come unto thee.’ John 5:14. Thus He taught that illness is the result of violating God’s laws, both natural and spiritual. The great misery in the world would not exist did men but live in harmony with the Creator’s plan.

“Christ had been the guide and teacher of ancient Israel, and He taught them that health is the reward of obedience to the laws of God. . . . ‘If thou wilt diligently hearken to the voice of the Lord thy God,’ He said, ‘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 illnesses upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee.’ Exodus 15:26. Christ gave to Israel definite instruction in regard to their habits of life, and He assured them, ‘The Lord will take away from thee all sickness.’ Deuteronomy 7:15. When they fulfilled the conditions, the promise was verified to them. ‘There was not one feeble person among their tribes.’ Psalm 105:37.

“These lessons are for us. There are conditions to be observed by all who would preserve health. All should learn what these conditions are. The Lord is not pleased with ignorance in regard to His laws, either natural or spiritual. We are to be workers together with God for the restoration of health to the body as well as to the soul.” (DA 824.1-824.4)

“We should teach others how to preserve and to recover health. For the sick we should use the remedies which God has provided in nature, and we should point them to Him who alone can restore. It is our work to present the sick and suffering to Christ in the arms of our faith. We should teach them to believe in the Great Healer. We should lay hold on His promise, and pray for the manifestation of His power. The very essence of the gospel is restoration, and the Saviour would have us bid the sick, the hopeless, and the afflicted take hold upon His strength.” (DA 825.1)

“Christ’s servants are to follow His example. As He went from place to place, He comforted the suffering and healed the sick. Then He placed before them the great truths in regard to His kingdom. This is the work of His followers.” (COL 233.3)

“Christ, the great Medical Missionary, is our example...He healed the sick and preached the gospel. In His service, healing and teaching were linked closely together. Today they are not to be separated.” (9T 170.4)

“And Jesus went about all Galilee, teaching in their synagogues, preaching the gospel of the kingdom, and healing all kinds of sickness and all kinds of disease among the people. Then His fame went throughout all Syria; and they brought to Him all sick people who were afflicted with various diseases and torments, and those who were demon-possessed, epileptics, and paralytics; and He healed them.” (Matthew 4:23, 24)

Send Them Out Two by Two

“Medical missionaries come under the head of evangelists. The workers should go forth two by two, that they may pray and consult together. Never should they be sent out alone. The Lord Jesus Christ sent forth His disciples two and two into all the cities of Israel. He gave them the commission, ‘Heal the sick that are therein, and say unto them, The Kingdom of God is come nigh unto you.’ ” (MM 249.2)

“Nothing will give greater spiritual strength and a greater increase of earnestness and depth of feeling than visiting and ministering to the sick and the desponding, helping them to see the light and to fasten their faith upon Jesus.” (4T 75.4)

“The men who will give themselves to the great work of teaching the truth are not the men who will be bribed with wealth or frightened by poverty. But God would have His delegated servants constantly improving. In order for the work to be carried with efficiency, the Lord sent forth His disciples forward two and two...No one man’s ideas, one man’s plans, are to have a controlling power in carrying forward the work...One is not to stand apart from the other, and argue his own ways and plans; for he may have an education in a certain direction, and possess certain traits of character, which will be detrimental to the interests of the work if allowed to become the controlling power.” (LS 302.3)

“Calling the twelve about Him, Jesus bade them go out two and two through the towns and villages. None were sent forth alone, but brother was associated with brother, friend with friend. Thus they could help and encourage each other, counseling and praying together, each one’s strength supplementing the other’s weakness. In the same manner He afterward sent forth the seventy. It was the Saviour’s purpose that the messengers of the gospel should be associated in this way. In our own time evangelistic work would be far more successful if this example were more closely followed.” (DA 350.1)

“He Sent Them Two and Two—When Jesus sent His disciples forth to labor, He sent them two and two, that they might be a help and strength to each other, and stand more courageously in defense of truth. They did not feel as some do now, that they would rather work alone than have anyone with them who did not labor just as they labored. Our Saviour understood what ones to associate together. He did not connect with the mild, beloved John one of the same temperament; but He connected with him the ardent, impulsive Peter. These two men were not alike either in their disposition in in their manner of labor. Peter was prompt and zealous in action, bold and uncompromising, and would often

wound; John was ever calm and considerate of others' feelings, and would come after to bind up and encourage. Thus the defects in one were partially covered by the virtues in the other." (PM 294.2)

Chapter 2: The Age When Medical Missionaries Are Desperately Needed

INTRODUCTION

This world is filled with sick people and it is becoming a hotbed of disease. The reason for this is because people are living in disobedience to the Word of God, which gives life and health. Those in need of the gospel and eternal life are becoming sick, and consequently, they are dying. Therefore, in this age we desperately need medical missionaries who will relieve people of their pain and share the gospel with them.

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

The Most Important Work

“We have come to a time when every member of the church should take hold of medical missionary work. The world is a lazar house filled with victims of both physical and spiritual illness. Everywhere people are perishing for lack of a knowledge of the truths that have been committed to us. The members of the church are in need of an awakening, that they may realize their responsibility to impart these truths.” (7T 62.1)

“I wish to tell you that soon there will be no work done in ministerial lines but medical missionary work.” (CH 533.1)

“During His ministry, Jesus devoted more time to healing the sick than to preaching.” (MH 19.4)

“Before the true reformer, the medical missionary work will open many doors.” (7T 62.3)

“Genuine medical missionary work is the gospel practiced.” (8T 168.2)

“Medical missionary work is the pioneer work of the gospel. In the ministry of the word and in the medical missionary work the gospel is to be preached and practiced.” (MH 144.3)

“He designs that the medical missionary work shall prepared the way for the presentation of the saving truth for this time, the proclamation of the third angel’s message. If this design is met, the message will not be eclipsed nor its progress hindered.” (6T 293.1)

“First meet the temporal necessities of the needy and relieve their physical wants and sufferings, and you will then find an open avenue to the heart, where you may plant the good seeds of virtue and religion.” (4T 226.3)

“Christ’s example must be followed by those who claim to be His children. Relieve the physical necessities of your fellow men, and their gratitude will break down the barriers and enable you to reach their hearts.” (9T 127.2)

“Especially should those who are medical missionaries manifest in spirit, word, and character that they are following Christ Jesus, the divine Model of medical missionary effort.” (7T 127.1)

“The gospel and the medical missionary work are to advance together. The gospel is to be bound up with the principles of true health reform. Christianity is to be brought into the practical life. Earnest, thorough reformatory work is to be done... We are to present the principles of health reform

before the people, doing all in our power to lead men and women to see the necessity of these principles, and to practice them.” (6T 379.2)

“Medical missionary work and the gospel ministry are the channels through which God seeks to pour a constant supply of His goodness. They are to be as the river of life for the irrigation of His church.” (BE August 12, 1902)

“Let our ministers, who have gained an experience in preaching the word, learn how to give simple treatments and then labor intelligently as medical missionary evangelists.” (9T 172.3)

“Christ is no longer in this world in person, to go through our cities and towns and villages, healing the sick; but He has commissioned us to carry forward the medical missionary work that He began.” (9T 168.1)

“Through His servants, God designs that the sick, the unfortunate, and those possessed of evil spirits shall hear His voice. Through His human agencies He desires to be a comforter such as the world knows not.” (MH 106.3)

“Christ co-operates with those who engage in medical missionary work.” (7T 51.3)

The Work That All Churches Should Do

“There is a message regarding health reform to be borne in every church.” (6T 370.2)

“The medical missionary work should be a part of the work of every church in our land.” (6T 289.1)

“We have come to a time when every member of the church should take hold of medical missionary work.” (7T 62.1)

“The work of health reform is the Lord’s means for lessening suffering in our world and for purifying His church. Teach the people that they can act as God’s helping hand by co-operating with the Master Worker in restoring physical and spiritual health. This work bears the signature of heaven and will open doors for the entrance of other precious truths. There is room for all to labor who will take hold of this work intelligently.” (9T 112.4)

“There are stormy times before us, but let us not utter one word of unbelief or discouragement. Let us remember that we bear a message of healing to a world filled with sin-sick souls.—Special Testimonies Series B, No 8, p. 24. (ChS 136.1)

“This work, properly conducted, will save many a poor sinner who has been neglected by the churches. Many not of our faith are longing for the very help that Christians are in duty bound to give. If God’s people would show a genuine interest in their neighbors, many would be reached by the special truths for this time. Nothing will or ever can give character to the work like helping the people just where they are. Thousands might today be rejoicing in the message if those who claim to love God and keep His commandments would work as Christ worked.

“When the medical missionary work thus wins men and women to a saving knowledge of Christ and His truth, money and earnest labor may safely be invested in it, for it is a work that will endure.” (6T 280.1-2)

“Let our people show that they have a living interest in medical missionary work. Let them prepare themselves for usefulness by studying the books that have been written for our instruction in these lines. These books deserve much more attention and appreciation than they have received. Much that

is for the benefit of all to understand has been written for the special purpose of instruction in the principles of health. Those who study and practice these principles will be greatly blessed, both physically and spiritually. An understanding of the philosophy of health will be a safeguard against many of the evils that are continually increasing.” (7T 63.2)

“I have been instructed that the medical missionary work will discover, in the very depths of degradation, men who, though they have given themselves up to intemperate, dissolute habits, will respond to the right kind of labor. But they need to be recognized and encouraged. Firm, patient, earnest effort will be required in order to lift them up. They cannot restore themselves. They may hear Christ’s call, but their ears are too dull to take in its meaning; their eyes are too blind to see anything good in store for them. They are dead in trespasses and sins. Yet even these are not to be excluded from the gospel feast. They are to receive the invitation: “Come.” Though they may feel unworthy, the Lord says: “Compel them to come in.” Listen to no excuse. By love and kindness lay right hold of them.” (6T 279.4)

“I cannot too strongly urge all our church members, all who are true missionaries, all who believe the third angel’s message, all who turn away their feet from the Sabbath, to consider the message of the fifty-eighth chapter of Isaiah. The work of beneficence enjoined in this chapter is the work that God requires His people to do at this time. It is a work of His own appointment. We are not left in doubt as to where the message applies, and the time of its marked fulfillment, for we read: ‘They that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, the restorer of paths to dwell in.’ Verse 12. God’s memorial, the seventh-day Sabbath, the sign of His work in creating the world, has been displaced by the man of sin. God’s people have a special work to do in repairing the breach that has been made in His law; and the nearer we approach the end, the more urgent this work becomes. All who love God will show that they bear His sign by keeping His commandments. They are the restorers of paths to dwell in. The Lord says: ‘If thou turn away thy foot from the Sabbath, from doing thy pleasure on My holy day; and call the Sabbath a delight,..then shalt thou delight thyself in the Lord; and I will cause thee to ride upon the high places of the earth.’ Verses 13, 14. Thus genuine medical missionary work is bound up inseparably with the keeping of God’s commandments, of which the Sabbath is especially mentioned, since it is the great memorial of God’s creative work. Its observance is bound up with the work of restoring the moral image of God in man. This is the ministry which God’s people are to carry forward at this time. This ministry, rightly performed, will bring rich blessings to the church.” (6T 265.2)

“Combine the medical missionary work with the proclamation of the third angel’s message. Make regular, organized effort to lift the churches out of the dead level into which they have fallen and have remained for years. Send into the churches workers who will set the principles of health reform in their connection with the third angel’s message before every family and individual. Encourage all to take a part in work for their fellowmen, and see if the breath of life will not quickly return to these churches.

“Study faithfully the thirty-third chapter of Ezekiel. The work which is being done in medical missionary lines is the very work which Christ commanded His follower to do. Can you not clearly see that those who are engaged in this work are fulfilling the Saviour’s commission? Can you not see that it would please your Saviour if you would lay aside all false dignity and learn in His school how to wear His yoke and carry His burdens?” (TM 415.2, 416.1)

Literature Evangelism and Medical Missionary Work

“Those who take up this line of work are to go prepared to do medical missionary work. The sick and suffering are to be helped. Many for whom this work of mercy is done will hear and accept the words of life.” (9T 33.3)

“Let them take the living principles of health reform into the communities that to a large degree are ignorant of these principles.” (9T 117.3)

“Let them labor as evangelists, scattering our publications, and talking of the truth to those they meet. Let them pray for the sick, ministering to their necessities, not with drugs, but with nature’s remedies, and teaching them how to regain health and avoid disease.” (WM 133.1)

“As the canvasser goes from place to place, he will find many who are sick. He should have a practical knowledge of the causes of disease, and should understand how to give simple treatments, that he may relieve the suffering ones. More than this, he should pray in faith and simplicity for the sick, pointing them to the great Physician. As he thus walks and works with God, ministering angels are beside him, giving him access to hearts. What a wide field for missionary effort lies before the faithful, consecrated canvasser; what a blessing he will receive in the diligent performance of his work! –The Southern Watchman, November 20, 1902. (ChS 134.2)

Chapter 3: Medical Missionary Work Bears the Signature of Heaven

INTRODUCTION

Since being a medical missionary is working unitedly with Christ as one, all that work will be entirely Christ's work. Therefore, this work will have the seal that it is God's work. This work will share the gospel with perishing souls. God established this work; therefore, success is guaranteed. To certain people, there will be occasions that the gospel cannot enter at all unless it is shared through medical missionary work because these people have more interest in health than in eternal life. Therefore, Jesus, the One who came to save sinners, showed the power of the gospel by His work of healing sick people.

This work is the work that Jesus personally commanded; therefore, we are not to worry about the process or the result. Leave all to God, and when we obey His word by faith, God will personally be responsible, and He will do His part of the work, and only He will receive the glory.

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

“Teach the people that they can act as God's helping hand, by cooperating with the Master Worker in restoring physical and spiritual health. This work bears the signature of Heaven, and will open doors for the entrance of other precious truths.” (CD 77.1)

“Medical missionary work is a sacred thing of God's own devising.” (MM 131.3)

“To be a medical missionary means to be a laborer together with God. Medical missionary work, a work that is to be a great help and strength to the cause, is to be carried forward in all carefulness and wisdom. Into this work not one thread is to be drawn that will spoil the beautiful pattern that God designs shall be worked out.” (WM 120.3)

“A gospel minister will be twice as successful in his work if he understands how to treat illness. . . . A minister of the gospel, who is also a medical missionary, who can cure physical ailments, is a much more efficient worker than one who cannot do this. His work as a minister of the gospel is much more complete.” (Ev 519.2)

“I wish to tell you that soon there will be no work done in ministerial lines but medical missionary work. The work of a minister is to minister. Our ministers are to work on the gospel plan of ministering. . . .

“You will never be ministers after the gospel order till you show a decided interest in medical missionary work, the gospel of healing and blessing and strengthening. . . .

“It is because of the directions I have received from the Lord that I have the courage to stand among you and speak as I do, notwithstanding the way in which you may look at the medical missionary work. I wish to say that the medical missionary work is God's work. The Lord wants every one of His ministers to come into line. Take hold of the medical missionary work, and it will give you access to the people. Their hearts will be touched as you minister to their necessities. As you relieve their sufferings, you will find opportunity to speak to them of the love of Jesus.” (Ev 523.3-5)

“The gospel ministry is an organization for the proclamation of the truth to the sick and to the well. It combines the medical missionary work and the ministry of the word. By these combined agencies opportunities are given to communicate light and to present the gospel to all classes and all

grades of society. God wants the ministers and the church members to take a decided, active interest in the medical missionary work.” (6T 300.2)

“Medical missionary work brings to humanity the gospel of release from suffering. It is the pioneer work of the gospel. It is the gospel practiced, the compassion of Christ revealed. Of this work there is great need, and the world is open for it. God grant that the importance of medical missionary work shall be understood, and that new fields may be immediately entered.” (MM 239.3)

“One important part of the work of the ministry is to faithfully present to the people the health reform as it stands connected with the third angel’s message as part and parcel of the same work. They should not fail to adopt it themselves, and should urge it upon all who profess to believe the truth.” (1T 469.4)

“Then the report went around concerning Him all the more; and the great multitudes came together to hear, and to be healed by Him of their infirmities.” (Luke 5:15)

Chapter 4: **The Third Angel's Message & Medical Missionary Work Are One Body**

INTRODUCTION

The gospel ministry and medical missionary ministry are one body. If these two are separated, the gospel ministry becomes crippled. And if the gospel ministry is handicapped, then it will not be possible to reveal the profound truth that is in the gospel.

Why are the gospel ministry and medical missionary work to be one body?

For the same reason that the body and the mind cannot be separated. Our faith becomes perfect by works. Loving God will be proven by our obedience to His word. If there is a change that occurs in the heart through faith in Jesus, then it will surely be revealed through the body.

Paul proclaimed this relationship between body and mind when he presented the gospel of righteousness by faith.

“. . . Speaking the truth in love, may grow up in all things into Him who is the head—Christ—from whom the whole body, joined and knit together by what every joint supplies, according to the effective working by which every part does its share, causes growth of the body for the edifying of itself in love.” (Ephesians 4:15-16)

“For I am not ashamed of the gospel of Christ, for it is the power of God to salvation for everyone who believes, for the Jew first and also for the Greek.” (Romans 1:16)

Faith and works cannot be separated. When we know God, we believe in Him, and we will love Him. And to accomplish His good pleasure, we will give ourselves completely to Him. This love will flow to our neighbors and become the river that gives life. We will become the channel to provide living water to thirsty souls. This illustrates how the gospel ministry and medical missionary ministry are connected as one.

A segregated, compartmentalized gospel ministry, in which the pastor delivers the gospel, the doctor heals the sick, and the deacon serves, can never reveal the power of the gospel. The health message is the gospel message, and this gospel changes the hearts of the people. Then, according to the word of the gospel, they will live healthy lives, and the change that takes place in the body is the recovery of health. Therefore, the work of the pastor or missionary who delivers the gospel cannot be separated from this medical missionary work. When these are separated, the gospel work is crippled, and the purpose of the gospel will not be accomplished.

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

The Relationship Between the Body and the Arm

“Again and again I have been instructed that the medical missionary work is to bear the same relation to the work of the third angel's message that the arm and hand bear to the body. Under the direction of the divine Head they are to work unitedly in preparing the way for the coming of Christ. The right arm of the body of truth is to be constantly active, constantly at work, and God will strengthen it. But it is not to be made the body. At the same time the body is not to say to the arm: “I have no need of thee.” The body has need of the arm in order to do active, aggressive work. Both have their appointed work, and each will suffer great loss if worked independently of the other.”

“The work of preaching the third angel’s message has not been regarded by some as God designs it should be. It has been treated as an inferior work, while it should occupy an important place among the human agencies in the salvation of man. The minds of men must be called to the Scriptures as the most effective agency in the salvation of souls, and the ministry of the word is the great educational force to produce this result. Those who disparage the ministry and try to conduct the medical missionary work independently are trying to separate the arm from the body. What would be the result should they succeed? We should see hands and arms flying about, dispensing means without the direction of the head. The work would become disproportionate and unbalanced. That which God designed should be the hand and arm would take the place of the whole body, and the ministry would be belittled or altogether ignored. This would unsettle minds and bring in confusion, and many portions of the Lord’s vineyard would be left unworked.” (2TT 526-527)

“God has shown that health reform is as closely connected with the third angel’s message as the hand is with the body. There is nowhere to be found so great a cause of physical and moral degeneracy as a neglect of this important subject. . . . The people whom God is leading will be peculiar. . . . Nature’s path is the road He marks out, and it is broad enough for any Christian. . . . He says, Beware; restrain, deny, unnatural appetite. If we create a perverted appetite, we violate the laws of our being, and assume the responsibility of abusing our bodies and of bringing illness upon ourselves. . . . The indifference with which the health books have been treated by many is an offense to God. . . . Present truth lies in the work of health reform as verily as in other features of gospel work.” (CD 71.3, 72.2-72.4)

“December 10, 1871, I was again shown that the health reform is one branch of the great work which is to fit a people for the coming of the Lord. It is as closely connected with the third angel’s message as the hand is with the body. The law of Ten Commandments has been lightly regarded by man, but the Lord would not come to punish the transgressors of that law without first sending them a message of warning. The third angel proclaims that message. Had men ever been obedient to the law of Ten Commandments, carrying out in their lives the principles of those precepts, the curse of illness now flooding the world would not be.” (3T 161.1)

“The love which Christ diffuses through the whole being is a vitalizing power. Every vital part—the brain, the heart, the nerves—it touches with healing. By it the highest energies of the being are roused to activity. It frees the soul from the guilt and sorrow, the anxiety and care, that crush the life forces. With it come serenity and composure. It implants in the soul, joy that nothing earthly can destroy,—joy in the Holy Spirit,—health-giving, life-giving joy.” (MH 115.3)

“The truth for this time embraces the whole gospel. Rightly presented it will work in man the very changes that will make evident the power of God’s grace upon the heart. It will do a complete work and develop a complete man. Then let no line be drawn between the genuine medical missionary work and the gospel ministry. Let these two blend in giving the invitation: ‘Come; for all things are now ready.’ Let them be joined in an inseparable union, even as the arm is joined to the body.” (2TT 528.3 / 6T 291.1)

The Danger of Separation

“...The [gospel] ministry needs the medical missionary work to demonstrate the practical working of the gospel. Neither part of the work is complete without the other.

“The message of the soon coming of the Saviour must be given in all parts of the world, and a solemn dignity should characterize it in every branch. A large vineyard is to be worked, and the wise husbandman will work it so that every part will produce fruit. If in the medical missionary work the living principles of truth are kept pure, uncontaminated by anything that would dim their luster, the

Lord will preside over the work. If those who bear the heavy burdens will stand true and steadfast to the principles of truth, the Lord will uphold and sustain them.

“The union that should exist between the medical missionary work and the ministry is clearly set forth in the fifty-eighth chapter of Isaiah. There is wisdom and blessing for those who will engage in the work as here presented. This chapter is explicit, and there is in it enough to enlighten anyone who wishes to do the will of God. It presents abundant opportunity to minister to suffering humanity, and at the same time to be an instrument in God’s hands of bringing the light of truth before a perishing world. If the work of the third angel’s message is carried on in right lines, the ministry will not be given an inferior place, nor will the poor and sick be neglected. In His word God has united these two lines of work, and no man should divorce them.” (2TT 527-528)

Chapter 5: Small-Scale Home Sanitariums

INTRODUCTION

Christians who are truly born again will not live their lives any longer for themselves.

Paul said, “He died for all, that those who live should live no longer for themselves, but for Him who died for them and rose again.” (2 Corinthians 5:15). These words will come to pass just as they are written.

Those who experience Christ’s love are the ones who will really understand these words written by Paul.

Enoch’s life represents the lives of those who will be alive and meet Jesus when He comes again. Enoch’s home was an example of what home sanitariums should be. What Enoch believed, he practiced in his life. Therefore, he ministered to hungry and sick souls in his own home.

Over thirty years ago I received this light from God, and so I moved my children into our room, emptied their room, and offered it to souls who needed help. This is how my home sanitarium began.

God has grown what began as a small home sanitarium into a sizeable health institution that accepts more than one thousand people every year who are able to receive this gospel and recover their health. In addition, we are now offering the Three Angels Medical Missionary seminar to train medical missionaries.

In both the material and spiritual realms, the law of love established by God declares that when we share the things that we have received, we ourselves actually become richer.

When the disciples presented to Jesus the child’s sack lunch, that boy’s simple meal fed several thousand people, and there was food left over. This type of miracle, God’s work, is still evident today. When we hear God’s still, small voice and immediately obey, then the light we receive will increase and grow brighter and brighter.

Additionally, through this work, God will help us reap results beyond our imagination.

Our faith is our life, and that life reveals the fruit that shows whom we trust in and follow. When small sanitariums start in people’s homes, these homes will become bright lights that illuminate the world. These homes will be witnesses of how people of God—who keep the commandments of God and the testimony of Jesus—live their lives.

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

Humble Beginnings

“It is that thirsting souls may be led to the living water that we plead for sanitariums, not expensive, mammoth sanitariums, but homelike institutions, in pleasant places.

“Never, never build mammoth institutions. Let these institutions be small, and let there be more of them, that the work of winning souls to Christ may be accomplished. It may often be necessary to start sanitarium work in the city, but never build a sanitarium in a city. Rent a building, and keep looking for a suitable place out of the city. The sick are to be reached, not by massive buildings, but by the establishment of many small sanitariums, which are to be as lights shining in a dark place. Those who are engaged in this work are to reflect the sunlight of Christ’s face. They are to be as salt that has not lost its savor. By sanitarium work, properly conducted, the influence of true, pure religion will be extended to many souls. (MM 323.3-4)

“In Australia we [Ellen White and her associate workers] also worked as Christian medical missionaries. At times I made my home in Cooranbong an asylum for the sick and afflicted. My secretary, who had received a training in the Battle Creek Sanitarium, stood by my side, and did the work of a missionary nurse. No charge was made for her services, and we won the confidence of the people by the interest that we manifested in the sick and suffering. After a time the Health Retreat at Cooranbong was built, and then we were relieved of this burden.” (1SM 34.4)

“From our sanitariums trained workers are to go forth into places where the truth has never been proclaimed, and do missionary work for the Master.”—Letter 17, 1905. (MM 323.5)

“Sanitarium work is one of the most successful means of reaching all classes of people. Our sanitariums are the right hand of the gospel, opening ways whereby suffering humanity may be reached with the glad tidings of healing through Christ. In these institutions the sick may be taught to commit their cases to the Great Physician, who will co-operate with their earnest efforts to regain health, bringing to them healing of soul as well as healing of body.” (9T 167.3)

Chapter 6: Health Institutions

INTRODUCTION

The health institutions that God wants us to establish are to be suitable places where sick and dying souls are led to Jesus, where they may receive help to be led to eternal life.

When the sanitarium manager operates the health institution according to the principles of God's Word, it will be a training place where people can receive the blessings that come from learning God's Word.

When managers who operate these institutions meet patients, instead of seeing them as sick people and focusing on healing their diseases, they need to see the sick as souls who need to be saved. The body governs diseases, the mind governs the body, and the Word of God is to govern the mind—this is only possible through the Holy Spirit's powerful work.

When the mind sickened by sin begins to accept the Word, the sickness becomes healed through the work of the circulation of life that God established in our bodies. This law should never be disregarded. It would not be proper to try to soothe their emotions or give them temporary help using remedies that are not aligned with the principles found in the Word of God.

In these institutes, we must teach, through the Word of God, how people should eat, drink, and live. Recovery of health is the reward that comes when the principles of health are obeyed.

When the sick and dying come to these institutions in their last stage of life, the most crucially important matter is whether or not they receive eternal life.

Therefore, those who work in these institutes must understand this fact, and they need to know clearly how Jesus dealt with souls. Jesus knew that unless the lives of the sick people changed, they would all perish. Therefore, Jesus taught the principles of how to live according to the Word of God, and He shared the gospel of the kingdom of Heaven. The health institutes God commanded to set up are to be for this very purpose, but when they are set up for reasons apart from this purpose, they will be a curse instead of a blessing to patients and to the managers. Leaders of health institutions should never view patients as a source of income, ones who will bring in money. This work is crucially important for the eternal life or death of souls, so a pure heart without selfishness—Jesus' spirit of loving souls—is the absolute qualification of those who manage and work in the sanitarium.

The reason that God entrusted us with this work is for our benefit, to help develop in us a character suitable to live in Heaven, for there is nothing more powerful than selfless love. The law of self-sacrifice is the law of self-preservation.

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

The Purpose of Health Institutions

“God would have a health institution established which will in its influence be closely connected with the closing work for mortals fitting for immortality, one that will have no tendency to weaken the religious principles of old or young and which will not improve the health of the body to the detriment of spiritual growth. The great object of this institution should be to improve the health of the body, that the afflicted may more highly appreciate eternal things. If this object is not continually set before the mind and efforts are not made to this end, it will prove a curse instead of a blessing,

spirituality will be regarded as a secondary thing, and the health of the body and diversion will be made primary.

“I saw that the high standard should not be lowered in the least in order that the institution may be patronized by unbelievers. If unbelievers choose to come while its conductors occupy the exalted spiritual position which God designs they should, there will be a power that will affect their hearts. With God and angels on their side, His commandment-keeping people can but prosper. This institution is not to be established for the object of gain, but to aid in bringing God’s people into such a condition of physical and mental health as will enable them to rightly appreciate eternal things and to correctly value the redemption so dearly purchased by the sufferings of our Saviour. This institution is not to be made a place for diversion or amusement. Those who cannot live unless they have excitement and diversion will be of no use to the world; none are made better for their living. They might just as well be out of the world as to be in it.” (1T 564.1-564.2)

“I have been instructed that we are not to delay to do the work that needs to be done in health reform lines. Through this work we are to reach souls in the highways and byways. I have been given special light that in our sanitariums many souls will receive and obey present truth. In these institutions men and women are to be taught how to care for their own bodies, and at the same time how to become sound in the faith. They are to be taught what is meant by eating the flesh and drinking the blood of the Son of God. Said Christ, ‘The words that I speak unto you, they are spirit, and they are life.’ John 6:63.

“Our sanitariums are to be schools in which instruction shall be given in medical missionary lines. They are to bring to sin-sick souls the leaves of the tree of life, which will restore to them peace and hope and faith in Christ Jesus.” (CD 447.1-447.2)

“The light given me was that a sanitarium should be established, and that in it drug medication should be discarded, and simple, rational methods of treatment employed for the healing of illness. In this institution people were to be taught how to dress, breathe, and eat properly,—how to prevent sickness by proper habits of living.”—Letter 79, 1905 (CD 444.1)

“As the matter was laid open before me, and the sad burden of the result of drug medication, the light was given me that Seventh-day Adventists should establish health institutions discarding all these health-destroying inventions, and physicians should treat the sick upon hygienic principles. The great burden should be to have well-trained nurses, and well-trained medical practitioners to educate ‘precept upon precept; line upon line, line upon line; here a little and there a little’ (Isaiah 28:10).

“Train the people to correct habits and healthful practices, remembering that an ounce of preventive is of more value than a pound of cure. Lectures and studies in this line will prove of the highest value.” (2SM 280.1-280.2)

“Christ has said of His people, ‘Ye are the light of the world. . . .’ The most solemn, sacred work ever given to mortals is the proclamation of the first, second, and third angel’s messages to our world. In our large cities there should be health institutes to care for the sick, and to teach the grand principles of health reform.” (Ltr 146, 1909 / CD 76.2)

“In our sanitariums we must seek to uplift a high standard. The banner of truth, goodness, and usefulness must ever be raised. The blessed fruits of the gospel tree are to be manifested in thorough consecration, in holy lives.” (MM 163.2)

“I can see in the Lord’s providence that the medical missionary work is to be a great entering wedge, whereby the diseased soul may be reached.” (CH 535 / CD 76.4)

“They will be tempted to cater to the tastes and habits of unconsecrated people by bringing in innovations, and the blessing of God will be removed from the work.” (MM 163.3)

“Tact and ingenuity will be required. It is necessary to be constantly on the alert to meet prejudice and to overcome difficulties. Unless this attitude is taken, there will be, not peace, but a sword, in our institutions. The workers are constantly brought in contact with others who also carry heavy burdens; and all need divine enlightenment. They need to manifest the unselfish, loving spirit of Christ. They will be tried. Their faith and love, patience and constancy, will be proved; but God is their Helper.”—Manuscript 162, 1904. (MM 164.1)

Health Institutions and Schools

“It is well that our training schools for Christian workers should be established near to our health institutions, that the students may be educated in the principles of healthful living. Institutions that send forth workers who are able to give a reason for their faith, and who have a faith which works by love and purifies the soul, are of great value. I have clear instruction that, wherever it is possible, schools should be established near to our sanitariums, that each institution may be a help and strength to the other. He who created man has an interest in those who suffer. He has directed in the establishment of our sanitariums and in the building up of our schools close to our sanitariums, that they may become efficient mediums in training men and women for the work of ministering to suffering humanity.” (9T 178.1)

“I have been instructed that it is not extravagant display which is now to be regarded as one of the best means of giving the last message of mercy to our world. We must go forth in the simplicity of true godliness. Our sanitariums, our schools, our publishing houses, are to be God’s instrumentalities to represent the humble manner of Christ’s teaching. In a marked manner the Lord will be the strength and power and verity of the truth for this time.” (2SAT 283.5)

Qualities of Managers and Usage of Funds

“Our health institutions are of value in the Lord’s estimation only when He is allowed to preside in their management. If His plans and devisings are regarded as inferior to plans of men, He looks upon these institutions as of no more value than the institutions established and conducted by worldlings. God cannot endorse any institution unless it teaches the living principles of His law and brings its own actions into strict conformity to these precepts. Upon those institutions that are not maintained according to His law He pronounces the sentence, ‘Unaccepted; weighed in the balances of the sanctuary and found wanting.’

“The man at the head of any work in God’s cause is to be a man of intelligence, a man capable of managing large interests successfully, a man of even temper, Christlike forbearance, and perfect self-control. He only whose heart is transformed by the grace of Christ can be a proper leader.

“Those who act as managers and overseers in our sanitariums are not to make the world’s policy their criterion; for the sign of God, as defined in Exodus 31:12-17, is to be revealed in all its comprehensive meaning. The proper observance of the Sabbath day by all connected with our sanitariums will exert an untold influence for good. Every medical institution established by Seventh-day Adventists is to bear God’s sign before the world prominently, without disguising the facts in any way. We are to voice the message of the third angel flying in the midst of Heaven with the everlasting gospel to proclaim to the world. We are to bear aloft the banner on which is inscribed, ‘The Commandments of God and the faith of Jesus.’ ” (MM 164.2-164.4)

“You are not to seek that popularity which has led far away from the simplicity of Christ. God is to be your Leader. Those who are Christians will stand in the strength of God. They will show in their

lives the superiority which God gives to obedient subjects, those who are loyal to His commandments. Those who believe the truth will never be ashamed of the gospel of Jesus Christ. The principles of truth are to pervade our medical institutions. And then, as those who have followed the customs and fashions of the world shall in their suffering come to these institutions, they will see a simplicity that will charm their senses. They will feel the unseen presence of heavenly angels.” (Manuscript 172, 1899 / MM 167.1)

“The men in positions of trust should regard the means they handle as God’s revenue, and use it in an economical manner. When there is an abundance in the treasury, they are not to invest it in adding building to building in places already provided with memorials for God. Hundreds of other places are in need of this money, that they, too, may have something established to represent the truth. All parts of the Lord’s vineyard are to be worked.

“The power to use and disburse the Lord’s money is not to be left to the judgment of any one man. An account must be given for every dollar expended. God’s means is to be used at the proper times and in the right places, that it may be a blessing, and also an object lesson of how He works, in accordance with principles of equity, justice, and righteousness. . . .

“No one man is ever to set himself up as a ruler, as a lord over his fellowmen, to act out his natural impulses. No one man’s voice and influence should ever be allowed to become a controlling power. Those who oppress their fellow workers in our institutions, and who refuse to change their manner of treating helpers under their charge, should be removed. As overseers, they should have exerted a superior, refining influence for the right. Their investment with power makes it all the more necessary for them to be models of true Christianity.

“I am instructed by the Lord to say that position never gives a man grace or makes him righteous. ‘The fear of the Lord is the beginning of wisdom.’ Some men entrusted with positions of responsibility entertain the idea that position is for the aggrandizement of self. Let no manager think that all minds must be subjected to his mind, that all wills must be subordinate to his will, and that all methods must be laid aside for his methods. Greater injury cannot be done to any institution than by allowing such a man to remain in his position, after proper test and trial. It is a sin against God to permit unfaithful stewards to remain in positions of trust; for the Lord’s people are liable to be misled by their unfaithfulness.” (MM 165.1-165.4)

“Those who take charge of this work are first to obtain Christlikeness. Daily they are to learn in the school of Christ. Then they will have wisdom to know how to deal with human minds. They will know how to carry on from stage to stage of true knowledge those who come to the institution to prepare themselves for usefulness in God’s service.” (MM 175.3)

“I am very anxious that all those connected with our sanitariums shall be men whose lives are wholly devoted to God, free from all evil works. There are some who seem to have lost all sense of the sacred character of our institutions and the purpose for which they were established. A great dread has been upon my mind as to what the results will be of this lack of spirituality and clear discernment. There is a great need of loyalty to principle. The Lord calls for young men to work in our sanitariums who will not yield to temptation. The lives of the young people connected with our sanitariums should be such as to exert a convicting and converting power upon those who have not received the message for this time. . . .

“Great care should be shown in choosing young people to connect with our sanitariums. Those who have not the love of the truth in the soul should not be chosen. The sick need to have wise words spoken to them. The influence of every worker should make an impression on minds in favor of the religion of Christ Jesus. Light has been given that the young people chosen to connect with our sanitariums should be those who have evidence that they have been apt learners in the school of Christ.” (MM 174.2-174.4)

Chapter 7: The Danger of Miracles

INTRODUCTION

“Those who do not accept the Word of God just as it reads, will be snared in his [Satan’s] trap.” (2SM 52)

Satan will disregard the Word of God, and he will perform miracles. We need to remember the fact that God, only through the written Word, heals the sick. The great controversy began in Heaven over the Word of God, and God’s end-time people should be able to prove that the Word of God is powerful, life-giving, and contains creative power that gives health. Satan’s masterful, deceptive work that attempts to destroy God’s law is manifested today through those who are sick and dying. Disregarding the law of God, Satan will insist that he has healed the sick by performing false miracles. But the apostle Paul wrote, “The coming of the lawless one is according to the working of Satan, with all power, signs, and lying wonders, and with all unrighteous deception among those who perish, because they did not receive the love of the truth, that they might be saved.” (2 Thessalonians 2:9-10)

Satan will deceive many people as the last days are getting closer, and it is predicted that one of his methods will be to use false miracles, and then proclaim that they are healed. Following God’s Word results in the recovery of health, which is a gift from God, and it requires transgressors of God’s Law to practice lifestyle reform, leading them back to the Creator God. Revelation 13 records that in the last days, Satan will set up the image of the beast and will try to make all people worship him. He will try to take for himself the worship that rightly belongs to the Creator God. It has been prophesied that he will set up the image of the beast, and at this time he will perform shocking miracles. In order to take for himself the worship that is to be given to the Creator God, Satan will dare to abolish God’s Law. (See Revelation 13:13-14)

The Lord’s final judgment is pronounced clearly in the following words: “Not everyone who says to Me, ‘Lord, Lord,’ shall enter the kingdom of Heaven, but he who does the will of My Father in Heaven. Many will say to Me in that day, ‘Lord, Lord, have we not prophesied in Your name, cast out demons in Your name, and done many wonders in Your name?’ “And then I will declare to them, ‘I never knew you; depart from Me, you who practice lawlessness!’” (Matthew 7:21-23)

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

“Jesus, looking down to the last generation, saw the world involved in a deception similar to that which caused the destruction of Jerusalem. The great sin of the Jews was their rejection of Christ; the great sin of the Christian world would be their rejection of the law of God, the foundation of His government in heaven and earth.” (GC 22.2)

Miracles Are Satan’s Trickery

“If we accept not the truth in the love of it, we may be among the number who will see the miracles wrought by Satan in these last days, and believe them. Many strange things will appear as wonderful miracles, which should be regarded as deceptions manufactured by the father of lies.”-- Letter 136, 1906. (2SM 53.1)

“God’s Word declares that Satan will work miracles. He will make people sick, and then will suddenly remove from them his satanic power. They will then be regarded as healed. These works of

apparent healing will bring Seventh-day Adventists to the test. Many who have had great light will fail to walk in the light, because they have not become one with Christ.” (2SM 53.3)

“God’s people will not find their safety in working miracles, for Satan would counterfeit any miracle that might be worked. God’s tried and tested people will find their power in the sign spoken of in Exodus 31:12-18. They are to take their stand on the living Word—‘It is written.’ This is the only foundation upon which they can stand securely. Those who have broken their covenant with God will in that day be without hope and without God in the world.” (2SM 54.5)

Ellen G. White Did Not Perform Miracles

“Some declare their unbelief in the work that the Lord has given me to do because, as they say, ‘Mrs. E. G. White works no miracles.’ But those who look for miracles as a sign of divine guidance are in grave danger of deception. It is stated in the Word that the enemy will work through his agents who have departed from the faith, and they will seemingly work miracles, even to the bringing down of fire out of Heaven in the sight of men. By means of ‘lying wonders’ Satan would deceive, if possible, the very elect.

“Multitudes have heard me speak, and have read my writings, but no one has ever heard me claim to work miracles. I have at times been called upon to pray for the sick, and the word of the Lord has been verified. [James 5:14, 15 quoted.] Christ is the great miracle worker. To Him be all the glory.” (2SM 53.4-54.1)

“The way in which Christ worked was to preach the Word, and to relieve suffering by miraculous works of healing. But I am instructed that we cannot now work in this way, for Satan will exercise his power by working miracles. God’s servants today could not work by means of miracles, because spurious works of healing, claiming to be divine, will be wrought.

“For this reason the Lord has marked out a way in which His people are to carry forward a work of physical healing, combined with the teaching of the Word. Sanitariums are to be established, and with these institutions are to be connected workers who will carry forward genuine medical missionary work. Thus a guarding influence is thrown around those who come to the sanitariums for treatment.

“This is the provision the Lord has made whereby gospel medical missionary work is to be done for many souls.—Letter 53, 1904.” (2SM 54.2-54.4)

Chapter 8: True Physicians Are Educators

INTRODUCTION

*“And Jesus went about all Galilee, teaching in their synagogues, preaching the gospel of the kingdom, and healing all kinds of sickness and all kinds of disease among the people.”
(Matthew 4:23)*

*Jesus, the Creator and Master Physician, taught people the principles of health. Patients need to learn that it is the violation of the law of God that brings about sickness. People who do not learn from the Creator do not know how to manage their bodies either; therefore, they need education. Because sickness comes as a result of violating health laws, we must learn from the One who created us and follow His instructions. Solomon said, “Let us hear the conclusion of the whole matter: fear God and keep His commandments, for this is man’s all.”
(Ecclesiastes 12:13)*

The true knowledge that humans need is the knowledge of God. The One who knows our bodies the best is God. This is because He created us. Therefore, when people face difficulties, if they will return to God, they will find a solution.

“The fear of the LORD is the beginning of wisdom, and the knowledge of the Holy One is understanding.” (Proverbs 9:10)

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

The Physician Is an Educator

“The true physician is an educator. He recognizes his responsibility, not only to the sick who are under his direct care, but also to the community in which he lives. He stands as a guardian of both physical and moral health. It is his endeavor not only to teach right methods for the treatment of the sick, but to encourage right habits of living, and to spread a knowledge of right principles.” (MH 125.1)

“A physician who has the moral courage to imperil his reputation in enlightening the understanding by plain facts, in showing the nature of illness and how to prevent it, and the dangerous practice of resorting to drugs, will have an uphill business, but he will live and let live. . . .” (2SM 282.3)

“Let physicians teach the people that restorative power is not in drugs, but in nature. Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.” (MH 127.1)

“Our artificial civilization is encouraging evils destructive of sound principles. Custom and fashion are at war with nature. The practices they enjoin, and the indulgences they foster, are steadily lessening both physical and mental strength, and bringing upon the race an intolerable burden. Intemperance and crime, illness and wretchedness, are everywhere.

“Many transgress the laws of health through ignorance, and they need instruction. But the greater number know better than they do. They need to be impressed with the importance of making their knowledge a guide of life. The physician has many opportunities both of imparting a knowledge of

health principles and of showing the importance of putting them in practice. By right instruction he can do much to correct evils that are working untold harm.” (MH 125.3-126.1)

“Professional men, whatever their calling, need divine wisdom. But the physician is in special need of this wisdom in dealing with all classes of minds and illnesses. He occupies a position even more responsible than that of the minister of the gospel. He is called to be a colaborer with Christ, and he needs stanch religious principles and a firm connection with the God of wisdom. If he takes counsel of God he will have the Great Healer to work with his efforts, and he will move with the greatest caution lest by his mismanagement he injure one of God’s creatures. He will be firm as a rock to principle, yet kind and courteous to all. He will feel the responsibility of his position, and his practice will show that he is actuated by pure, unselfish motives and a desire to adorn the doctrine of Christ in all things. Such a physician will possess a Heaven-born dignity and will be a powerful agent for good in the world. Although he may not be appreciated by those who have no connection with God, yet he will be honored of Heaven. In God’s sight he will be more precious than gold, even the gold of Ophir.” (5T 439.2)

“Those who act as teachers are to be intelligent in regard to illness and its causes, understanding that every action of the human agent should be in perfect harmony with the laws of life. The light God has given on health reform is for our salvation and the salvation of the world. Men and women should be informed in regard to the human habitation, fitted up by our Creator as His dwelling place, and over which He desires us to be faithful stewards.” (WM 130.2)

God’s Work and Our Work

“The Lord does not propose to perform for us either the willing or the doing. His grace is given to work in us to will and to do, but never as a substitute for our effort. Our souls are to be aroused to co-operate.” (YI August 20, 1903 / MYP 147.2)

“To many of the afflicted ones who received healing, Christ said, “Sin no more, lest a worse thing come unto thee.” Thus He taught that disease is the result of violating God’s laws, both natural and spiritual. The great misery in the world would not exist, did men but live in harmony with the Creator’s plan.

“Christ had been the guide and teacher of ancient Israel, and He taught them that health is the reward of obedience to the laws of God. The great Physician who healed the sick in Palestine had spoken to His people from the pillar of cloud, telling them what they must do, and what God would do for them. “If thou wilt diligently hearken to the voice of the Lord thy God,” He said, “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.” Christ gave to Israel definite instruction in regard to their habits of life, and He assured them, “The Lord will take away from thee all sickness.” When they fulfilled the conditions, the promise was verified to them. “There was not one feeble person among their tribes.”

“These lessons are for us. There are conditions to be observed by all who would preserve health. All should learn what these conditions are. The Lord is not pleased with ignorance in regard to His laws, either natural or spiritual. We are to be workers together with God for the restoration of health to the body as well as to the soul.—The Desire of Ages, 824, 1898.” (CD 121.2)

Chapter 9: Dangers of Meat-Eating

INTRODUCTION

*God, who created human beings, did not create man to eat meat as food. “Then God blessed them, and God said to them, ‘Be fruitful and multiply; fill the Earth and subdue it; **have dominion** over the fish of the sea, over the birds of the air, and over every living thing that moves on the Earth.’ ” (Genesis 1:28) God, who created human beings, clearly said that man was to have **dominion** over all fish, birds and moving things. Do people who claim to believe God’s Word think that it says to catch these creatures and eat them?*

The food that people eat provides all the nutrition that is needed for spiritual, mental, and physical activity, and this is not by eating meat, but by eating the vegetables and grains that God supplied according to His plan. We can see this fact in the next verse: “And God said, ‘See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.’ ” (Genesis 1:29)

*The food that we eat either produces disease or functions as medicine. People are becoming sick because they are eating animals, which we are supposed to have **dominion** over, as God instructed. Health is the blessing that we can have only when we obey the Word of God. When people eat meat, they disobey the Word of God, thereby revealing that they do not believe in the Creator God.*

“Among those who are waiting for the coming of the Lord, meat eating will eventually be done away; flesh will cease to form a part of their diet. We should ever keep this end in view, and endeavor to work steadily toward it. I cannot think that in the practice of flesh eating we are in harmony with the light which God has been pleased to give us. All who are connected with our health institutions especially should be educating themselves to subsist on fruits, grains, and vegetables. If we move from principle in these things, if we as Christian reformers educate our own taste, and bring our diet to God’s plan, then we may exert an influence upon others in this matter, which will be pleasing to God.” (CD 380.4)

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

Different Varieties of Meat and Animal Products

“Flesh was never the best food; but its use is now doubly objectionable, since illness in animals is so rapidly increasing.” (CD 384.2)

“The very animals whose flesh you eat, are frequently so diseased that, if left alone, they would die of themselves; but while the breath of life is in them, they are killed and brought to market. You take directly into your system humors and poison of the worst kind, and yet you realize it not.” (CD 385.1)

“The liability to take illness is increased tenfold by meat eating.

“Worldly physicians cannot account for the rapid increase of illness among the human family. But we know that much of this suffering is caused by the eating of dead flesh.” (CD 386.4-386.5)

“The eating of flesh meats has made a poor quality of blood and flesh. Your systems are in a state of inflammation, prepared to take on illness. You are liable to acute attacks of illness, and to sudden death, because you do not possess the strength of constitution to rally and resist illness. There will come a time when the strength and health you have flattered yourself you possessed will prove to be weakness.” (CD 387.1)

“From the light God has given me, the prevalence of cancer and tumors is largely due to gross living on dead flesh. . . .

“Those who use flesh foods little know what they are eating. Often if they could see the animals when living and know the quality of the meat they eat, they would turn from it with loathing. People are continually eating flesh that is filled with tuberculosis and cancerous germs. Tuberculosis, cancer, and other fatal illnesses are thus communicated.” (CD 388.1, 388.4)

“The intellectual, the moral, and the physical powers are depreciated by the habitual use of flesh meats. Meat eating deranges the system, beclouds the intellect, and blunts the moral sensibilities. We say to you, dear brother and sister, your safest course is to let meat alone.

“The effects of a flesh diet may not be immediately realized; but this is no evidence that it is not harmful. Few can be made to believe that it is the meat they have eaten which has poisoned their blood and caused their suffering.” (CD 391.1)

“If we could be benefited by indulging the desire for flesh foods, I would not make this appeal to you; but I know we cannot. Flesh foods are injurious to the physical well-being, and we should learn to do without them. Those who are in a position where it is possible to secure a vegetarian diet, but who choose to follow their own preferences in this matter, eating and drinking as they please, will gradually grow careless of the instruction the Lord has given regarding other phases of the present truth, and will lose their perception of what is truth; they will surely reap as they have sown.” (CD 402.5)

“Its use would cause the blood to become impure, so that scrofula and other humors would corrupt the system, and the whole organism would suffer. Especially would the fine, sensitive nerves of the brain become enfeebled and so beclouded that sacred things would not be discerned, but be placed upon the low level with common things.” (CD 392.1)

“The tissues of the swine swarm with parasites. Of the swine, God said, ‘It is unclean unto you; ye shall not eat of their flesh, nor touch their dead carcass.’ This command was given because swine’s flesh is unfit for food. Swine are scavengers, and this is the only use they were intended to serve. Never, under any circumstances, was their flesh to be eaten by human beings.” (CD 392.2)

“Pork, although one of the most common articles of diet, is one of the most injurious. God did not prohibit the Hebrews from eating swine’s flesh merely to show His authority, but because it was not a proper article of food for man. It would fill the system with scrofula, and especially in that warm climate produced leprosy, and illness of various kinds. Its influence upon the system in that climate was far more injurious than in a colder climate. But God never designed the swine to be eaten under any circumstances. . . .

“The eating of pork has produced scrofula, leprosy, and cancerous humors. Pork eating is still causing the most intense suffering to the human race.” (CD 392.3, 393.2)

“Tell them that the time will soon come when there will be no safety in using eggs, milk, cream, or butter, because illness in animals is increasing in proportion to the increase of wickedness among men. The time is near when, because of the iniquity of the fallen race, the whole animal creation will groan under the illnesses that curse our Earth. God will give His people ability and tact to prepare wholesome food without these things. Let our people discard all unwholesome recipes.” (CD 366.1)

“In many places fish become so contaminated by the filth on which they feed as to be a cause of illness. This is especially the case where the fish come in contact with the sewage of large cities. The fish that are fed on the contents of the drains may pass into distant waters, and may be caught where

the water is pure and fresh. Thus when used as food they bring illness and death on those who do not suspect the danger.” (CD 394.1)

Why People Feel Weak After Discontinuing Flesh Foods

“When the use of flesh food is discontinued, there is often a sense of weakness, a lack of vigor. Many urge this as evidence that flesh food is essential; but it is because foods of this class are stimulating, because they fever the blood and excite the nerves, that they are so missed. Some will find it as difficult to leave off flesh eating as it is for the drunkard to give up his dram; but they will be the better for the change.” (CD 396.4)

“After one discontinues the use of meat, he may for a time feel a weakness, but when his system is cleansed from the effect of this diet, he no longer feels the weakness, and will cease to wish for that which he has pleaded for as essential to his strength.” (CD 397.3)

Chapter 10: Necessity of Fasting

INTRODUCTION

The recovery of mind and body takes place through rest. True fasting is completely giving up our reason, emotions, and will to God. This means giving up self totally, and obeying the Word of God fully.

When God created this world, He created human beings last, and He gave them the Sabbath to keep perpetually. This Sabbath signifies that we are obeying God's Word completely, surrendering ourselves completely. In other words, we are resting from our own works and entrusting ourselves to the work of God. Herein is true restoration. God, who created man, is the only One who can restore the sin-sick soul to the original state of perfect health. Even now, He is inviting us: "Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light." (Matthew 11:28-30)

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

"Our Saviour's words, 'Come unto Me, . . . and I will give you rest' (Matthew 11:28), are a prescription for the healing of physical, mental, and spiritual ills. Though men have brought suffering upon themselves by their own wrongdoing, He regards them with pity. In Him they may find help. He will do great things for those who trust in Him." (MH 115.4)

"Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke? Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh? Then your light shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the LORD shall be your rear guard." (Isaiah 58:6-8)

True Fasting for Spiritual Revival

"The spirit of true fasting and prayer is the spirit which yields mind, heart, and will to God." (CD 189.2)

"The true fasting which should be recommended to all, is abstinence from every stimulating kind of food, and the proper use of wholesome, simple food, which God has provided in abundance. Men need to think less about what they shall eat and drink of temporal food, and much more in regard to the food from Heaven, that will give tone and vitality to the whole religious experience." (CD 188.3)

"Difficult points of present truth have been reached by the earnest efforts of a few who were devoted to the work. Fasting and fervent prayer to God have moved the Lord to unlock His treasures of truth to their understanding. . . .

"For certain things, fasting and prayer are recommended and appropriate. In the hand of God they are a means of cleansing the heart and promoting a receptive frame of mind. We obtain answers to our prayers because we humble our souls before God." (CD 187.4, 187.6)

"Whenever it is necessary for the advancement of the cause of truth and the glory of God, that an opponent be met, how carefully, and with what humility, should they [The Advocates of Truth] go into the conflict. With heart searching, confession of sin, and earnest prayer, and often fasting for a

time, they should entreat that God would especially help them, and give His saving, precious truth a glorious victory, that error might appear in its true deformity, and its advocates be completely discomfited.” (CD 188.2)

“Now and onward till the close of time the people of God should be more earnest, more wide-awake, not trusting in their own wisdom, but in the wisdom of their Leader. They should set aside days for fasting and prayer. Entire abstinence from food may not be required, but they should eat sparingly of the most simple food.” (RH Feb. 11, 1904 / CD 188.4)

“All the fasting in the world will not take the place of simple trust in the word of God, ‘Ask,’ He says, ‘and ye shall receive’ . . . You are not called upon to fast forty days. The Lord bore that fast for you in the wilderness of temptation. There would be no virtue in such a fast; but there is virtue in the blood of Christ.” (Letter 206, 1908 / CD 189.1)

Fasting for Recovery of Health

“Intemperate eating is often the cause of sickness, and what nature most needs is to be relieved of the undue burden that has been placed upon her. In many cases of sickness, the very best remedy is for the patient to fast for a meal or two, that the overworked organs of digestion may have an opportunity to rest. A fruit diet for a few days has often brought great relief to brain workers. Many times a short period of entire abstinence from food, followed by simple, moderate eating, has led to recovery through nature’s own recuperative effort. An abstemious diet for a month or two would convince many sufferers that the path of self-denial is the path to health.

“There are some who would be benefited more by abstinence from food for a day or two every week than by any amount of treatment or medical advice. To fast one day a week would be of incalculable benefit to them.” (CD 189.3-189.4)

“Indulging in eating too frequently, and in too large quantities, overtaxes the digestive organs, and produces a feverish state of the system. The blood becomes impure, and then illnesses of various kinds occur. . . .

“The sufferers in such cases can do for themselves that which others cannot do as well for them. They should commence to relieve nature of the load they have forced upon her. They should remove the cause. Fast a short time, and give the stomach a chance for rest. Reduce the feverish state of the system by a careful and understanding application of water. These efforts will help nature in her struggles to free the system of impurities.” (CD 189.5-190.1)

“In cases of severe fever, abstinence from food for a short time will lessen the fever and make the use of water more effectual . . . but as soon as the strength of the fever is broken, nourishment should be given in a careful, judicious manner. . . . If there is a great desire expressed for food, even during the fever to gratify that desire with a moderate amount of simple food would be less injurious than for the patient to be denied.” (2T 384.2)

Fasting for Food Reform

“Persons who have indulged their appetite to eat freely of meat, highly seasoned gravies, and various kinds of rich cakes and preserves, cannot immediately relish a plain, wholesome, and nutritious diet. Their taste is so perverted that they have no appetite for a wholesome diet of fruits, plain bread, and vegetables. They need not expect to relish at first food so different from that which they have been indulging themselves to eat. If they cannot at first enjoy plain food, they should fast until they can. That fast will prove to them of greater benefit than medicine, for the abused stomach will find that rest which it has long needed, and real hunger can be satisfied with a plain diet. It will

take time for the taste to recover from the abuses which it has received, and to gain its natural tone. But perseverance in a self-denying course of eating and drinking will soon make plain, wholesome food palatable, and it will soon be eaten with greater satisfaction than the epicure enjoys over his rich dainties.” (CD 190.2)

“In many cases, the cause of this faintness is because the digestive organs have been already too severely taxed through the day in disposing of unwholesome food forced upon the stomach too frequently, and in too great quantities. The digestive organs thus taxed become weary, and need a period of entire rest from labor to recover their exhausted energies.” (CD 174.1)

Chapter 11: Satan's Amalgamation (Harmfulness of Drug Medication)

INTRODUCTION

God said, "Of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die." (Genesis 2:17) When God created humans in His own image, there was not found in them even the smallest amount of evil (sin). As sin entered the world, evil became mixed together with good, and thus, a fierce battle ensued for the mastery over human beings. This is a fact that we are well aware of today, through experience. Evil is the enemy that destroys the order of life originally ordained for the development of God's character in people. When attacked by sin, we suffer sickness, misery, pain, and death. But, God does not want us to suffer from these pains and die.

The world that God created was supposed to be filled with only peace. But, it is sin that destroys peace. God, who knew this from the beginning, wanted to protect man from experiencing evil, so He warned Adam: "In the day that you eat of it you shall surely die." But man was attracted by Satan's deception, and as a result he received the seed of death. Thus Satan brought in the amalgamation (mixing) of good and evil. Satan is using the method of amalgamation in his attacks against all living things in order to destroy the order of life. Even today, we inherit this law of amalgamation; the same law of death within our bodies controls us. But God was not unprepared, without a solution, for this incident. "The Lamb slain from the foundation of the world," Christ, decided from the beginning to become the sacrifice. This was God's solution. This was the plan of salvation for human beings who had no choice but to die. And to accomplish this work, Jesus came to this Earth. To take away the sins of His people, He Himself became the sacrifice (sin). In the end, through the last work of atonement for sin in the Most Holy Place of Heaven, all the sins of repentant sinners (even their secret sins) are completely blotted out. Consequently, God will help them have the sinless character traits of the eternal heavenly family. Today, many sinners suffer in the great battle between good and evil – how thankful they should be for this amazing love, the only hope for mankind for this sin problem.

Satan resides in the world in which we live. God is the creator and restorer of all living creatures, but Satan is scattering the seeds of death in all living things. These seeds of death are seen in the mixing of good and evil, truth and error, and the true gospel and the false gospel. Genes, containing the source of life, have been modified. Men guided by Satan have produced GMO seeds and have planted the seeds of death in the foods that people eat. Satan is using amalgamation to destroy the whole world that God has created.

The true gospel and the false gospel are not entirely different. Because they are very similar, without sharp spiritual insight, it is very difficult to differentiate. Today, the church is covered in the rubbish of error. So much so, it is extremely difficult to discern truth. In Revelation 14, the second angel cries loudly to come out of Babylon. This "Babylon" refers to the condition of confusion that comes when truth and error are mixed. The prophet Amos, who foresaw this condition, said, "They shall wander from sea to sea, and from north to east; they shall run to and fro, seeking the word of the LORD, but shall not find it." (Amos 8:12)

In order to heal sick, perishing souls, Jesus gave us natural remedies found in nature. Through nature we receive fresh air, sunlight, clean water, good food that is beneficial to the body, etc. These natural remedies work to heal the organs inside our bodies that have been distorted and destroyed. These are the best healing remedies, with no side effects. But Satan is encouraging human beings (whom the Lord wants to redeem) to use strong drug medications that will destroy their immune system (their natural healing power), and in the end, he is

causing them to die. This fact about Satan's methods is an important truth that we must know. We, also, need to realize that remaining willfully ignorant is a sin.

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

The Seed of Death Planted by Satan

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

“Then shall physicians continue to resort to drugs, which leave a deadly evil in the system, destroying that life which Christ came to restore? Christ's remedies cleanse the system. But Satan has tempted man to introduce into the system that which weakens the human machinery, clogging and destroying the fine, beautiful arrangements of God. The drugs administered to the sick do not restore, but destroy. Drugs never cure. Instead, they place in the system seeds which bear a very bitter harvest. . . .

“Our Saviour is the restorer of the moral image of God in man. He has supplied in the natural world remedies for the ills of man, that His followers may have life and that they may have it more abundantly. We can with safety discard the concoctions which man has used in the past.

“The Lord has provided antidotes for illnesses in simple plants, and these can be used by faith, with no denial of faith; for by using the blessings provided by God for our benefit we are cooperating with Him.” (2SM 288.2-289.2)

“A practice that is laying the foundation of a vast amount of illness and of even more serious evils is the free use of poisonous drugs. When attacked by illness, many will not take the trouble to search out the cause of their illness. Their chief anxiety is to rid themselves of pain and inconvenience. So they resort to patent nostrums, of whose real properties they know little, or they apply to a physician for some remedy to counteract the result of their misdoing, but with no thought of making a change in their unhealthful habits. If immediate benefit is not realized, another medicine is tried, and then another. Thus the evil continues.

“People need to be taught that drugs do not cure illness. It is true that they sometimes afford present relief, and the patient appears to recover as the result of their use; this is because nature has sufficient vital force to expel the poison and to correct the conditions that caused the illness. Health is recovered in spite of the drug. But in most cases the drug only changes the form and location of the illness. Often the effect of the poison seems to be overcome for a time, but the results remain in the system and work great harm at some later period.

“By the use of poisonous drugs, many bring upon themselves lifelong illness, and many lives are lost that might be saved by the use of natural methods of healing. The poisons contained in many so-called remedies create habits and appetites that mean ruin to both soul and body. Many of the popular nostrums called patent medicines, and even some of the drugs dispensed by physicians, act a part in laying the foundation of the liquor habit, the opium habit, the morphine habit, that are so terrible a curse to society.” (MH 126.2-127.4)

“Nature's simple remedies will aid in recovery without leaving the deadly aftereffects so often felt by those who use poisonous drugs. They destroy the power of the patient to help himself. This power the patients are to be taught to exercise by learning to eat simple, healthful foods, by refusing to

overload the stomach with a variety of foods at one meal. All these things should come into the education of the sick. Talks should be given showing how to preserve health, how to shun sickness, how to rest when rest is needed.” (2SM 281.3)

“Thousands who are afflicted might recover their health if, instead of depending upon the drugstore for their life, they would discard all drugs, and live simply, without using tea, coffee, liquor, or spices, which irritate the stomach and leave it weak, unable to digest even simple food without stimulation. The Lord is willing to let His light shine forth in clear, distinct rays to all who are weak and feeble.” (2SM 291.3)

“Drug medication, as it is generally practiced, is a curse.
“Do not administer drugs. True, drugs may not be as dangerous wisely administered as they usually are, but in the hands of many they will be hurtful to the Lord’s property.—Letter 3, 1884 (To workers at St. Helena Sanitarium).
“Discarding Almost Entirely. —Our institutions are established that the sick may be treated by hygienic methods, discarding almost entirely the use of drugs. . . .There is a terrible account to be rendered to God by men who have so little regard for human life as to treat the body so ruthlessly in dealing out their drugs. . . .We are not excusable if through ignorance we destroy God’s building by taking into our stomachs poisonous drugs under a variety of names we do not understand. It is our duty to refuse all such prescriptions.” (2SM 283.2-283.4)

Chapter 12: Clean and Cheerful Home Management

INTRODUCTION

Those who have the most beautiful, attractive gospel will reveal that beauty in their lives. Even in managing their home, they will create an orderly, neat, clean, and hygienic environment. When faith harmonizes beautifully with the life, people will not only have good health, but they will introduce the beautiful God they believe in to unbelievers.

“Let all things be done decently and in order.” (1 Corinthians 14:40)

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

Home Management

“Cleanliness, neatness, and order are indispensable to the proper management of the household. But when the mother makes these the all-important duties of her life, and devotes herself to them, to the neglect of the physical development and the mental and moral training of her children, she makes a sad mistake.” (ST Aug. 5, 1875 / AH 21.3)

“Believers should be taught that even though they may be poor, they need not be unclean or untidy in their persons or in their homes. Help must be given in this line to those who seem to have no sense of the meaning and importance of cleanliness. They are to be taught that those who are to represent the high and holy God must keep their souls pure and clean, and that this purity must extend to their dress and to everything in the home, so that the ministering angels will have evidence that the truth has wrought a change in the life, purifying the soul and refining the tastes. Those who, after receiving the truth, make no change in word or deportment, in dress or surroundings, are living to themselves, not to Christ. They have not been created anew in Christ Jesus, unto purification and holiness. . . .

“While we are to guard against needless adornment and display, we are in no case to be careless and indifferent in regard to outward appearance. All about our persons and our homes is to be neat and attractive. The youth are to be taught the importance of presenting an appearance above criticism,

Hygiene Management

“A neglect of cleanliness will induce illness. Sickness does not come without a cause. Violent epidemics of fevers have occurred in villages and cities that were considered perfectly healthful, and these have resulted in death or broken constitutions. In many instances the premises of the very ones who fell victims to these epidemics contained the agents of destruction which sent forth deadly poison into the atmosphere, to be inhaled by the family and the neighborhood. It is astonishing to witness the prevailing ignorance relative to the effects which slackness and recklessness produce upon health.” (AH 22.2)

“The knowledge that man is to be a temple for God, a habitation for the revealing of His glory, should be the highest incentive to the care and development of our physical powers. Fearfully and wonderfully has the Creator wrought in the human frame, and He bids us make it our study, understand its needs, and act our part in preserving it from harm and defilement.

“Ventilation and Sunlight: In the construction of buildings, whether for public purposes or as dwellings, care should be taken to provide for good ventilation and plenty of sunlight. Churches and schoolrooms are often faulty in this respect. Neglect of proper ventilation is responsible for much of

the drowsiness and dullness that destroy the effect of many a sermon and make the teacher's work toilsome and ineffective.

"So far as possible, all buildings intended for human habitation should be placed on high, well-drained ground. This will ensure a dry site and prevent the danger of illness from dampness and miasma. This matter is often too lightly regarded. Continuous ill-health, serious illnesses, and many deaths result from the dampness and malaria of low-lying, ill-drained situations.

"In the building of houses it is especially important to secure thorough ventilation and plenty of sunlight. Let there be a current of air and an abundance of light in every room in the house. Sleeping rooms should be so arranged as to have a free circulation of air day and night. No room is fit to be occupied as a sleeping room unless it can be thrown open daily to the air and sunshine. In most countries bedrooms need to be supplied with conveniences for heating, that they may be thoroughly warmed and dried in cold or wet weather.

"The guest chamber should have equal care with the rooms intended for constant use. Like the other bedrooms, it should have air and sunshine, and should be provided with some means of heating, to dry out the dampness that always accumulates in a room not in constant use. Whoever sleeps in a sunless room, or occupies a bed that has not been thoroughly dried and aired, does so at the risk of health, and often of life.

"In building, many make careful provision for their plants and flowers. The greenhouse or window devoted to their use is warm and sunny; for without warmth, air, and sunshine, plants would not live and flourish. If these conditions are necessary to the life of plants, how much more necessary are they for our own health and that of our families and guests!

"If we would have our homes the abiding place of health and happiness we must place them above the miasma and fog of the lowlands, and give free entrance to Heaven's life-giving agencies. Dispense with heavy curtains, open the windows and the blinds, allow no vines, however beautiful, to shade the windows, and permit no trees to stand so near the house as to shut out the sunshine. The sunlight may fade the drapery and the carpets, and tarnish the picture frames; but it will bring a healthy glow to the cheeks of the children.

"Those who have the aged to provide for should remember that these especially need warm, comfortable rooms. Vigor declines as years advance, leaving less vitality with which to resist unhealthful influences; hence the greater necessity for the aged to have plenty of sunlight, and fresh, pure air.

"Scrupulous cleanliness is essential to both physical and mental health. Impurities are constantly thrown off from the body through the skin. Its millions of pores are quickly clogged unless kept clean by frequent bathing, and the impurities which should pass off through the skin become an additional burden to the other eliminating organs.

"Most persons would receive benefit from a cool or tepid bath every day, morning or evening. Instead of increasing the liability to take cold, a bath, properly taken, fortifies against cold, because it improves the circulation; the blood is brought to the surface, and a more easy and regular flow is obtained. The mind and the body are alike invigorated. The muscles become more flexible, the intellect is made brighter. The bath is a soother of the nerves. Bathing helps the bowels, the stomach, and the liver, giving health and energy to each, and it promotes digestion.

"It is important also that the clothing be kept clean. The garments worn absorb the waste matter that passes off through the pores; if they are not frequently changed and washed, the impurities will be reabsorbed.

"Every form of uncleanness tends to illness. Death-producing germs abound in dark, neglected corners, in decaying refuse, in dampness and mold and must. No waste vegetables or heaps of fallen leaves should be allowed to remain near the house to decay and poison the air. Nothing unclean or decaying should be tolerated within the home. In towns or cities regarded perfectly healthful, many

an epidemic of fever has been traced to decaying matter about the dwelling of some careless householder.

“Perfect cleanliness, plenty of sunlight, careful attention to sanitation in every detail of the home life, are essential to freedom from illness and to the cheerfulness and vigor of the inmates of the home.” (MH 271.1, 274.2-276.5)

Chapter 13: Health Reform

INTRODUCTION

“Our habits of eating and drinking show whether we are of the world or among the number whom the Lord by His mighty cleaver of truth has separated from the world.” (CD 379)

Those who truly accept Jesus Christ will certainly experience reform in their lives. And in everything they do, God’s people will be different from the people of the world. Health reform means a return to the Word of God. True reform begins in the heart, and our thoughts, also, will change. These kind of changes are only possible in this world for people who have been born again, those who have become new creatures through faith in Jesus Christ.

Any reform that has not started from this foundation will soon dry up and wither like a tree without roots. God said, “Let the wicked forsake his way, and the unrighteous man his thoughts; let him return to the LORD, And He will have mercy on him; and to our God, for He will abundantly pardon. For My thoughts are not your thoughts, nor are your ways My ways,’ says the LORD. For as the Heavens are higher than the Earth, So are My ways higher than your ways, And My thoughts than your thoughts.” (Isaiah 55:7-9)

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

The Need for Health Reform

“Our habits of eating and drinking show whether we are of the world or among the number whom the Lord by His mighty cleaver of truth has separated from the world.” (CD 279.2)

“Since the mind and the soul find expression through the body, both mental and spiritual vigor are in great degree dependent upon physical strength and activity; whatever promotes physical health, promotes the development of a strong mind and a well-balanced character. Without health no one can as distinctly understand or as completely fulfill his obligations to himself, to his fellow beings, or to his Creator. Therefore the health should be as faithfully guarded as the character. A knowledge of physiology and hygiene should be the basis of all educational effort.” (Ed 195.1)

“The brain and nerves are in sympathy with the stomach. Erroneous eating and drinking result in erroneous thinking and acting.” (CD 404.3)

“The affliction of the stomach affects the brain. The imprudent eater does not realize that he is disqualifying himself for giving wise counsel, disqualifying himself for laying plans for the best advancement of the work of God. But this is so. He cannot discern spiritual things, and in council meetings, when he should say Yea and Amen, he says Nay. He makes propositions that are wide of the mark. The food he has eaten has benumbed his brain power.” (CD 53.2)

“Many eat too rapidly. Others eat at one meal food which does not agree. If men and women would only remember how greatly they afflict the soul when they afflict the stomach, and how deeply Christ is dishonored when the stomach is abused, they would be brave and self-denying, giving the stomach opportunity to recover its healthy action. While sitting at the table we may do medical missionary work by eating and drinking to the glory of God.” (Manuscript 93, 1901 / CD 111.3)

“More die by eating decayed fruit and decayed vegetables which ferment in the stomach and result in blood poisoning, than we have any idea of.” (CD 309.6)

“In the ten commandments God has laid down the laws of His kingdom. Any violation of the laws of nature is a violation of the law of God.

“The Lord has given His holy commandments to be a wall of protection around His created beings, and those who will keep themselves from the defilement of appetite and passion may become partakers of the divine nature. Their perceptions will be clear. They will know how to preserve every faculty in health, so that it may be presented to God in service. The Lord can use them: for they understand the words of the great apostle, ‘I beseech you, therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.’ (MS 153, 1899)” (1BC 1105.3-1105.4)

“Greater reforms should be seen among the people who claim to be looking for the soon appearing of Christ. Health reform is to do among our people a work which it has not yet done. There are those who ought to be awake to the danger of meat eating who are still eating the flesh of animals, thus endangering the physical, mental, and spiritual health. Many who are now only half converted on the question of meat eating will go from God’s people, to walk no more with them.—RH May 27, 1902.” (LDE 82.1)

“Much of the prejudice that prevents the truth of the third angel’s message from reaching the hearts of the people, might be removed if more attention were given to health reform. . . .

“This branch of the Lord’s work has not received due attention, and through this neglect much has been lost.” (CD 76.5-76.6)

“Health reformers, above all others, should be careful to shun extremes. The body must have sufficient nourishment. We cannot subsist upon air merely; neither can we retain health unless we have nourishing food. Food should be prepared in good order so that it is palatable. Mothers should be practical physiologists, that they may teach their children to know themselves and to possess moral courage to carry out correct principles in defiance of the health-and-life-destroying fashions. To needlessly transgress the laws of our being is a violation of the law of God.” (2T 537.3)

“Men and women cannot violate natural law by indulging depraved appetite and lustful passions, and not violate the law of God. Therefore He has permitted the light of health reform to shine upon us, that we may see our sin in violating the laws which He has established in our being. All our enjoyment or suffering may be traced to obedience or transgression of natural law. Our gracious heavenly Father sees the deplorable condition of men, who, some knowingly but many ignorantly, are living in violation of the laws that He has established. And in love and pity to the race, He causes the light to shine upon health reform. He publishes His law, and the penalty that will follow the transgression of it, that all may learn, and be careful to live in harmony with natural law. He proclaims His law so distinctly, and makes it so prominent, that it is like a city set on a hill. All accountable beings can understand it if they will. Idiots will not be responsible. To make plain natural law, and urge the obedience of it, is the work that accompanies the third angel’s message, to prepare a people for the coming of the Lord.” (CD 69.2)

“The education of the Israelites included all their habits of life. Everything that concerned their well-being was the subject of divine solicitude, and came within the province of divine law. Even in providing their food, God sought their highest good. The manna with which He fed them in the wilderness was of a nature to promote physical, mental, and moral strength. Though so many of them rebelled against the restriction of their diet, and longed to return to the days when, they said, ‘We sat by the fleshpots, and when we did eat bread to the full’ (Exodus 16:3), yet the wisdom of God’s choice for them was vindicated in a manner they could not gainsay. Notwithstanding the hardships of their wilderness life, there was not a feeble one in all their tribes.” (Ed 38.2)

Proper Eating-Habits

“The stomach must have careful attention. It must not be kept in continual operation. Give this misused and much-abused organ some peace and quiet and rest. After the stomach has done its work for one meal, do not crowd more work upon it before it has had a chance to rest and before a sufficient supply of gastric juice is provided by nature to care for more food. Five hours at least should elapse between each meal, and always bear in mind that if you would give it a trial, you would find that two meals are better than three.” (CD 173.1)

“In many cases the faintness that leads to a desire for food is felt because the digestive organs have been too severely taxed during the day. After disposing of one meal, the digestive organs need rest. At least five or six hours should intervene between the meals; and most persons who give the plan a trial, will find that two meals a day are better than three.” (CD 173.4)

“Most people enjoy better health while eating two meals a day than three; others, under their existing circumstances, may require something to eat at supper-time; but this meal should be very light. Let no one think himself a criterion for all, -that every one must do exactly as he does.

“Never cheat the stomach out of that which health demands, and never abuse it by placing upon it a load which it should not bear. Cultivate self-control. Restrain appetite; keep it under the control of reason.” (CTBH 58.2-3)

“The true fasting which should be recommended to all, is abstinence from every stimulating kind of food, and the proper use of wholesome, simple food, which God has provided in abundance.” (CD 188.3)

“It [food] is a matter of the highest importance. No one should adopt an impoverished diet. Many are debilitated from disease and need nourishing, well-cooked food. Health reformers, above all others, should be careful to avoid extremes. The body must have sufficient nourishment.” (CH 118.1)

“Those who are advocating a reform in diet should, by the provision they make for their own table, present the advantages of hygiene in the best light. They should so exemplify its principles as to commend it to the judgment of candid minds.

The free use of sugar in any form tends to clog the system, and is not unfrequently a cause of disease. I have seen several cases of disease most difficult to cure, which were due to impoverished diet...Day after day, meal after meal, the same articles of food were prepared without variation, until dyspepsia and general debility resulted.” (CTBH 55.2; 56.4; 57.2)

“The stomach must have its regular periods for labor and rest; hence eating irregularly and between meals, is a most pernicious violation of the laws of health. With regular habits, and proper food, the stomach will gradually recover.” (CD 175.2)

“Many have been brought to their death by eating heavy, sour bread. An instance was related to me of a hired girl who made a batch of sour, heavy bread. In order to get rid of it and conceal the matter, she threw it to a couple of very large hogs. Next morning the man of the house found his swine dead, and, upon examining the trough, found pieces of this heavy bread. He made inquiries, and the girl acknowledged what she had done. She had not a thought of the effect of such bread upon the swine. If heavy, sour bread will kill swine, which can devour rattlesnakes and almost every detestable thing, what effect will it have upon that tender organ, the human stomach?” (1T 683.2)

“And God said, ‘See, I have given you every herb that yields seed which is on the face of all the Earth, and every tree whose fruit yields seed; to you it shall be for food.’ ” (Genesis 1:29)

“When you sit down to eat with a ruler, consider carefully what is before you; and put a knife to your throat if you are a man given to appetite. Do not desire his delicacies, for they are deceptive food.” (Proverbs 23:1-3)

“Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.” (1 Thessalonians 5:23)

“But Daniel purposed in his heart that he would not defile himself with the portion of the king’s delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself. . . . Please test your servants for ten days, and let them give us vegetables to eat and water to drink. . . . And at the end of ten days their features appeared better and fatter in flesh than all the young men who ate the portion of the king’s delicacies.” (Daniel 1:8, 12, 15)

“And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown.” (1 Corinthians 9:25)

“Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.” (1 Corinthians 10:31)

Chapter 14: Educational Reform

INTRODUCTION

Right from birth, people learn as they live. By learning, seeing, and listening, a person's character and life will be formed. The result of this character and life will be either eternal life or death. Therefore, what we are learning and whom we are learning from is crucially important. Where can we get true knowledge that we as humans need? Naturally, it should come from the Maker of man!

In the Bible it says, "The fear of the LORD is the beginning of wisdom, and the knowledge of the Holy One is understanding." (Proverbs 9:10) Since our choices in this life result in either eternal life or death, shouldn't we study about the things of eternal life? The Bible says, "This is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent." (John 17:3) Knowing God—knowing God's character—is the source and purpose of true education.

Though time and circumstances change, the principles of education should not change. But there is a great difference between the principles of education that God originally intended and the actual education that is practiced today. This difference leads to life or death. If so, then, which education should we receive? From what school and from whom should our children learn? These are serious, applicable questions, don't you think? In this age, educational reform according to the original purpose of education is truly an urgent matter. Shouldn't we pray about this important topic?

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

True Education and Its Purpose

"Our ideas of education take too narrow and too low a range. There is need of a broader scope, a higher aim. True education means more than the pursuit of a certain course of study. It means more than a preparation for the life that now is. It has to do with the whole being, and with the whole period of existence possible to man. It is the harmonious development of the physical, the mental, and the spiritual powers." (Ed 13.1)

"In these days much is said concerning the nature and importance of 'higher education.' The true 'higher education' is that imparted by Him with whom 'is wisdom and strength' (Job 12:13), out of whose mouth 'cometh knowledge and understanding.' Proverbs 2:6.

"In a knowledge of God all true knowledge and real development have their source. Wherever we turn, in the physical, the mental, or the spiritual realm; in whatever we behold, apart from the blight of sin, this knowledge is revealed. . . . The mind of man is brought into communion with the mind of God, the finite with the Infinite. The effect of such communion on body and mind and soul is beyond estimate.

"In this communion is found the highest education. It is God's own method of development. (Ed 14.1-14.3)

"In order to understand what is comprehended in the work of education, we need to consider both the nature of man and the purpose of God in creating him. We need to consider also the change in man's condition through the coming in of a knowledge of evil, and God's plan for still fulfilling His glorious purpose in the education of the human race." (Ed 14.4)

“The true teacher will try by precept and example to win souls to Christ. He must receive the truth in the love of it and let it cleanse his heart and mold his life. Every teacher should be under the full control of the Holy Spirit. Then Christ can speak to the heart, and His voice is the voice of love. And the love of God, received into the heart, is an active power for good, quickening and enlarging the mind and soul. With his own heart warm with divine love, the teacher will lift up the Man of Calvary, not to give the students a casual glimpse, but to fasten their attention until Jesus shall seem to them the ‘chiefest among ten thousand,’ and the One ‘altogether lovely.’ ” (CT 67.2)

“When Adam came from the Creator’s hand, he bore, in his physical, mental, and spiritual nature, a likeness to his Maker. ‘God created man in His own image’ (Genesis 1:27), and it was His purpose that the longer man lived the more fully he should reveal this image—the more fully reflect the glory of the Creator. All his faculties were capable of development; their capacity and vigor were continually to increase. . . . More and more fully would he have fulfilled the object of his creation, more and more fully have reflected the Creator’s glory. . . .

“But by disobedience this was forfeited. Through sin the divine likeness was marred, and well-nigh obliterated. Man’s physical powers were weakened, his mental capacity was lessened, his spiritual vision dimmed. He had become subject to death. Yet the race was not left without hope. By infinite love and mercy the plan of salvation had been devised, and a life of probation was granted. To restore in man the image of his Maker, to bring him back to the perfection in which he was created, to promote the development of body, mind, and soul, that the divine purpose in his creation might be realized—this was to be the work of redemption. This is the object of education, the great object of life. (Ed 15.1-2)

“Love, the basis of creation and of redemption, is the basis of true education. This is made plain in the law that God has given as the guide of life. The first and great commandment is, ‘Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind.’ Luke 10:27. To love Him, the infinite, the omniscient One, with the whole strength, and mind, and heart, means the highest development of every power. It means that in the whole being—the body, the mind, as well as the soul—the image of God is to be restored.

“Like the first is the second commandment—‘Thou shalt love thy neighbor as thyself.’ Matthew 22:39. The law of love calls for the devotion of body, mind, and soul to the service of God and our fellow men. And this service, while making us a blessing to others, brings the greatest blessing to ourselves. Unselfishness underlies all true development. Through unselfish service we receive the highest culture of every faculty. More and more fully do we become partakers of the divine nature. We are fitted for Heaven, for we receive Heaven into our hearts. . . . (Ed 16.1-2)

“The Holy Scriptures are the perfect standard of truth, and as such should be given the highest place in education. To obtain an education worthy of the name, we must receive a knowledge of God, the Creator, and of Christ, the Redeemer, as they are revealed in the sacred word.

“Every human being, created in the image of God, is endowed with a power akin to that of the Creator— individuality, power to think and to do. The men in whom this power is developed are the men who bear responsibilities, who are leaders in enterprise, and who influence character. It is the work of true education to develop this power. . . .” (Ed 17.1-2)

The Eden School

“The system of education instituted at the beginning of the world was to be a model for man throughout all aftertime. As an illustration of its principles a model school was established in Eden, the home of our first parents. The Garden of Eden was the schoolroom, nature was the lesson book, the Creator Himself was the instructor, and the parents of the human family were the students.

“Created to be ‘the image and glory of God’ (1 Corinthians 11:7), Adam and Eve had received endowments not unworthy of their high destiny. Graceful and symmetrical in form, regular and beautiful in feature, their countenances glowing with the tint of health and the light of joy and hope, they bore in outward resemblance the likeness of their Maker. Nor was this likeness manifest in the physical nature only. Every faculty of mind and soul reflected the Creator’s glory. Endowed with high mental and spiritual gifts, Adam and Eve were made but ‘little lower than the angels’ (Hebrews 2:7), that they might not only discern the wonders of the visible universe, but comprehend moral responsibilities and obligations.” (Ed 20.1-20.2)

“The book of nature, which spread its living lessons before them, afforded an exhaustless source of instruction and delight. On every leaf of the forest and stone of the mountains, in every shining star, in Earth and sea and sky, God’s name was written. With both the animate and the inanimate creation—with leaf and flower and tree, and with every living creature, from the leviathan of the waters to the mote in the sunbeam—the dwellers in Eden held converse, gathering from each the secrets of its life. God’s glory in the Heavens, the innumerable worlds in their orderly revolutions, ‘the balancings of the clouds’ (Job 37:16), the mysteries of light and sound, of day and night—all were objects of study by the pupils of Earth’s first school.” (Ed 21.3)

“The Garden of Eden was a representation of what God desired the whole Earth to become, and it was His purpose that, as the human family increased in numbers, they should establish other homes and schools like the one He had given. Thus in course of time the whole Earth might be occupied with homes and schools where the words and the works of God should be studied, and where the students should thus be fitted more and more fully to reflect, throughout endless ages, the light of the knowledge of His glory.” (Ed 22.2)

“The system of education established in Eden centered in the family. Adam was ‘the son of God’ (Luke 3:38), and it was from their Father that the children of the Highest received instruction. Theirs, in the truest sense, was a family school.

“In the divine plan of education as adapted to man’s condition after the Fall, Christ stands as the representative of the Father, the connecting link between God and man; He is the great teacher of mankind. And He ordained that men and women should be His representatives. The family was the school, and the parents were the teachers.” (Ed 33.1-33.2)

The Relationship Between Education and Redemption

“By sin man was shut out from God. Except for the plan of redemption, eternal separation from God, the darkness of unending night, would have been his. Through the Saviour’s sacrifice, communion with God is again made possible. We may not in person approach into His presence; in our sin we may not look upon His face; but we can behold Him and commune with Him in Jesus, the Saviour. ‘The light of the knowledge of the glory of God’ is revealed ‘in the face of Jesus Christ.’ God is ‘in Christ, reconciling the world unto Himself.’ 2 Corinthians 4:6; 5:19. . . .

“The life and the death of Christ, the price of our redemption, are not only to us the promise and pledge of life, not only the means of opening again to us the treasures of wisdom: they are a broader, higher revelation of His character than even the holy ones of Eden knew.” (Ed 28.1-28.2)

“And while Christ opens Heaven to man, the life which He imparts opens the heart of man to Heaven. Sin not only shuts us away from God, but destroys in the human soul both the desire and the capacity for knowing Him. All this work of evil it is Christ’s mission to undo. The faculties of the soul, paralyzed by sin, the darkened mind, the perverted will, He has power to invigorate and to restore. He opens to us the riches of the universe, and by Him the power to discern and to appropriate these treasures is imparted.” (Ed 28.3)

“Not only intellectual but spiritual power, a perception of right, a desire for goodness, exists in every heart. But against these principles there is struggling an antagonistic power. The result of the eating of the tree of knowledge of good and evil is manifest in every man’s experience. There is in his nature a bent to evil, a force which, unaided, he cannot resist. To withstand this force, to attain that ideal which in his inmost soul he accepts as alone worthy, he can find help in but one power. That power is Christ. Co-operation with that power is man’s greatest need. In all educational effort should not this co-operation be the highest aim?” (Ed 29.1)

“The great principles of education are unchanged. ‘They stand fast for ever and ever’ (Psalm 3:8); for they are the principles of the character of God. To aid the student in comprehending these principles, and in entering into that relation with Christ which will make them a controlling power in the life, should be the teacher’s first effort and his constant aim. The teacher who accepts this aim is in truth a co-worker with Christ, a laborer together with God.” (Ed 30.4)

The Teacher Sent from God

“For unto us a Child is born, unto us a Son is given; And the government will be upon His shoulder. And His name will be called Wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace.” (Isaiah 9:6)

“In the Teacher sent from God, Heaven gave to men its best and greatest. He who had stood in the councils of the Most High, who had dwelt in the innermost sanctuary of the Eternal, was the One chosen to reveal in person to humanity the knowledge of God.

“Through Christ had been communicated every ray of divine light that had ever reached our fallen world.” (Ed 73.2-73.3)

“In Him was found the perfect ideal.

“To reveal this ideal as the only true standard for attainment; to show what every human being might become; what, through the indwelling of humanity by divinity, all who received Him would become—for this, Christ came to the world. He came to show how men are to be trained as befits the sons of God; how on Earth they are to practice the principles and to live the life of Heaven.” (Ed 73.3-73.4)

“Having separated from God, their only dependence being the power of humanity, their strength was but weakness. Even the standard set up by themselves they were incapable of reaching. The want of true excellence was supplied by appearance and profession. Semblance took the place of reality.

“From time to time, teachers arose who pointed men to the Source of truth. Right principles were enunciated, and human lives witnessed to their power. But these efforts made no lasting impression. There was a brief check in the current of evil, but its downward course was not stayed. The reformers were as lights that shone in the darkness; but they could not dispel it. The world ‘loved darkness rather than light.’ John 3:19.” (Ed 74.2-74.3)

“Leaving eternity out of their reckoning, they lived for the present.

“As they ceased to recognize the Divine, they ceased to regard the human. Truth, honor, integrity, confidence, compassion, were departing from the Earth. Relentless greed and absorbing ambition gave birth to universal distrust. The idea of duty, of the obligation of strength to weakness, of human dignity and human rights, was cast aside as a dream or a fable. The common people were regarded as beasts of burden or as the tools and the steppingstones for ambition. Wealth and power, ease and self-indulgence, were sought as the highest good. Physical degeneracy, mental stupor, spiritual death, characterized the age.

“As the evil passions and purposes of men banished God from their thoughts, so forgetfulness of Him inclined them more strongly to evil. The heart in love with sin clothed Him with its own attributes, and this conception strengthened the power of sin. Bent on self-pleasing, men came to regard God as such a one as themselves—a Being whose aim was self-glory, whose requirements were suited to His own pleasure; a Being by whom men were lifted up or cast down according as they helped or hindered His selfish purpose. The lower classes regarded the Supreme Being as one scarcely differing from their oppressors, save by exceeding them in power. By these ideas every form of religion was molded.” (Ed 74.4-75.2)

“There was but one hope for the human race—that into this mass of discordant and corrupting elements might be cast a new leaven; that there might be brought to mankind the power of a new life; that the knowledge of God might be restored to the world.

“Christ came to restore this knowledge. He came to set aside the false teaching by which those who claimed to know God had misrepresented Him.” (Ed 76.1-76.2)

“Christ came to demonstrate the value of the divine principles by revealing their power for the regeneration of humanity. He came to teach how these principles are to be developed and applied.

“With the people of that age the value of all things was determined by outward show. As religion had declined in power, it had increased in pomp. The educators of the time sought to command respect by display and ostentation. To all this the life of Jesus presented a marked contrast. His life demonstrated the worthlessness of those things that men regarded as life’s great essentials. Born amidst surroundings the rudest, sharing a peasant’s home, a peasant’s fare, a craftsman’s occupation, living a life of obscurity, identifying Himself with the world’s unknown toilers,—amidst these conditions and surroundings,— Jesus followed the divine plan of education. The schools of His time, with their magnifying of things small and their belittling of things great, He did not seek. His education was gained directly from the Heaven-appointed sources; from useful work, from the study of the Scriptures and of nature, and from the experiences of life— God’s lesson books, full of instruction to all who bring to them the willing hand, the seeing eye, and the understanding heart.” (Ed 77.1-77.2)

“He who seeks to transform humanity must himself understand humanity. Only through sympathy, faith, and love can men be reached and uplifted. Here Christ stands revealed as the master teacher; of all that ever dwelt on the Earth, He alone has perfect understanding of the human soul.” (Ed 78.3)

“What He taught, He lived. ‘I have given you an example,’ He said to His disciples; ‘that ye should do as I have done.’ ‘I have kept My Father’s commandments.’ John 13:15; 15:10. Thus in His life, Christ’s words had perfect illustration and support. And more than this; what He taught, He was. His words were the expression, not only of His own life experience, but of His own character. Not only did He teach the truth, but He was the truth. It was this that gave His teaching, power.” (Ed 78.7)

“The fear of the LORD is the beginning of wisdom, and the knowledge of the Holy One is understanding.” (Proverbs 9:10)

“And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent.” (John 17:3)

Chapter 15: Sabbath Reform

INTRODUCTION

“Thus the Heavens and the Earth, and all the host of them, were finished. And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.” (Genesis 2:1-3)

As the day that commemorates creation, the Sabbath, this Sabbath gospel was established in the Garden of Eden during creation week. The perpetuity of the Sabbath continued even after sin entered this world. The Sabbath was confirmed by Jesus’ earthly life, and those who are saved will go to Heaven and enjoy the everlasting gospel, which includes keeping the Sabbath. (See Luke 4:16; Isaiah 66:22-23)

In Exodus 20, God presented two kinds of laws that people must keep—the first law contains the commandments pertaining to the relationship between God and man (Commandments 1 to 4), and the second law concerns relationships between human beings (Commandments 5 to 10). In that first law, God proclaimed, “Thou shalt have no other gods before me.” He also said, “Do not make idols, and don’t even bow down to them. Only trust in me. And remember the Sabbath day to keep it holy.”

What is the meaning of the words, “Remember the Sabbath day to keep it holy”? These words proclaim the everlasting gospel, in which God says, “I created you, and therefore, I will be responsible for you forever. I will make you holy.” This gospel has already been accomplished through Jesus Christ, who became the substitute for sinners, ones who cannot avoid the second death because of disobedience to the law of God. Accepting this sure fact by faith is what it means to believe in the Creator. Keeping the Sabbath day holy means more than just worshiping on the seventh day of the week, which is Saturday.

To “worship” means to remember our Creator and Savior, and believe His promises. He is the object of true worship, and He is the One who provides for all of our earthly needs. We need to realize that He is our Provider, and therefore, we are to give ourselves completely to Him. This is true Sabbath worship.

“I created you.” These words tell us that God is the one who gives us faith, the very faith that causes us to believe in Him! So, accept this faith, and rest from your work. The Sabbath is the provision of rest. Even today, we need to believe His commands and obey His Word. When we are sick, the One who created all things will re-create us through His Word.

If, until the present age, people had remembered the Sabbath day, they would not have created numerous idols through the ages. God’s name would have been glorified through us, as was the purpose of creation. The Sabbath day, that is the memorial of creation, is the promise that a person who has been destroyed by sin will be restored to holiness. This becomes the everlasting gospel for fallen humanity.

Not too long from now, we will be tested regarding whom we believe and live for. According to Revelation 13, there will soon come a tribulation related to the “mark of the beast,” and there will be only two groups of people remaining this world at that time. One group of people believe the Creator, and as a sign of obeying His word, they will stand under the banner of the Sabbath day. The other group will worship the idol that Satan has established to receive worship. They will stand under the banner of Sunday.

Whom I believe in will determine whether I receive God’s seal or the mark of the best. This test will be given to all people living in this world, and it will decide their eternal destiny. In Revelation 14, the third angel cries with a loud voice, “If anyone worships the beast and his image, and receives his mark on his forehead or on his hand, he himself shall also drink of

*the wine of the wrath of God, which is poured out full strength into the cup of His indignation. He shall be tormented with fire and brimstone in the presence of the holy angels and in the presence of the Lamb. And the smoke of their torment ascends forever and ever; and they have no rest day or night, who worship the beast and his image, and whoever receives the mark of his name.” (Revelation 14:9-11) This decision will be made on that day, based on whom we believe in and obey **today**.*

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

Sabbath-Worship of the Creator

“In Revelation 14, men are called upon to worship the Creator; and the prophecy brings to view a class that, as the result of the threefold message, are keeping the commandments of God. One of these commandments points directly to God as the Creator. The fourth precept declares: ‘The seventh day is the Sabbath of the Lord thy God: . . . for in six days the Lord made Heaven and Earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the Sabbath day, and hallowed it.’ Exodus 20:10, 11. Concerning the Sabbath, the Lord says, further, that it is ‘a sign, . . . that ye may know that I am the Lord your God.’ Ezekiel 20:20. And the reason given is: ‘For in six days the Lord made heaven and Earth, and on the seventh day He rested, and was refreshed.’ Exodus 31:17.

“The importance of the Sabbath as the memorial of creation is that it keeps ever present the true reason why worship is due to God—because He is the Creator, and we are His creatures. ‘The Sabbath therefore lies at the very foundation of divine worship, for it teaches this great truth in the most impressive manner, and no other institution does this. The true ground of divine worship, not of that on the seventh day merely, but of all worship, is found in the distinction between the Creator and His creatures. This great fact can never become obsolete, and must never be forgotten.’ -J. N. Andrews, *History of the Sabbath*, chapter 27. It was to keep this truth ever before the minds of men, that God instituted the Sabbath in Eden; and so long as the fact that He is our Creator continues to be a reason why we should worship Him, so long the Sabbath will continue as its sign and memorial. Had the Sabbath been universally kept, man’s thoughts and affections would have been led to the Creator as the object of reverence and worship, and there would never have been an idolater, an atheist, or an infidel. The keeping of the Sabbath is a sign of loyalty to the true God, ‘Him that made heaven, and Earth, and the sea, and the fountains of waters.’ It follows that the message which commands men to worship God and keep His commandments will especially call upon them to keep the fourth commandment.” (GC 437.1-437.2)

The Immutability of the Sabbath

“God is merciful. His requirements are reasonable, in accordance with the goodness and benevolence of His character. The object of the Sabbath was that all mankind might be benefited. Man was not made to fit the Sabbath; for the Sabbath was made after the creation of man, to meet his necessities. After God had made the world in six days, He rested and sanctified and blessed the day upon which He rested from all His work which He had created and made. He set apart that special day for man to rest from his labor, that, as he should look upon the Earth beneath and the heavens above, he might reflect that God made all these in six days and rested upon the seventh; and that, as he should behold the tangible proofs of God’s infinite wisdom, his heart might be filled with love and reverence for his Maker. . . .

“We should in no case allow burdens and business transactions to divert our minds upon the Sabbath of the Lord, which He has sanctified. We should not allow our minds to dwell upon things of

a worldly character even. . . . The Sabbath was made for man, to be a blessing to him by calling his mind from secular labor to contemplate the goodness and glory of God.” (2T 582.3-583.1)

“The seal of God’s law is found in the fourth commandment. This only, of all the ten, brings to view both the name and the title of the Lawgiver. It declares Him to be the Creator of the heavens and the Earth, and thus shows His claim to reverence and worship above all others. Aside from this precept, there is nothing in the Decalogue to show by whose authority the law is given. When the Sabbath was changed by the papal power, the seal was taken from the law. The disciples of Jesus are called upon to restore it by exalting the Sabbath of the fourth commandment to its rightful position as the Creator’s memorial and the sign of His authority.” (GC 452.1)

“Again, the command is given: ‘Cry aloud, spare not, lift up thy voice like a trumpet, and show My people their transgression, and the house of Jacob their sins.’ It is not the wicked world, but those whom the Lord designates as ‘my people,’ that are to be reprov’d for their transgressions. He declares further: ‘Yet they seek Me daily, and delight to know My ways, as a nation that did righteousness, and forsook not the ordinance of their God.’ Isaiah 58:1, 2. Here is brought to view a class who think themselves righteous and appear to manifest great interest in the service of God; but the stern and solemn rebuke of the Searcher of hearts proves them to be trampling upon the divine precepts.

“The prophet thus points out the ordinance which has been forsaken: ‘Thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in. If thou turn away thy foot from the Sabbath, from doing thy pleasure on My holy day; and call the Sabbath a delight, the holy of the Lord, honorable; and shalt honor Him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: then shalt thou delight thyself in the Lord.’ Verses 12-14. This prophecy also applies in our time.” (GC 452.3-452.4)

“The breach was made in the law of God when the Sabbath was changed by the Roman power. But the time has come for that divine institution to be restored. The breach is to be repaired and the foundation of many generations to be raised up.

“Hallowed by the Creator’s rest and blessing, the Sabbath was kept by Adam in his innocence in holy Eden; by Adam, fallen yet repentant, when he was driven from his happy estate. It was kept by all the patriarchs, from Abel to righteous Noah, to Abraham, to Jacob. When the chosen people were in bondage in Egypt, many, in the midst of prevailing idolatry, lost their knowledge of God’s law; but when the Lord delivered Israel, He proclaimed His law in awful grandeur to the assembled multitude, that they might know His will and fear and obey Him forever.

“From that day to the present the knowledge of God’s law has been preserved in the Earth, and the Sabbath of the fourth commandment has been kept. Though the ‘man of sin’ succeeded in trampling underfoot God’s holy day, yet even in the period of his supremacy there were, hidden in secret places, faithful souls who paid it honor. Since the Reformation, there have been some in every generation to maintain its observance. Though often in the midst of reproach and persecution, a constant testimony has been borne to the perpetuity of the law of God and the sacred obligation of the creation Sabbath.” (GC 452.4-453.2)

“These truths, as presented in Revelation 14 in connection with ‘the everlasting gospel,’ will distinguish the church of Christ at the time of His appearing. For as the result of the threefold message it is announced: ‘Here are they that keep the commandments of God, and the faith of Jesus.’ And this message is the last to be given before the coming of the Lord. . . .

“What can a little company keeping the seventh day hope to accomplish against all the world who are keeping Sunday?” (GC 453.3, 454.2)

“Many urged that Sundaykeeping had been an established doctrine and a widespread custom of the church for many centuries. Against this argument it was shown that the Sabbath and its observance were more ancient and widespread, even as old as the world itself, and bearing the sanction both of angels and of God. When the foundations of the Earth were laid, when the morning stars sang together, and all the sons of God shouted for joy, then was laid the foundation of the Sabbath. Job 38:6, 7; Genesis 2:1-3. Well may this institution demand our reverence; it was ordained by no human authority and rests upon no human traditions; it was established by the Ancient of Days and commanded by His eternal word.” (GC 454.3)

“The third angel points to another class, against whose errors a solemn and fearful warning is uttered: ‘If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, the same shall drink of the wine of the wrath of God.’ Revelation 14:9, 10.” (GC 438.1)

“Remember the Sabbath day, to keep it holy...Therefore the LORD blessed the Sabbath day and hallowed it.” (Exodus 20:8, 11)

“And to whom did He swear that they would not enter His rest, but to those who did not obey?

“So we see that they could not enter in because of unbelief. Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it. For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard it. For we who have believed do enter that rest, as He has said: ‘So I swore in My wrath, “They shall not enter My rest,” ’ although the works were finished from the foundation of the world.’ ” (Hebrews 3:18-4:3)

“Moreover I also gave them My Sabbaths, to be a sign between them and Me, that they might know that I am the LORD who sanctifies them.” (Ezekiel 20:12)

“Hallow My Sabbaths, and they will be a sign between Me and you, that you may know that I am the LORD your God.” (Ezekiel 20:20)

“Here is the patience of the saints; here are those who keep the commandments of God and the faith of Jesus.” (Revelation 14:12)

“And the dragon was enraged with the woman, and he went to make war with the rest of her offspring, who keep the commandments of God and have the testimony of Jesus Christ.” (Revelation 12:17)

Part 3: Cleansing of the Sanctuary and the Third Angel's Message

(Selections from the Bible & Ellen White's Writings)

Chapter 1: Righteousness by Faith

Chapter 2: Study the Third Angel's Message

Chapter 3: The Cleansing of the Sanctuary and the Third Angel's Message

Chapter 4: Are You Standing Upon a Firm Foundation?

Chapter 5: Trials of Faith of the Saints

Chapter 6: Good Soldiers of Christ

Chapter 7: Wise Virgins

Chapter 8: Preparation for the Latter Rain

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“And he said to me,
‘For two thousand three hundred days;
Then the sanctuary shall be cleansed.’ ” (Daniel 8:14)

Preface

“And he said to me, ‘For two thousand three hundred days; then the sanctuary shall be cleansed.’ ” (Daniel 8:14) This is a very important text that is foundational to the Adventist church’s theology and faith.

There are two important facts contained in these prophetic words: first, the prophecy regarding the *time* of the end of the 2300 days, and secondly, the prophecy regarding the *event* in which the sanctuary will be cleansed.

The Great Disappointment of the Advent movement in 1844 took place because the Millerites misunderstood which *event* the prophecy was referring to. The *time* prophecy portion of the 2300 days of Daniel 8:14 had become unsealed in the year or two preceding October 1844. However, because Bible students had not recognized the relationship between the earthly sanctuary of the Old Testament and the New Testament work of Jesus in heaven, the meaning of the prophecy that “the sanctuary shall be cleansed” remained sealed until after the Great Disappointment of October 22, 1844. It was a very important event that needed to be unsealed for the purpose of understanding the connection to these last days.

When you look at the original language for the word “vision” as it is used in Daniel chapters 8 through 10, you will notice that there are two different Hebrew words that, likewise, have different meanings, but both of which are translated as the word “vision” in English. The word *chazon* חָזוֹן (Strong’s #H2377)¹ refers to the entire vision of Daniel 8, whereas the word *mare* מַרְאֵה (Strong’s #H4758)² refers to the “time” aspect of the prophecy.

Daniel 8:26 says, “And the vision^{mare} מַרְאֵה of the evenings and mornings which was told is true; therefore seal up the vision^{chazon} חָזוֹן, for it refers to many days in the future.”

Ellen G. White, in *The Acts of the Apostles*, page 585, says, “The book that was sealed is not the Revelation, but that portion of the prophecy of Daniel relating to the last days. The angel commanded, ‘But thou, O Daniel, shut up the words, and seal the book, even to the time of the end.’ Daniel 12:4.”

Every Seventh-day Adventist should be familiar with this prophetic period and the events that took place in 1844. The faith of our Adventist pioneers and the present truth they shared is extremely important, but church members today might simply consider this important message as mere history.

From October 1844 onwards, however, our High Priest, Jesus, has been working through this final phase of atonement, to put an end to the sins of repentant saints and to cleanse the sanctuary.

“By His death He began that work which after His resurrection He ascended to complete in heaven.” (GC 489.1)

“As in the typical [Old Testament] service there was a work of atonement at the close of the year [see Leviticus 16, 23], so before Christ’s work for the redemption of men is completed there is a

¹ See “vision” in Daniel 8:1, 2, 13, 15, 26b; 9:21, 24.

² See “vision” in Daniel 8:16, 17, 26a, 27; 9:23; 10:1.

work of atonement for the removal of sin from the sanctuary. This is the service which began when the 2300 days ended. At that time, as foretold by Daniel the prophet, our High Priest entered the most holy, to perform the last division of His solemn work—to cleanse the sanctuary.” (GC 421.2)

If we understand the Sanctuary Message, we can see that our salvation does not begin and end at the cross. We see that the ministry of Jesus for the redemption of sinners has three phases: (1) the courtyard; (2) the holy place; and (3) the most holy place. This shows us the path we need to follow in three steps: (1) justification; (2) sanctification; and (3) glorification. “. . . Whom He called, these He also justified; and whom He justified, these He also glorified.” (See Romans 8:29-30). It is also interesting to note that God sent a three-fold message for the last days to be carried by three angels. Those who carefully study these Three Angels’ Messages will find light on justification and sanctification, which leads to glorification.

Therefore, the Three Angels’ Messages are the truth of the Sanctuary.

Matthew said of Jesus, “And she will bring forth a Son, and you shall call his name JESUS, for he will save his people from their sins.” (Matthew 1:21)

Jesus did not come to this world to call the righteous, but sinners; He came to this Earth in order to deal with their sins. The work of the Lord who deals with these sins has been clearly revealed through the Sanctuary Message, this truth having been clearly preached in each age by the prophets, apostles, and also through the gospel that Jesus Himself proclaimed. Especially from the end of the 2300 day prophecy until the time just before Jesus’ return, this truth (Jesus’ work of salvation) is implicitly shared through the Loud Cry and recorded in Revelation 14:6-12 as a message to be proclaimed to all nations. Ellen G. White called this the “the Three Angels’ Messages” or “the Third Angel’s Message, embracing the messages of the first and second angels.” (Ev 196.1)

In this section of the textbook, we will read from the writings of Ellen G. White about how important the message of the third angel is for our salvation. Since we have been given this important mission, we need to know, experience, and proclaim this message. This message will be accompanied by the Latter Rain, by which will come the power to finish the gospel work. This work must be done before the second coming of Jesus, and unless this gospel work is accomplished, the second coming of Jesus will continue to be delayed. Ellen G. White writes that many people do not understand this message despite the fact that everyone’s eternal destiny depends upon it:

“There is not one in one hundred who understands for himself the Bible truth on this subject that is so necessary to our present and eternal welfare.” (RH Sept. 3, 1889 / 1SM 359.2)

“The message of the third angel is to prepare a people to stand in these days of peril. It is to be proclaimed with a loud voice and is to accomplish a work which few realize.” (8T 94.1)

“There are but few, even of those who claim to believe it, that comprehend the third angel’s message, and yet this is the message for this time.” (Ms. 15, 1888 / 1MR 56.4)

Chapter 1: Righteousness by Faith

INTRODUCTION

The main theme of the entire Bible is “righteousness by faith.” Righteousness by faith includes justification, sanctification, and glorification. This gospel is the everlasting gospel, which says that sinners who disobey the law of God are destined for the second death, but through belief in Jesus Christ, who became their ransom, they can have everlasting life. Those who attend church have probably heard this theme many times from sermons and have read it in books, for this is an important topic for our salvation. Maybe you yourselves have even preached or written about this subject. Additionally, it is a fact that many discussions, debates, and much research are ongoing, regarding this topic. This author has, also, based on experience, preached on this topic many times. As much as possible, I have helped others who have asked questions on this subject. Nevertheless, as I examine my own self, I cannot but admit that I am conscious that sin is always with me. When I questioned myself as to whether or not my character is truly revealing the righteousness of Christ, I could not give an affirmative answer with confidence. Then, what is this righteousness by faith that I am sharing with others? Because of this doubt in my mind, I concluded that I should not preach on this topic anymore. I was filled with despair, and there were times that I did not feel the assurance of salvation. I felt hopeless.

The words that follow are words that I have read and preached many times, but it is only recently that have I experienced and understood the meaning of these words more clearly. I would like to share this understanding with you.

Righteousness by faith is Christ’s righteousness working in the heart of the believer and testifying of the gospel through the experience, the life. This truth can be experienced, but, because it is such a profound truth, it is not easy to explain. Though we might try to explain it, not all who hear will understand what we are saying. This gospel draws a distinct line that differentiates the people who belong to this world and the people who belong to heaven.

To understand this theme of righteousness by faith, we must first know what faith is. Faith teaches that, although a sinner may be saved, he has no merit of his own. All merit is in Jesus Christ. This is why the confession of faith that merely says, “I believe, I believe,” does not save people. Also, just verbalizing the conviction, “I believe in Jesus,” does not save. Quite often, because people believe in Jesus, they attend church, minister, pray, worship, give offerings, evangelize, and so on, thinking that their salvation is assured. But the faith that receives Christ’s righteousness is not merely faith expressed in confession, words of conviction, or in our actions. This faith believes that Christ became a human being, and He accomplished righteousness in our place, and therefore, we can accept His righteousness. When we understand and believe that the righteousness of Jesus is so precious to us—when we deeply understand God’s love that, through Christ, offers us so great a salvation—then we let go of the things that we were clinging to in our minds so that we can receive this precious gift. When this happens, we die to self in order to receive Jesus. People who surrender themselves to God do not live their lives for themselves; they live for the Lord. They live their life by the One who died in their place and rose again—by Jesus Christ.

Paul confessed this experience: “I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.” (Galatians 2:20) This very experience is the experience of receiving justification, being born again. Justification is not saying that I have become perfect, but that I accept Christ’s righteousness. So, when God sees me, instead of seeing my sinfulness, through the righteousness of Jesus, He acknowledges me as righteous.

Ellen G. White wrote these words about this righteousness by faith: “The Lord speaks to His heavenly Father, saying: ‘This is My child. I relieve him from the condemnation of death, giving him My life insurance policy--eternal life--because I have taken his place and have suffered for his sins. He is even My beloved son.’ Thus man, pardoned, and clothed with the beautiful garments of Christ’s righteousness, stands faultless before God.” (1888 Materials, p. 898.2 [Manuscript 21, 1891]) This is the experience of **justification**.

The person who experiences this justification, experiences Jesus’ great love, believing that He died in his place. He cannot ignore Jesus anymore because Christ’s love for him captivates him and is stronger than his love for Christ. Paul stated that Christ’s love “constrains us.” (See 2 Corinthians 5:14) That love unites us with Him so that we are one, and it enables us to live in Him. Christians who are born again, living by Christ’s constraining love, will be nourished by God’s love through His Word. They will crave God’s Word as if it were honey from the honeycomb and will receive it with an open heart. These Christians who receive the Word will live an obedient life according to the Word of God. Nevertheless, this life cannot bring forth perfect righteousness—although I receive His righteousness in my heart, my heart is changed anew, and I start a new life—because I am still living in the flesh, I am constantly attacked by sin. In this life, we are constantly attacked by sin (Romans 7:19-25; 2 Cor. 4:16; Eph. 4:21-24).

Because of this, my salvation is not complete with one experience of justification, but it must be a daily, moment-by-moment, giving of myself to Him, clinging to His righteousness, living my life by faith in Him, living a life of obedience to the light I have been given. This process will continue throughout our lifetime, and this is called **sanctification**.

A person will not boast of his own sanctification because, as his sanctification grows deeper, the more he will recognize his own sinfulness. This recognition takes place because he sees the love of Jesus more deeply with the eyesight that love gives, which also reveals his own sinfulness more clearly. This person will go to Jesus with a deeper repentance and humility, and through a continual faith and obedience, he will go into the Most Holy Place, where sin is blotted out. Jesus’ work of atonement blots out his sins and puts upon him the spotless robe, the clean character, that Jesus Himself prepared. About this person, the prophet Zechariah said, “Take away the filthy garments from him. . . . See, I have removed your iniquity from you, and I will clothe you with rich robes.” (See Zechariah 3:4) Likewise, those who have changed their garments to wear the robe of perfect character, when Jesus comes, will be transformed, and they will leave behind sinful flesh and will receive incorruptible, holy bodies. (See 1 Corinthians 15:51-53) This is **glorification**. Until people put on the incorruptible body, no one can say that I am sinless.

The Apostle Paul said, “For whom He foreknew, He also predestined to be conformed to the image of His Son, that He might be the firstborn among many brethren. Moreover whom He predestined, these He also called; whom He called, these He also justified; and whom He justified, these He also glorified.” (Romans 8:29-30) Every step of salvation is righteousness by faith.

“Therefore by the deeds of the law no flesh will be justified in His sight, for by the law is the knowledge of sin. But now the righteousness of God apart from the law is revealed, being witnessed by the Law and the Prophets, even the righteousness of God, through faith in Jesus Christ, to all and on all who believe. . . .” (Romans 3:20-22)

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

What Is Righteousness by Faith?

“As the penitent sinner, contrite before God, discerns Christ’s atonement in his behalf, and accepts this atonement as his only hope in this life and the future life, his sins are pardoned. This is justification by faith. Every believing soul is to conform his will entirely to God’s will, and keep in a state of repentance and contrition, exercising faith in the atoning merits of the Redeemer and advancing from strength to strength, from glory to glory.

“Pardon and justification are one and the same thing. Through faith, the believer passes from the position of a rebel, a child of sin and Satan, to the position of a loyal subject of Christ Jesus, not because of an inherent goodness, but because Christ receives him as His child by adoption. The sinner receives the forgiveness of his sins, because these sins are borne by his Substitute and Surety. The Lord speaks to His heavenly Father, saying: ‘This is My child. I relieve him from the condemnation of death, giving him My life insurance policy—eternal life—because I have taken his place and have suffered for his sins. He is even My beloved son.’ Thus man, pardoned, and clothed with the beautiful garments of Christ’s righteousness, stands faultless before God.

“The sinner may err, but he is not cast off without mercy. His only hope, however, is repentance toward God and faith in the Lord Jesus Christ. It is the Father’s prerogative to forgive our transgressions and sins, because Christ has taken upon Himself our guilt and relieved us, imputing to us His own righteousness. His sacrifice satisfies fully the demands of justice.

“Justification is the opposite of condemnation. God’s boundless mercy is exercised toward those who are wholly undeserving. He forgives transgressions and sins for the sake of Jesus, who has become the propitiation for our sins. Through faith in Christ, the guilty transgressor is brought into favor with God and into the strong hope of life eternal.” (Ms. 21, 1891 / 6BC 1070.5-1070.8)

“Therefore by the deeds of the law no flesh will be justified in His sight, for by the law is the knowledge of sin. But now the righteousness of God apart from the law is revealed, being witnessed by the Law and the Prophets, even the righteousness of God, through faith in Jesus Christ, to all and on all who believe. For there is no difference.” (Romans 3:20-22)

“Faith is not the ground of our salvation, but it is the great blessing—the eye that sees, the ear that hears, the feet that run, the hand that grasps. It is the means, not the end. If Christ gave His life to save sinners, why shall I not take that blessing? My faith grasps it, and thus my faith is the substance of things hoped for, the evidence of things unseen. Thus resting and believing, I have peace with God through the Lord Jesus Christ.” (Letter 329a, 1905) / (6BC 1073.9)

“When the sinner believes that Christ is his personal Saviour, then according to His unfulfilling promises, God pardons his sin and justifies him freely. The repentant soul realizes that his justification comes because Christ, as his substitute and surety, has died for him, is his atonement and righteousness.” (RH Nov. 4, 1890 / 6BC 1073.7)

“The atonement of Christ is not a mere skillful way to have our sins pardoned; it is a divine remedy for the cure of transgression and the restoration of spiritual health. It is the Heaven-ordained means by which the righteousness of Christ may be not only upon us but in our hearts and characters.” (Ltr 406, 1906 / 6BC 1074.2)

“As related to the first Adam, men receive from him nothing but guilt and the sentence of death. But Christ steps in and passes over the ground where Adam fell, enduring every test in man’s behalf. He redeems Adam’s disgraceful failure and fall by coming forth from the trial untarnished. This places man on vantage ground with God. It places him where, through accepting Christ as his Saviour, he becomes a partaker of the divine nature. Thus he becomes connected with God and Christ.” (Ltr 68, 1899 / 6BC 1074.7)

“If you give yourself to Him, and accept Him as your Saviour, then, sinful as your life may have been, for His sake you are accounted righteous. Christ’s character stands in place of your character, and you are accepted before God just as if you had not sinned.

“More than this, Christ changes the heart. He abides in your heart by faith. You are to maintain this connection with Christ by faith and the continual surrender of your will to Him. . . .” (SC 62.2-62.3)

“Take hold of the arm of God, and say, ‘I am nothing, and Thou art everything. Thou hast said, ‘Without me ye can do nothing.’ Now, Lord, I must have Thee abiding in me, that I may abide in Thee.’ Then advance step by step, by living faith abiding in Jesus Christ. This is wearing His yoke, the yoke of obedience.” [See Matthew 11:28-30] (MS 85, 1901 / 5BC 1092.1)

“The spiritual banquet has been set before us in rich abundance. We have had presented to us by the messengers of God the richest feast--the righteousness of Christ, justification by faith, the exceeding great and precious promises of God in His Word, free access to the Father by Jesus Christ, the comforts of the Holy Spirit, and the well-grounded assurance of eternal life in the kingdom of God. We ask, What could God do for us that He has not done in preparing the great supper, the heavenly banquet?” (RH Jan. 17, 1899 / 5BC 1097.4)

“Justification by faith in Christ will be made manifest in transformation of character. This is the sign to the world of the truth of the doctrines we profess. The daily evidence that we are a living church is seen in the fact that we are practicing the Word. A living testimony goes forth to the world in consistent Christian action.

“It declares to a world apostatized that there is a people who believe that our safety is in clinging to the Bible. This testimony is in unmistakable distinction from that of the great apostate church, which adopts human wisdom and authority in place of the wisdom and authority of God.” (Letter 83, 1896 / 6BC 1071.1-2)

“The present message—justification by faith—is a message from God; it bears the divine credentials, for its fruit is unto holiness. Some who greatly need the precious truth that was presented before them, we fear did not receive its benefit. They did not open the door of their hearts to welcome Jesus as a heavenly guest, and they have suffered great loss. . . .

“The Word of God must not be kept apart from our life. It must be entertained in the mind, welcomed in the heart, and be cherished, loved, and obeyed. We need also much more knowledge; we need to be enlightened in regard to the plan of salvation. There is not one in one hundred who understands for himself the Bible truth on this subject that is so necessary to our present and eternal welfare. When light begins to shine forth to make clear the plan of redemption to the people, the enemy works with all diligence that the light may be shut away from the hearts of men. If we come to the word of God with a teachable, humble spirit, the rubbish of error will be swept away, and gems of truth, long hidden from our eyes, will be discovered.

“There is great need that Christ should be preached as the only hope and salvation. When the doctrine of justification by faith was presented at the Rome meeting, it came to many as water comes to the thirsty traveler. The thought that the righteousness of Christ is imputed to us, not because of any merit on our part, but as a free gift from God, seemed a precious thought.” (RH Sept 3, 1889 / 1SM 359.1-360.1)

“By the wedding garment in the parable is represented the pure, spotless character which Christ’s true followers will possess. To the church it is given ‘that she should be arrayed in fine linen, clean and white,’ ‘not having spot, or wrinkle, or any such thing.’ Revelation 19:8; Ephesians 5:27. The fine linen, says the Scripture, ‘is the righteousness of saints.’ Revelation 19:8. It is the righteousness

of Christ, His own unblemished character, that through faith is imparted to all who receive Him as their personal Saviour.

“This robe of light was a symbol of their spiritual garments of heavenly innocence.

“Only the covering which Christ Himself has provided can make us meet to appear in God’s presence. This covering, the robe of His own righteousness, Christ will put upon every repenting, believing soul. ‘I counsel thee,’ He says, ‘to buy of Me. . . .white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear.’ Revelation 3:18.

“When we submit ourselves to Christ, the heart is united with His heart, the will is merged in His will, the mind becomes one with His mind, the thoughts are brought into captivity to Him; we live His life. This is what it means to be clothed with the garment of His righteousness. (COL 310.3-311.4)

“What is justification by faith? It is the work of God in laying the glory of man in the dust, and doing for man that which it is not in his power to do for himself.” (TM 456.3)

Justification (Being Born Again)

“Jesus answered and said to him, ‘Most assuredly, I say to you, unless one is born again, he cannot see the kingdom of God.’ ” (John 3:3)

“Having been born again, not of corruptible seed but incorruptible, through the word of God which lives and abides forever. . . . ‘But the word of the Lord endures forever.’ Now this is the word which by the gospel was preached to you.” (1 Peter 1:23-25)

“When truth becomes an abiding principle in the life, the soul is ‘born again, not of corruptible seed, but of incorruptible, by the word of God, which liveth and abideth forever.’ This new birth is the result of receiving Christ as the Word of God. When by the Holy Spirit divine truths are impressed upon the heart, new conceptions are awakened, and the energies hitherto dormant are aroused to co-operate with God.

“Christ was the revealer of truth to the world. By Him the incorruptible seed—the word of God—was sown in the hearts of men.” (AA 520.1-520.2)

“The word destroys the natural, earthly nature, and imparts a new life in Christ Jesus. The Holy Spirit comes to the soul as a Comforter. By the transforming agency of His grace, the image of God is reproduced in the disciple; he becomes a new creature. Love takes the place of hatred, and the heart receives the divine similitude.” (DA 391.1)

Being Born Again: Experiencing a New Heart

“But 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; and I will be their God, and they shall be My people.” (Jeremiah 31:33)

“Then I will give them one heart, and I will put a new spirit within them, and take the stony heart out of their flesh, and give them a heart of flesh.” (Ezekiel 11:19)

“I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh.” (Ezekiel 36:26)

“There must be a power working from within, a new life from above, before men can be changed from sin to holiness. That power is Christ. His grace alone can quicken the lifeless faculties of the soul, and attract it to God, to holiness.

“The Saviour said, ‘Except a man be born from above,’ unless he shall receive a new heart, new desires, purposes, and motives, leading to a new life, ‘he cannot see the kingdom of God.’ John 3:3, margin. The idea that it is necessary only to develop the good that exists in man by nature, is a fatal deception. ‘The natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned.’ ‘Marvel not that I said unto thee, Ye must be born again.’ 1 Corinthians 2:14; 3:7.” (SC 18.1-18.2)

“Many who speak to others of the need of a new heart do not themselves know what is meant by these words. . . . They do not know what it means. They look for a special change to take place in their feelings. This they term conversion. Over this error thousands have stumbled to ruin, not understanding the expression, ‘Ye must be born again.’

“Satan leads people to think that because they have felt a rapture of feeling they are converted. But their experience does not change. Their actions are the same as before. Their lives show no good fruit. They pray often and long, and are constantly referring to the feelings they had at such and such a time. But they do not live the new life. They are deceived.

“Many poor souls are groping in darkness, looking for the feelings which others say they have had in their experience. They overlook the fact that the believer in Christ must work out his own salvation with fear and trembling. The convicted sinner has something to do. He must repent and show true faith.

“When Jesus speaks of the new heart, He means the mind, the life, the whole being. To have a change of heart is to withdraw the affections from the world, and fasten them upon Christ. To have a new heart is to have a new mind, new purposes, new motives. What is the sign of a new heart?—A changed life. There is a daily, hourly dying to selfishness and pride.” (MYP 71.2-72.1)

“As the leaven, when mingled with the meal, works from within outward, so it is by the renewing of the heart that the grace of God works to transform the life. No mere external change is sufficient to bring us into harmony with God. There are many who try to reform by correcting this or that bad habit, and they hope in this way to become Christians, but they are beginning in the wrong place. Our first work is with the heart.

“A profession of faith and the possession of truth in the soul are two different things. The mere knowledge of truth is not enough. We may possess this, but the tenor of our thoughts may not be changed. The heart must be converted and sanctified.

“The man who attempts to keep the commandments of God from a sense of obligation merely—because he is required to do so—will never enter into the joy of obedience. He does not obey. When the requirements of God are accounted a burden because they cut across human inclination, we may know that the life is not a Christian life. True obedience is the outworking of a principle within. It springs from the love of righteousness, the love of the law of God. The essence of all righteousness is loyalty to our Redeemer. This will lead us to do right because it is right—because right doing is pleasing to God. (COL 97.1-3)

“All who are not decided followers of Christ are servants of Satan. In the unregenerate heart there is love of sin and a disposition to cherish and excuse it. In the renewed heart there is hatred of sin and determined resistance against it.” (GC 508.2)

“The new birth is a rare experience in this age of the world. This is the reason why there are so many perplexities in the churches. Many, so many, who assume the name of Christ are unsanctified and unholy. They have been baptized, but they were buried alive. Self did not die, and therefore they did not rise to newness of life in Christ.” (Ms. 148, 1897 / 6BC 1075.7)

Sanctification (Continuous Rebirth)

“But you have not so learned Christ, if indeed you have heard Him and have been taught by Him, as the truth is in Jesus: that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness.” (Ephesians 4:21-24)

“Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day.” (2 Corinthians 4:16)

“There is also an antitype which now saves us—baptism (not the removal of the filth of the flesh, but the answer of a good conscience toward God), through the resurrection of Jesus Christ.” (1 Peter 3:21)

“Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me.” (Philippians 3:12)

“But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.” (James 1:25)

“Then Jesus said to His disciples, ‘If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me.’ ” (Matthew 16:24)

“On one occasion I spoke in reference to genuine sanctification, which is nothing less than a daily dying to self and daily conformity to the will of God.” (LS 237.1)

“I was instructed that I must ever urge upon those who profess to believe the truth, the necessity of practicing the truth. This means sanctification, and sanctification means the culture and training of every capability for the Lord’s service.” (ISM 33.3)

“Sanctification is not the work of a moment, an hour, a day, but of a lifetime. It is not gained by a happy flight of feeling, but is the result of constantly dying to sin, and constantly living for Christ. Wrongs cannot be righted nor reformations wrought in the character by feeble, intermittent efforts. It is only by long, persevering effort, sore discipline, and stern conflict, that we shall overcome. We know not one day how strong will be our conflict the next. 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.” (AA 560.3)

“Would you become assimilated to the divine image? . . . Would you drink of the water which Christ shall give you, which shall be in you a well of water springing up into everlasting life? Would you bear fruit to the glory of God? Would you refresh others? Then with heart hungering for the bread of life, the word of God, search the Scriptures, and live by every word that proceedeth out of the mouth of God. Your soul’s sanctification and righteousness will result from faith in the word of God, which leads to obedience of its commands. Let the word of God be to you as the voice of God instructing you, and saying, ‘This is the way, walk ye in it.’ Christ prayed, ‘Sanctify them through thy truth, thy word is truth.’ ” (ST Sep. 5, 1895 / FLB 21.5)

“Happy feelings or the absence of joy is no evidence that a person is or is not sanctified. There is no such thing as instantaneous sanctification. True sanctification is a daily work, continuing as long as life shall last. Those who are battling with daily temptations, overcoming their own sinful tendencies, and seeking for holiness of heart and life, make no boastful claims of holiness. They are

hungering and thirsting for righteousness. Sin appears to them exceedingly sinful.” (CCh 56 / SL 10.1)

“Let a living faith run like threads of gold through the performance of even the smallest duties. Then all the daily work will promote Christian growth. There will be a continual looking unto Jesus. Love for Him will give vital force to everything that is undertaken. Thus through the right use of our talents, we may link ourselves by a golden chain to the higher world. This is true sanctification; for sanctification consists in the cheerful performance of daily duties in perfect obedience to the will of God.” (COL 360.2)

“It [sanctification] is not merely a theory, an emotion, or a form of words, but a living, active principle, entering into the everyday life. It requires that our habits of eating, drinking, and dressing be such as to secure the preservation of physical, mental, and moral health, that we may present to the Lord our bodies—not an offering corrupted by wrong habits, but—‘a living sacrifice, holy, acceptable unto God.’” (Te 19.4)

“What is sanctification? It is to give one’s self wholly and without reserve—soul, body, and spirit—to God; to deal justly; to love mercy, and to walk humbly with God; to know and to do the will of God without regard to self or self-interest; to be heavenly-minded, pure, unselfish, holy, and without spot or stain.” (OHC 212.2)

“God can make these brethren more precious than fine gold, even the golden wedge of Ophir, if they will yield themselves to His transforming hand. They should be determined to make the noblest use of every faculty and every opportunity. The word of God should be their study and their guide in deciding what is the highest and best in all cases. The one faultless character, the perfect Pattern set before them in the gospel, should be studied with deepest interest. The one lesson most essential for them to learn is that goodness alone gives true greatness. May God deliver us from the philosophy of worldly-wise men. Their only hope is in becoming fools, that they may be wise indeed.” (4T 541.1)

“But Christ has given us no assurance that to attain perfection of character is an easy matter. A noble, all-round character is not inherited. It does not come to us by accident. A noble character is earned by individual effort through the merits and grace of Christ. God gives the talents, the powers of the mind; we form the character. It is formed by hard, stern battles with self. Conflict after conflict must be waged against hereditary tendencies. We shall have to criticize ourselves closely, and allow not one unfavorable trait to remain uncorrected.” (COL 331.1)

“The change of heart by which we become children of God is in the Bible spoken of as birth. Again, it is compared to the germination of the good seed sown by the husbandman. In like manner those who are just converted to Christ are, “as new-born babes,” to “grow up” to the stature of men and women in Christ Jesus. 1 Peter 2:2; Ephesians 4:15...So from natural life, illustrations are drawn, to help us better to understand the mysterious truths of spiritual life.” (SC 67.1)

Glorification (Perfection of Character After Sins Are Blotted Out, the Glory of the Latter Rain, the Transformed, Perfected Body, the Spiritual Body)

Author’s Note: Sinners will experience justification, sanctification, and glorification by faith in Jesus Christ. This is the gospel that is the everlasting gospel that is testified of throughout the entire Bible. This gospel is the gospel that the three angels are proclaiming, and it is the pathway to salvation already revealed through the Sanctuary Message. This experience is something that cannot be explained separately, one-by-one; it is a faith that must be personally experienced by believers, leading

to growth and perfection, which is brought about by God's glory.

If there is one subject of utmost importance regarding our salvation, it is "righteousness by faith."

The completion of redemption will be the restoration of the image of God that had been lost.

"The very essence of the gospel is restoration!"

"For whom He foreknew, He also predestined to be conformed to the image of His Son, that He might be the firstborn among many brethren. Moreover whom He predestined, these He also called; whom He called, these He also justified; and whom He justified, these He also glorified." (Romans 8:29-30)

"And if children, then heirs—heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together." (Romans 8:17)

"Heaven will be cheap enough, if we obtain it through suffering. . . .

"As I saw what we must be in order to inherit glory, and then saw how much Jesus had suffered to obtain for us so rich an inheritance, I prayed that we might be baptized into Christ's sufferings, that we might not shrink at trials, but bear them with patience and joy, knowing what Jesus had suffered that we through His poverty and sufferings might be made rich." (EW 67.1-67.2)

"Our lives may seem a tangle; but as we commit ourselves to the wise Master Worker, He will bring out the pattern of life and character that will be to His own glory. And that character which expresses the glory—character—of Christ will be received into the Paradise of God. A renovated race shall walk with Him in white, for they are worthy." (DA 331.2)

"Then one of the elders answered, saying to me, 'Who are these arrayed in white robes, and where did they come from?' And I said to him, 'Sir, you know.' So he said to me, 'These are the ones who come out of the great tribulation, and washed their robes and made them white in the blood of the Lamb.' " (Revelation 7:13-14)

"Remember that every one who shall be found with the wedding garment on will have come out of great tribulation." (RH April 17, 1894 / 5BC 1097.6)

"Graves are opened, and 'many of them that sleep in the dust of the Earth. . . . awake, some to everlasting life, and some to shame and everlasting contempt.' Daniel 12:2. All who have died in the faith of the third angel's message come forth from the tomb glorified, to hear God's covenant of peace with those who have kept His law. 'They also which pierced Him' (Revelation 1:7), those that mocked and derided Christ's dying agonies, and the most violent opposers of His truth and His people, are raised to behold Him in His glory and to see the honor placed upon the loyal and obedient." (GC 637.1)

"The earth mightily shook as the voice of the Son of God called forth the sleeping saints. They responded to the call and came forth clothed with glorious immortality, crying, 'Victory, victory, over death and the grave! O death, where is thy sting? O grave, where is thy victory?' (See 1 Corinthians 15:55.) Then the living saints and the risen ones raised their voices in a long transporting shout of victory. Those bodies that had gone down into the grave bearing the marks of disease and death came up in immortal health and vigor. The living saints are changed in a moment, in the twinkling of an eye, and caught up with the risen ones, and together they meet their Lord in the air.

Oh, what a glorious meeting! Friends whom death had separated were united, never more to part.” (SR 411.2)

Author’s Note: But, even though we are given the opportunity to receive this glorious life, if we are not prepared for that day, then we will be resurrected with the body of death and will receive the judgment of eternal death.

“He is suddenly snatched away by death, and he goes down to the grave with the character formed during his lifetime in copartnership with Satanic agencies. In the grave he has no power to choose anything, be it good or evil; for in the day when a man dies, his thoughts perish. (Psalm 146:4; Ecclesiastes 9:5, 6).

“When the voice of God awakes the dead, he will come from the grave with the same appetites and passions, the same likes and dislikes, that he cherished when living. God works no miracle to re-create a man who would not be re-created when he was granted every opportunity and provided with every facility. During his lifetime he took no delight in God, nor found pleasure in His service. His character is not in harmony with God, and he could not be happy in the heavenly family.

“Today there is a class in our world who are self-righteous. They are not gluttons, they are not drunkards, they are not infidels; but they desire to live for themselves, not for God. He is not in their thoughts; therefore they are classed with unbelievers...” (COL 269.3-370.2)

“Jesus called forth the wicked dead; and they came up with the same feeble, sickly bodies that went into the grave. What a spectacle! What a scene! At the first resurrection all came forth in immortal bloom, but at the second the marks of the curse are visible on all.” (SR 418.1)

“Blessed and holy is he who has part in the first resurrection. Over such the second death has no power, but they shall be priests of God and of Christ, and shall reign with Him a thousand years.” (Revelation 20:6)

Chapter 2: Study the Third Angel's Message (Revelation 14:6-12)

INTRODUCTION

The whole Bible tells the story of Jesus. Therefore, those who study the Bible should see that, through the entire Bible, Jesus is the Creator and Savior. They should observe the way in which Jesus saves fallen mankind, and they should make Jesus as their own, individual and personal Savior. The whole Bible meets and ends in the book of Revelation. And the book of Revelation meets and ends in Revelation 14:6-12, in the Three Angels' Messages.

The first and second angels' messages are both included in the Third Angel's Message. Therefore, in the Third Angel's Message, the entire Bible is included. This message teaches that the sinner, through righteousness by faith, may become righteous. It is a loud cry calling us to meet this Jesus who has enabled us to go to heaven. This message tells of Jesus' forgiveness, the cleansing of the sanctuary in the sinner's heart. It calls us to meet Jesus, who atones for our sins. The message of atonement that the third angel delivers is the last message sent out to the whole world. There is no greater message of importance. This message will decide the eternal destiny for people as they choose between receiving the mark of the beast or the seal of God.

If we remain ignorant of this message or neglect to proclaim it, or if we deliver some message other than the Third Angel's Message, the gospel ministry will not finish. In order that we might deliver this very message to the ends of the Earth, the power of the Latter Rain will be poured out. But if this work is not done, then the second coming of Jesus will be continually delayed. Why? Because this very message is the essential message that leads sinners to repentance, the forgiveness of sins, and the necessary preparation for heaven.

Jesus also declared, "And this gospel of the kingdom will be preached in all the world as a witness to all the nations, and then the end will come." (Matthew 24:14) This heavenly gospel is the very gospel in the last days that is to be spread as the Third Angel's Message. This message is not shared by theory or debate, but by the steps of justification, sanctification, and glorification experienced in the life. Saints of God who receive the Latter Rain will, through their character, testify of this message in the Loud Cry. Therefore, those who study this message step-by-step should understand it by experience, and should be able to give a loud cry through their life. The righteousness of "righteousness by faith" is Jesus' righteousness, not my own. It is not my character, but the character of Jesus, perfected by the Latter Rain and revealed to the world as God's glorious light. Read carefully the words from the testimonies that are written below. I hope it will help your individual study and experience.

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

The Importance of the Third Angel's Message

"When Christ entered the most holy place of the heavenly sanctuary to perform the closing work of the atonement, He committed to His servants the last message of mercy to be given to the world. Such is the warning of the third angel of Revelation 14. Immediately following its proclamation, the Son of man is seen by the prophet coming in glory to reap the harvest of the earth." (SR 379.1)

"The theme of greatest importance is the third angel's message, embracing the messages of the first and second angels. All should understand the truths contained in these messages and demonstrate them in daily life, for this is essential to salvation. We shall have to study earnestly, prayerfully, in

order to understand these grand truths; and our power to learn and comprehend will be taxed to the utmost.—Letter 97, 1902.” (Ev 196.1)

“The whole of the gospel is embraced in the third angel’s message.” (Ms. 19, 1900 / 1MR 57.3)

“Several have written to me, inquiring if the message of justification by faith is the third angel’s message, and I have answered, ‘It is the third angel’s message, in verity.’ — The Review and Herald, April 1, 1890.” (ISM 372.2)

“The truth for this time embraces the whole gospel. Rightly presented it will work in man the very changes that will make evident the power of God’s grace upon the heart. It will do a complete work and develop a complete man. Then let no line be drawn between the genuine medical missionary work and the gospel ministry. Let these two blend in giving the invitation: ‘Come; for all things are now ready.’ Let them be joined in an inseparable union, even as the arm is joined to the body.” (2TT 528.3 / 6T 291.1)

“Whenever the people of God are growing in grace, they will be constantly obtaining a clearer understanding of His word. They will discern new light and beauty in its sacred truths. This has been true in the history of the church in all ages, and thus it will continue to the end. But as real spiritual life declines, it has ever been the tendency to cease to advance in the knowledge of the truth. Men rest satisfied with the light already received from God’s word, and discourage any further investigation of the Scriptures. They become conservative, and seek to avoid discussion.” (GW 297.2)

“The third angel’s message is the gospel message for these last days, and in no case is it to be overshadowed by other interests and made to appear an unessential consideration. When in our institutions anything is placed above the third angel’s message, the gospel is not there the great leading power.” (6T 241.1)

The Chain of Complete Truth

“I saw that God had especially guarded the Bible; yet when copies of it were few, learned men had in some instances changed the words, thinking that they were making it more plain, when in reality they were mystifying that which was plain, by causing it to lean to their established views, which were governed by tradition. But I saw that the Word of God, as a whole, is a perfect chain, one portion linking into and explaining another. True seekers for truth need not err, for not only is the Word of God plain and simple in declaring the way of life, but the Holy Spirit is given as a guide in understanding the way to life therein revealed.” (SR 391.1)

“These zealous searchers after truth risked their capital of strength and their all in the work of defending the truth and spreading the light. Link after link of the precious chain of truth has been searched out, until it stands forth in beautiful harmony, uniting in a perfect chain. These men of investigating minds have brought out arguments and made them so plain that a schoolboy may understand them.” (2T 651.1)

“There are in the Scriptures some things which are hard to be understood and which, according to the language of Peter, the unlearned and unstable wrest unto their own destruction. We may not, in this life, be able to explain the meaning of every passage of Scripture; but there are no vital points of practical truth that will be clouded in mystery. When the time shall come, in the providence of God, for the world to be tested upon the truth for that time, minds will be exercised by His Spirit to search the Scriptures, even with fasting and with prayer, until link after link is searched out and united in a perfect chain. Every fact which immediately concerns the salvation of souls will be made so clear that none need err or walk in darkness.” (2T 692.1)

"...but the third angel was pointing them to the most holy place, and those who had had an experience in the past messages were pointing them the way to the heavenly sanctuary. Many saw the perfect chain of truth in the angels' messages, and gladly received them in their order, and followed Jesus by faith into the heavenly sanctuary. These messages were represented to me as an anchor to the people of God. Those who understand and receive them will be kept from being swept away by the many delusions of Satan." (EW 256.2)

"The spirit in which you come to the investigation of the Scriptures will determine the character of the assistant at your side. Angels from the world of light will be with those who in humility of heart seek for divine guidance. But if the Bible is opened with irreverence, with a feeling of self-sufficiency, if the heart is filled with prejudice, Satan is beside you, and he will set the plain statements of God's word in a perverted light." (TM 108.1)

The Historical Review of the Third Angel's Message

"The prophecy of the first angel's message, brought to view in Revelation 14, found its fulfillment in the advent movement of 1840-44. In both Europe and America, men of faith and prayer were deeply moved as their attention was called to the prophecies, and, tracing down the Inspired Record, they saw convincing evidence that the end of all things was at hand. The Spirit of God urged His servants to give the warning. Far and wide spread the message of the everlasting gospel, 'Fear God, and give glory to Him; for the hour of His judgment is come.' Revelation 14:7.

"Wherever missionaries had penetrated, were sent the glad tidings of Christ's speedy return." (SR 356.1-2)

"The churches that refused to receive the first angel's message rejected light from heaven. That message was sent in mercy to arouse them to see their true condition of worldliness and backsliding, and to seek a preparation to meet their Lord.

"It was to separate the church of Christ from the corrupting influence of the world that the first angel's message was given. But with the multitude, even of professed Christians, the ties which bound them to earth were stronger than the attractions heavenward. They chose to listen to the voice of worldly wisdom, and turned away from the heart-searching message of truth.

"God gives light to be cherished and obeyed, not to be despised and rejected. The light which He sends becomes darkness to those who disregard it. When the Spirit of God ceases to impress the truth upon the hearts of men, all hearing is vain, and all preaching also is vain.

"When the churches spurned the counsel of God by rejecting the advent message, the Lord rejected them. The first angel was followed by a second, proclaiming, 'Babylon is fallen, is fallen, that great city, because she made all nations drink of the wine of the wrath of her fornication.' Revelation 14:8. This message was understood by Adventists to be an announcement of the moral fall of the churches in consequence of their rejection of the first message." (SR 364.1-4)

"When Christ entered the most holy place of the heavenly sanctuary to perform the closing work of the atonement, He committed to His servants the last message of mercy to be given to the world. Such is the warning of the third angel of Revelation 14. Immediately following its proclamation, the Son of man is seen by the prophet coming in glory to reap the harvest of the earth.

"As foretold in the Scriptures, the ministration of Christ in the most holy place began at the termination of the prophetic days in 1844. To this time apply the words of the Revelator, 'The temple of God was opened in heaven, and there was seen in His temple the ark of His testament.' Revelation 11:19." (SR 379.1-2)

“Those who had accepted the light concerning the mediation of Christ and the perpetuity of the law of God, found that these were the truths brought to view in the third message. The angel declares, ‘Here are they that keep the commandments of God, and the faith of Jesus.’ Revelation 14:12. This statement is preceded by a solemn and fearful warning: ‘If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, the same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of His indignation.’ Revelation 14:9, 10. An interpretation of the symbols employed was necessary to an understanding of this message. What was represented by the beast, the image, and the mark? Again those who were seeking for the truth returned to the study of the prophecies.” (SR 381.1)

The Beast, Its Image, Its Mark

“If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, the same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of His indignation.” Revelation 14:9, 10. An interpretation of the symbols employed was necessary to an understanding of this message. What was represented by the beast, the image, and the mark? Again those who were seeking for the truth returned to the study of the prophecies.” (SR 381.1)

“By this first beast is represented the Roman Church, an ecclesiastical body clothed with civil power, having authority to punish all dissenters. The image to the beast represents another religious body clothed with similar powers. The formation of this image is the work of that beast whose peaceful rise and mild professions render it so striking a symbol of the United States. Here is to be found an image of the Papacy. When the churches of our land, uniting upon such points of faith as are held by them in common, shall influence the State to enforce their decrees and sustain their institutions, then will Protestant America have formed an image of the Roman hierarchy. Then the true church will be assailed by persecution, as were God’s ancient people.

“The beast with lamblike horns commands ‘all, both small and great, rich and poor, free and bond, to receive a mark in their right hand, or in their foreheads: and that no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name.’ Revelation 13:16, 17. This is the mark concerning which the third angel utters his warning. It is the mark of the first beast, or the Papacy, and is therefore to be sought among the distinguishing characteristics of that power. The prophet Daniel declared that the Roman Church, symbolized by the little horn, was to think to change times and laws (Daniel 7:25), while Paul styled it the man of sin (2 Thessalonians 2:3, 4), who was to exalt himself above God. Only by changing God's law could the Papacy exalt itself above God; whoever should understandingly keep the law as thus changed would be giving supreme honor to that power by which the change was made.

“The fourth commandment, which Rome has endeavored to set aside, is the only precept of the Decalogue that points to God as the Creator of the heavens and the earth, and thus distinguishes the true God from all false gods. The Sabbath was instituted to commemorate the work of creation, and thus to direct the minds of men to the true and living God.” (SR 382.1-2)

The Most Important Message to Proclaim at This Time

“The third angel of Revelation 14 is represented as flying swiftly through the midst of heaven crying: "Here are they that keep the commandments of God, and the faith of Jesus." Here is shown the nature of the work of the people of God. They have a message of so great importance that they are represented as flying in the presentation of it to the world. They are holding in their hands the bread of life for a famishing world. The love of Christ constraineth them. This is the last message. There are no more to follow, no more invitations of mercy to be given after this message..." (5T 206.3)

“Those who present the truth are to enter into no controversy. They are to preach the gospel with such faith and earnestness that an interest will be awakened. By the words they speak, the prayers they offer, the influence they exert, they are to sow seeds that will bear fruit to the glory of God. There is to be no wavering. The trumpet is to give a certain sound. The attention of the people is to be called to the third angel's message. Let not God's servants act like men walking in their sleep, but like men preparing for the coming of Christ.

“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. The most solemn truths ever entrusted to mortals have been given us to proclaim to the world. The proclamation of these truths is to be our work.” (Ev 119.2-120.1)

“The third angel's message . . . is a life-and-death message.” (Letter 209, 1899 / Ev 230.1)

“The message of the third angel is to prepare a people to stand in these days of peril. It is to be proclaimed with a loud voice and is to accomplish a work which few realize.” (8T 94.1)

“The third angel's message will not be comprehended, the light which will lighten the earth with its glory will be called a false light, by those who refuse to walk in its advancing glory.” (RH May 27, 1890 / LDE 210.1)

“You and other of our brethren must accept the truth as God has given it to His students of prophecy, as they have been led by genuine, living experience, advancing point by point, tested, proved, and tried, until the truth is to them a reality. From their voices and pens the truth in bright, warm rays has gone to all parts of the world, and that which was to them testing truth, as brought by the Lord's delegated messengers, is testing truth to all to whom this message is proclaimed.” (2SM 102.3)

“Satan has devised a state of things whereby the proclamation of the third angel's message shall be bound about. We must beware of his plans and methods. There must be no toning down of the truth, no muffling of the message for this time. The third angel's message must be strengthened and confirmed. The eighteenth chapter of Revelation reveals the importance of presenting the truth in no measured terms but with boldness and power. . . . There has been too much beating about the bush in the proclamation of the third angel's message. The message has not been given as clearly and distinctly as it should have been.” (Ev 230.2)

“It is Satan's object to divert the attention from the third angel's message to side issues, that minds and hearts that should be growing in grace and in the knowledge of the truth, may be dwarfed and enfeebled, so that God may not be glorified by them.” (2SM 320.1)

“When light goes forth to lighten the earth, instead of coming up to the help of the Lord, they will want to bind about His work to meet their narrow ideas. Let me tell you that the Lord will work in this last work in a manner very much out of the common order of things, and in a way that will be contrary to any human planning.” (TM 299.2)

Chapter 3: The Cleansing of the Sanctuary and the Third Angel's Message

INTRODUCTION

The Three Angels' Message is the Sanctuary Message, and the sanctuary truth shows us the blueprint of salvation—showing, in advance, Jesus' plan to save sinners. God said to Daniel, "For two thousand three hundred days; then the sanctuary shall be cleansed." (Daniel 8:14) These words prophesy of the ministry of the cleansing of the sanctuary that Jesus would carry on from 1844 (when the 2,300 days prophecy ended) until the time just before Jesus' second coming. The cleansing of the sanctuary takes place during the last stage of Jesus' work of salvation. This work blots out the record of sin of repentant sinners, and it removes their propensity (inclination) to sin. Thus, Christ's work of atonement provides complete freedom from sin for repentant sinners. This atonement work is the gospel already accomplished in Christ.

The prophet Isaiah said, "I have blotted out, like a thick cloud, your transgressions, and like a cloud, your sins. Return to Me, for I have redeemed you." (Isa. 44:22) Here the expression, "blotted out," is past tense and it means "already accomplished."

That is, salvation for sinners who have violated God's law has been prepared ahead of time, and accepting this salvation is called faith. To receive this salvation, we must take our sins to Jesus. Then the hearts of sinners will experience deep repentance. Therefore, true Christians who live in this age need to know about the sanctuary and, in conjunction, Christ's atonement work. This very message is the Present Truth that we need today.

But Satan will use all sorts of methods to distract or prevent us from sharing this message. God's people must always be alert. Right now, our High Priest is in heaven doing his work of the investigative judgment and the cleansing of the sanctuary, so by faith, we need to follow Him into the Most Holy Place, and we need to receive His forgiveness for our sins. The mediatory work of Jesus that saves the sinner takes place in three stages, starting from the cross, moving into the holy place of the heavenly sanctuary, and then into the most holy place. "I am the way, the truth, and the life. No one comes to the Father except through Me." (John 14:6) This way is Jesus. We can stand before the Father only when we follow Jesus, who is the Way. The Sanctuary Message and the Third Angel's Message guide us to that Way.

As we studied earlier in chapters 1 and 2 (of this part), the way we follow Jesus is through justification, sanctification, and glorification. But, although we may experience justification and sanctification daily, we cannot claim that we are completely free of sin, yet, while we are under the law of sin in the flesh. Because of personal experience, we cannot help but admit this fact. People experience sin in their lives as difficult, detestable, and grotesque, and they desire to be saved from their sin. The author, also, still struggles in like manner.

But we have hope. When we meet Jesus, through the Sanctuary Message, which shows us the way of salvation prepared for in advance, and we follow that way into the Most Holy Place where Jesus is doing the work of atonement—when we meet Him there, He will give us perfect freedom from the chains of sin that bind us. All repented sins will be returned to Satan, the originator of sin, and Satan, who receives those sins will receive the judgment of eternal fire. Those who receive righteousness by faith from Jesus will be restored to be ones who no longer have a relationship with sin. This is the investigative judgment and the work of the cleansing of the sanctuary. Jesus is God who came to this earth to save sinners from sin.

Satan uses all different methods to keep people from understanding this important work of the cleansing of the sanctuary, and it was prophesied that the dragon (Satan) would rise up with anger: "And the dragon was enraged with the woman, and he went to make war with the

rest of her offspring, who keep the commandments of God and have the testimony of Jesus Christ.” (Rev. 12:17, Dan. 11:44)

God, who gave us this prophecy, said, “Many shall be purified, made white, and refined, but the wicked shall do wickedly; and none of the wicked shall understand, but the wise shall understand.” (Daniel 12:10)

What is the difference between those who are wicked and those who are wise? The “wicked” is not referring to those in the world, but those waiting for the second coming who, because they themselves have not experienced being broken on the rock Jesus Christ and have not been born again, do not know Jesus Christ. Therefore, they belong to the group of foolish virgins. On the other hand, those who give themselves completely to the Lord, experiencing justification and sanctification, listening to the still small voice of the Lord, and learning and obeying—these are called the wise virgins. These wise people grow as the light given to them shines brighter and brighter. They experience the forgiveness of sins, and they will be people who hold the secret of knowing the character of God. If this is the case, should we not examine ourselves, to see which side we belong to?

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

Present Truth

“And he said to me, ‘For two thousand three hundred days; then the sanctuary shall be cleansed.’ ” (Daniel 8:14)

“But you, Daniel, shut up the words, and seal the book until the time of the end; many shall run to and fro, and knowledge shall increase.” (Daniel 12:4)

“And he said, ‘Go your way, Daniel, for the words are closed up and sealed till the time of the end. Many shall be purified, made white, and refined, but the wicked shall do wickedly; and none of the wicked shall understand, but the wise shall understand.’ ” (Daniel 12:9-10)

“And he said to me, ‘You must prophesy again about many peoples, nations, tongues, and kings.’ ” (Revelation 10:11)

“In the Revelation all the books of the Bible meet and end. Here is the complement of the book of Daniel. One is a prophecy; the other a revelation. The book that was sealed is not the Revelation, but that portion of the prophecy of Daniel relating to the last days. The angel commanded, ‘But thou, O Daniel, shut up the words, and seal the book, even to the time of the end.’ Daniel 12:4.” (AA 585.1)

“The correct understanding of the ministration in the heavenly sanctuary is the foundation of our faith.” (Ev 221.2)

“Today the remnant people of God are to glorify His name by proclaiming the last message of warning, the last invitation to the marriage supper of the Lamb. The only way in which they can fulfill God’s expectations is by being representatives of the truth for this time.” (8T 153.2)

“In every school established the most simple theory of theology should be taught. In this theory, the atonement of Christ should be the great substance, the central truth. The wonderful theme of redemption should be presented to the students.” (Ev 223.2)

“There are many precious truths contained in the Word of God, but it is ‘present truth’ that the flock needs now. I have seen the danger of the messengers running off from the important points of

present truth, to dwell upon subjects that are not calculated to unite the flock and sanctify the soul. Satan will here take every possible advantage to injure the cause.

“But such subjects as the sanctuary, in connection with the 2300 days, the commandments of God and the faith of Jesus, are perfectly calculated to explain the past Advent movement and show what our present position is, establish the faith of the doubting, and give certainty to the glorious future. These, I have frequently seen, were the principal subjects on which the messengers should dwell.” (EW 63.1)

“There is a vast amount of work to be done in proclaiming the truth for this time to those who are dead in trespasses and sins. Most startling messages will be borne by men of God’s appointment, messages of a character to warn the people, to arouse them. And while some will be provoked by the warning, and led to resist the light and evidence, we are to see from this that we are giving the testing message for this time.” (GW 354.1)

“The subject of the sanctuary and the investigative judgment should be clearly understood by the people of God. All need a knowledge for themselves of the position and work of their great High Priest. Otherwise it will be impossible for them to exercise the faith which is essential at this time or to occupy the position which God designs them to fill. Every individual has a soul to save or to lose. Each has a case pending at the bar of God. Each must meet the great Judge face to face. How important, then, that every mind contemplate often the solemn scene when the judgment shall sit and the books shall be opened, when, with Daniel, every individual must stand in his lot, at the end of the days.

“All who have received the light upon these subjects are to bear testimony of the great truths which God has committed to them. (Ev 221.3-222.1)

All Repented Sins Transferred to Satan

“The intercession of Christ in man’s behalf in the sanctuary above is as essential to the plan of salvation as was His death upon the cross. By His death He began that work which after His resurrection He ascended to complete in heaven.” (GC 489.1)

“In the sin offerings presented during the year, a substitute had been accepted in the sinner’s stead; but the blood of the victim had not made full atonement for the sin. It had only provided a means by which the sin was transferred to the sanctuary. By the offering of blood, the sinner acknowledged the authority of the law, confessed the guilt of his transgression, and expressed his faith in Him who was to take away the sin of the world; but he was not entirely released from the condemnation of the law. On the Day of Atonement the high priest, having taken an offering for the congregation, went into the most holy place with the blood and sprinkled it upon the mercy seat, above the tables of the law. Thus the claims of the law, which demanded the life of the sinner, were satisfied. Then in his character of mediator the priest took the sins upon himself, and, leaving the sanctuary, he bore with him the burden of Israel’s guilt. At the door of the tabernacle he laid his hands upon the head of the scapegoat and confessed over him ‘all the iniquities of the children of Israel, and all their transgressions in all their sins, putting them upon the head of the goat.’ And as the goat bearing these sins was sent away, they were, with him, regarded as forever separated from the people. Such was the service performed ‘unto the example and shadow of heavenly things.’ Hebrews 8:5.” (PP 355.5)

“As Christ’s ministration was to consist of two great divisions, each occupying a period of time and having a distinctive place in the heavenly sanctuary, so the typical ministration consisted of two divisions, the daily and the yearly service, and to each a department of the tabernacle was devoted.” (PP 357.3)

“The deepest interest manifested among men in the decisions of earthly tribunals but faintly represents the interest evinced in the heavenly courts when the names entered in the book of life come up in review before the Judge of all the Earth. The divine Intercessor presents the plea that all who have overcome through faith in His blood be forgiven their transgressions, that they be restored to their Eden home, and crowned as joint heirs with Himself to ‘the first dominion.’ Micah 4:8. Satan in his efforts to deceive and tempt our race had thought to frustrate the divine plan in man’s creation; but Christ now asks that this plan be carried into effect as if man had never fallen. He asks for His people not only pardon and justification, full and complete, but a share in His glory and a seat upon His throne.” (GC 483.3)

Take Off Dirty Clothes

“Then He answered and spoke to those who stood before Him, saying, ‘Take away the filthy garments from him.’ And to him He said, ‘See, I have removed your iniquity from you, and I will clothe you with rich robes.’ And I said, ‘Let them put a clean turban on his head.’ So they put a clean turban on his head, and they put the clothes on him. And the Angel of the Lord stood by.’ (Zechariah 3:4-5)

“While Jesus is pleading for the subjects of His grace, Satan accuses them before God as transgressors. The great deceiver has sought to lead them into skepticism, to cause them to lose confidence in God, to separate themselves from His love, and to break His law. Now he points to the record of their lives, to the defects of character, the unlikeness to Christ, which has dishonored their Redeemer, to all the sins that he has tempted them to commit, and because of these he claims them as his subjects.” (GC 484.1)

“Jesus does not excuse their sins, but shows their penitence and faith, and, claiming for them forgiveness, He lifts His wounded hands before the Father and the holy angels, saying: I know them by name. I have graven them on the palms of My hands. ‘The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, Thou wilt not despise.’ Psalm 51:17. And to the accuser of His people He declares: ‘The Lord rebuke thee, O Satan; even the Lord that hath chosen Jerusalem rebuke thee: is not this a brand plucked out of the fire?’ Zechariah 3:2. Christ will clothe His faithful ones with His own righteousness, that He may present them to His Father ‘a glorious church, not having spot, or wrinkle, or any such thing.’ Ephesians 5:27. Their names stand enrolled in the book of life, and concerning them it is written: ‘They shall walk with Me in white: for they are worthy.’ Revelation 3:4.” (GC 484.2)

“Joshua is represented as pleading with the Angel. Are we engaged in the same work? Are our supplications ascending to God in living faith? Are we opening the door of the heart to Jesus, and closing every means of entrance to Satan? Are we daily obtaining clearer light, and greater strength, that we may stand in Christ’s righteousness? Are we emptying our hearts of all selfishness, and cleansing them, preparatory to receiving the latter rain from heaven?

“Now is the time when we are to confess and forsake our sins, that they may go beforehand to judgment and be blotted out.” (The Review and Herald, November 19, 1908 / 4BC 1178.1)

“Poor, repentant mortals, hear the words of Jesus, and believe as you hear: ‘And he answered [the accusing charge of Satan] and spake unto those [angels] that stood before him [to do His bidding], saying, Take away the filthy garments from him.’ I will blot out his transgressions. I will cover his sins. I will impute to him My righteousness. ‘And unto him he said, Behold, I have caused thine iniquity to pass from thee, and I will clothe thee with change of raiment.’

“The filthy garments are removed; for Christ says, ‘I have caused thine iniquity to pass from thee.’ The iniquity is transferred to the innocent, the pure, the holy Son of God; and man, all undeserving, stands before the Lord cleansed from all unrighteousness, and clothed with the imputed righteousness of Christ. Oh, what a change of raiment is this!

“And Christ does more than this for them: [Zechariah 3:5 quoted].

“This is the honor that God will bestow on those who are clothed with the garments of Christ’s righteousness.

“This is the honor that God will bestow on those who are clothed with the garments of Christ’s righteousness.” (Manuscript 125, 1901 / 4BC 1178.7-10)

Chapter 4: Are You Standing Upon a Firm Foundation?

INTRODUCTION

“The third angel’s message must do its work of separating from the churches a people who will take their stand on the platform of eternal truth.” (Ev 229.4)

The eternal platform of truth is Jesus Christ, and Jesus Christ is the firm foundation. This firm foundation of Jesus Christ must be spread through the Third Angel’s Message. In this age, the workers that God uses are the people who have the Third Angel’s Message. They will guide others to stand on the Firm Foundation.

But this work will not be understood by most people. Misunderstandings, ridicule, and persecution will follow, so this work will go through a shaking. Please study carefully the words of the testimonies written below. I hope that every individual will plant their faith solidly on this Firm Foundation.

BIBLE TEXTS & SPIRIT OF PROPHECY

The Foundation of Eternal Truth

“God is leading out a people and establishing them upon the one great platform of faith, the commandments of God and the testimony of Jesus. He has given His people a straight chain of Bible truth, clear and connected. This truth is of heavenly origin and has been searched for as for hiding treasure. It has been dug out through careful searching of the Scriptures and through much prayer.” (3T 447.1)

“As a people, we are to stand firm on the platform of eternal truth that has withstood test and trial.” (1SM 201.2)

“By his [Satan’s] deceptions he is seeking to allure souls from Christ, and those who are not established upon the truth will surely be taken in his snare.” (5T 295.1 / 2TT 106.3)

“The third angel’s message must do its work of separating from the churches a people who will take their stand on the platform of eternal truth.” (6T 61.2 / Ev 229.4)

“The Lord desires us to realize that it is of great importance that we stand in these last days upon the platform of eternal truth. Those who think that the church militant is the church triumphant make a great mistake. The church militant will gain great triumphs, but it will also have fierce conflicts with evil, that it may be firmly established upon the platform of eternal truth. And every one of us should be determined to stand with the church upon this platform.” (1SAT 340.2)

“I was again brought down through these messages, and saw how dearly the people of God had purchased their experience. It had been obtained through much suffering and severe conflict. God had led them along step by step, until He had placed them upon a solid immovable platform.” (SR 385.2)

“As the end approaches, the testimonies of God’s servants will become more decided and more powerful, flashing the light of truth upon the systems of error and oppression that have so long held the supremacy. The Lord has sent us messages for this time to establish Christianity upon an eternal basis, and all who believe present truth must stand, not in their own wisdom, but in God; and raise up the foundation of many generations. These will be registered in the books of heaven as repairers of the breach, the restorers of paths to dwell in. We are to maintain the truth because it is truth, in the face of the bitterest opposition. . . .” (3SM 407.1)

“I saw a company who stood well guarded and firm, giving no countenance to those who would unsettle the established faith of the body. God looked upon them with approbation. I was shown three steps— the first, second, and third angels’ messages. Said my accompanying angel, ‘Woe to him who shall move a block or stir a pin of these messages. The true understanding of these messages is of vital importance. The destiny of souls hangs upon the manner in which they are received.’ I was again brought down through these messages, and saw how dearly the people of God had purchased their experience. It had been obtained through much suffering and severe conflict. God had led them along step by step, until He had placed them upon a solid, immovable platform.” (EW 258.3)

Chapter 5: Trials of Faith of the Saints

INTRODUCTION

Until God's people stand solidly on the firm foundation, they will experience difficult trials. These trials will lead them to surrender themselves fully, giving themselves completely to Jesus. Trials of faith are instruments that God uses. Therefore, God's people need to be prepared by understanding the meaning of trials, and until our faith is proven before the universe, we must drink the bitter cup of trials.

Just as Abraham, sacrificing his son upon the altar, showed his faith before the universe, and became the father of the faithful, so the faith of the last days' saints must be proven by passing through bitter trials. These people that God will establish, must wrestle by faith, just as Jacob did. They must believe that the Lord will give them all the power that they need for victory. Paul said, "We do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places." (Ephesians 6:12)

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

A Bitter Cup

"In this time of trial we need to be encouraged and comforted by one another. The temptations of Satan are greater now than ever before, for he knows that his time is short and that very soon every case will be decided, either for life or for death. It is no time now to sink down beneath discouragement and trial; we must bear up under all our afflictions and trust wholly in the Almighty God of Jacob. The Lord has shown me that His grace is sufficient for all our trials; and although they are greater than ever before, yet if we trust wholly in God, we can overcome every temptation and through His grace come off victorious.

"If we overcome our trials and get victory over the temptations of Satan, then we endure the trial of our faith, which is more precious than gold, and are stronger and better prepared to meet the next. But if we sink down and give way to the temptations of Satan, we shall grow weaker and get no reward for the trial and shall not be so well prepared for the next. In this way we shall grow weaker and weaker, until we are led captive by Satan at his will. We must have on the whole armor of God and be ready at any moment for a conflict with the powers of darkness. When temptations and trials rush in upon us, let us go to God and agonize with Him in prayer. He will not turn us away empty, but will give us grace and strength to overcome, and to break the power of the enemy. Oh, that all could see these things in their true light and endure hardness as good soldiers of Jesus! Then would Israel move forward, strong in God, and in the power of His might." (EW 46.1-46.2)

"God has shown me that He gave His people a bitter cup to drink, to purify and cleanse them. It is a bitter draught, and they can make it still more bitter by murmuring, complaining, and repining. But those who receive it thus must have another draught, for the first does not have its designed effect upon the heart. And if the second does not effect the work, then they must have another, and another, until it does have its designed effect, or they will be left filthy, impure in heart. I saw that this bitter cup can be sweetened by patience, endurance, and prayer, and that it will have its designed effect upon the hearts of those who thus receive it, and God will be honored and glorified. It is no small thing to be a Christian and to be owned and approved of God. The Lord has shown me some who profess the present truth, whose lives do not correspond with their profession. They have the standard of piety altogether too low, and they come far short of Bible holiness. Some engage in vain and

unbecoming conversation, and others give way to the risings of self. We must not expect to please ourselves, live and act like the world, have its pleasures, and enjoy the company of those who are of the world, and reign with Christ in glory.” (EW 47.1)

“The Saviour of the world became sin for the race. In becoming man’s substitute, Christ did not manifest His power as the Son of God. He ranked Himself among the sons of men. He was to bear the trial of temptation as a man, in man’s behalf, under the most trying circumstances, and leave an example of faith and perfect trust in His heavenly Father.” (ISM 278.1)

“It is true that disappointments will come; tribulation we must expect; but we are to commit everything, great and small, to God. He does not become perplexed by the multiplicity of our grievances nor overpowered by the weight of our burdens. His watchcare extends to every household and encircles every individual; He is concerned in all our business and our sorrows. He marks every tear; He is touched with the feeling of our infirmities. All the afflictions and trials that befall us here are permitted, to work out His purposes of love toward us, ‘that we might be partakers of His holiness’ and thus become participants in that fullness of joy which is found in His presence.” (2TT 339 / 5T 742.2)

Trials Are God’s Workmen

“For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.” (2 Corinthians 4:17-18)

“If Paul, troubled on every side, perplexed, persecuted, could call his trials light afflictions, of what has the Christian of to-day to complain? How trifling are our trials in comparison with Paul’s many afflictions! They are not worthy to be compared with the eternal weight of glory awaiting the overcomer. They are God’s workmen, ordained for the perfection of character. However great the deprivation and suffering of the Christian, however dark and inscrutable may seem the way of providence, he is to rejoice in the Lord, knowing that all is working for his good.” (RH May 6, 1902 / 6BC 1099.6)

“I have been shown that in the future we shall see how closely all our trials were connected with our salvation, and how these light afflictions worked out for us ‘a far more exceeding and eternal weight of glory.’ ” (Ltr 5, 1880 / 6BC 1099.7)

“Temporal things are not to engage our whole attention, or engross our minds until our thoughts are entirely of the Earth and the earthly.” (ST Jan. 9, 1893 / 6BC 1100.4)

“The trials of life are God’s workmen, to remove the impurities and roughness from our character. Their hewing, squaring, and chiseling, their burnishing and polishing, is a painful process; it is hard to be pressed down to the grinding wheel. But the stone is brought forth prepared to fill its place in the heavenly temple. Upon no useless material does the Master bestow such careful, thorough work. Only His precious stones are polished after the similitude of a palace.

“The Lord will work for all who put their trust in Him. Precious victories will be gained by the faithful. Precious lessons will be learned. Precious experiences will be realized.” (MB 10.3-11.1)

Our Struggle Now Is Not Against Flesh and Blood

“Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers

of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God.” (Ephesians 6:11-17)

“God wants every one to stand with the whole armor on, ready for the great review.” (MS 63, 1908 / 6BC 1119.2)

“We must put on every piece of the armor, and then stand firm. The Lord has honored us by choosing us as His soldiers. Let us fight bravely for Him, maintaining the right in every transaction. Rectitude in all things is essential to the welfare of the soul. As you strive for the victory over your own inclinations, He will help you by His Holy Spirit to be circumspect in every action, that you may give no occasion for the enemy to speak evil of the truth. Put on as your breastplate that divinely protected righteousness which it is the privilege of all to wear. This will protect your spiritual life.” (YI Sept. 12, 1901 / 6BC 1119.3)

“In the Word of God are represented two contending parties that influence and control human agencies in our world. Constantly these parties are working with every human being. Those who are under God’s control and who are influenced by the heavenly angels, will be able to discern the crafty workings of the unseen powers of darkness. Those who desire to be in harmony with the heavenly agencies should be intensely in earnest to do God’s will. They must give no place whatever to Satan and his angels.

“But unless we are constantly on guard, we shall be overcome by the enemy. Although a solemn revelation of God’s will concerning us has been revealed to all, yet a knowledge of His will does not set aside the necessity of offering earnest supplications to Him for help, and of diligently seeking to cooperate with Him in answering the prayers offered. He accomplishes His purposes through human instrumentalities.” (MS 95, 1903 / 6BC 1118.12-1119.1)

“If we have on the heavenly armor, we shall find that the assaults of the enemy will not have power over us. Angels of God will be round about us to protect us.” (RH May 25, 1905 / 6BC 1119.4)

“Could human beings know the number of the evil angels, could they know their devices and their activity, there would be far less pride and frivolity. Satan is the prince of demons. The evil angels over whom he rules do his bidding. Through them he multiplies his agencies throughout the world. He instigates all the evil that exists in our world.

“But though the principalities and powers of darkness are both many in number and unceasing in activity, yet the Christian should never feel hopeless or discouraged. He may not hope to escape temptation through any lack of satanic efficiency. He who sent a legion to torture one human being cannot be repulsed by human wisdom or power alone.” (MS 33, 1911 / 6BC 1119.5-1119.6)

“Satan instigated others to rebel, and after they were cast out of heaven he bound them together in a confederacy to do all the evil possible to man, as the only means of striking God. Excluded from heaven, he resolved to be avenged by injuring the workmanship of God. Around the standard of rebellion that he planted, evil workers of all generations have rallied. Evil angels have united with evil men in a warfare against Christ’s kingdom.

“Satan’s aim had been to reproduce his own character in human beings. No sooner was man created than Satan resolved to efface in him the image of God, and to place his stamp where God’s should be. And he has succeeded in instilling into the heart of man the spirit of envy, of hatred, of

ambition. In this world he has set up a kingdom of darkness, of which he, the leader in guilt, is prince. He desired to usurp the throne of God. Failing in this, he has worked in darkness, in crookedness, in deception, to usurp his place in the hearts of men. He has set up his throne between God and man, to appropriate the adoration that belongs to God alone.” (MS 33, 1911 / 6BC 1119.8-1119.9)

“We must make every preparation in our power in order to resist the enemy of souls. Every provision has been made; everything in God’s plan has been arranged so that man should not be left to his own impulses, to his own finite powers, to carry on the warfare against the powers of darkness in his own finite strength; because he would certainly fail if he were thus left to himself.” (MS 1, 1890 / 6BC 1120.2)

Guardian Angels

“The angel of the LORD encamps all around those who fear Him, and delivers them.” (Psalm 34:7)

“Are they not all ministering spirits sent forth to minister for those who will inherit salvation?” (Hebrews 1:14)

“We must make every preparation in our power in order to resist the enemy of souls. Every provision has been made; everything in God’s plan has been arranged so that man should not be left to his own impulses, to his own finite powers, to carry on the warfare against the powers of darkness in his own finite strength; because he would certainly fail if he were thus left to himself (MS 1, 1890).” (6 BC 1120.2)

“There are good and evil angels. Satan is ever on the alert to deceive and mislead. He is using every enchantment to allure men into the broad road of disobedience. He is working to confuse the senses with erroneous sentiments, and remove the landmarks by placing his false inscription on the signposts which God has established to point the right way. It is because these evil agencies are striving to eclipse every ray of light from the soul that heavenly beings are appointed to do their work of ministry, to guide, guard, and control those who shall be heirs of salvation. None need despair because of the inherited tendencies to evil, but when the Spirit of God convicts of sin, the wrongdoer must repent and confess and forsake the evil. Faithful sentinels are on guard to direct souls in right paths (MS 8, 1900).” (6BC 1120.3)

“If the curtain could be rolled back, and each one could discern the constant activities of the heavenly family to preserve the inhabitants of the Earth from Satan’s seductive wiles, lest in their careless attitude they should be led astray through satanic strategy, they would lose a large degree of their self-confidence and self-assurance. They would see that the armies of heaven are in continual warfare with satanic agencies, to obtain victories in behalf of those who do not sense their danger, and who are passing on in unconscious indifference (Manuscript 32, 1900).” (6BC 1120.4)

Chapter 6: Good Soldiers of Christ

INTRODUCTION

“You therefore must endure hardship as a good soldier of Jesus Christ. No one engaged in warfare entangles himself with the affairs of this life, that he may please him who enlisted him as a soldier.” (2 Timothy 2:3-4)

Those who believe and follow the Present Truth, should not be disturbed by anything of this world. Because they follow the Lamb wherever He leads, they are not interested in other things. God can only use people who are fully devoted to His will, but on the other hand, Satan delights to use partially-devoted people as his most powerful instruments.

This is truly a fearful matter. Many people claim that they work in the Lord’s name, but in the last days, Jesus will say, “I do not know you.” Because they were not doing the Lord’s will, He pronounced them as people who did the work of iniquity. (Matthew 7:21-23) We may think that we are called as soldiers of the Lord, doing His work. But, good soldiers of the Lord are not working for their own benefit. Because they love God with their heart, life, and will, they give their entire lives to Him. God does not use talented or capable people, but He uses those who understand their inability, giving themselves totally to God, obedient to His will. God uses these people to do a great work. Let us remember that if we follow the Lord completely, giving up our parents, siblings, children, spouse, houses, lands, and even our lives, He promises to reward us in this life, as well as to grant us everlasting life.

“So Jesus answered and said, ‘Assuredly, I say to you, there is no one who has left house or brothers or sisters or father or mother or wife or children or lands, for My sake and the gospel’s, who shall not receive a hundredfold now in this time—houses and brothers and sisters and mothers and children and lands, with persecutions—and in the age to come, eternal life.’” (Mark 10:29-30)

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

God’s Preparation for Workers

“If you have given yourself to God, to do His work, you have no need to be anxious for tomorrow. He whose servant you are, knows the end from the beginning. The events of tomorrow, which are hidden from your view, are open to the eyes of Him who is omnipotent.” (MB 100.1)

“He who has given his life to God in ministry to His children is linked with Him who has all the resources of the universe at His command. His life is bound up by the golden chain of the immutable promises with the life of God. The Lord will not fail him in the hour of suffering and need. ‘My God shall supply all your need according to His riches in glory by Christ Jesus.’ Philippians 4:19. And in the hour of final need the merciful shall find refuge in the mercy of the compassionate Saviour and shall be received into everlasting habitations.” (MB 24.1)

“True workers walk and work by faith. Sometimes they grow weary with watching the slow advance of the work when the battle wages strong between the powers of good and evil. But if they refuse to fail or be discouraged they will see the clouds breaking away and the promise of deliverance fulfilling. Through the mist with which Satan has surrounded them, they will see the shining of the bright beams of the Sun of Righteousness.

“Work in faith, and leave results with God. Pray in faith, and the mystery of His providence will bring its answer. At times it may seem that you cannot succeed. But work and believe, putting into your efforts faith, hope, and courage. After doing what you can, wait for the Lord, declaring His

faithfulness, and He will bring His word to pass. Wait, not in fretful anxiety, but in undaunted faith and unshaken trust.” (7T 244, 245 / 3TT 195.2)

Wherever the Lamb Leads...

“These are they which were not defiled with women; for they are virgins. These are they which follow the Lamb whithersoever he goeth. . . .” (Revelation 14:4)

“The Lord has a people on the Earth, who follow the Lamb whithersoever He goeth. He has His thousands who have not bowed the knee to Baal. Such will stand with Him on Mount Zion. But they must stand on this Earth, girded with the whole armor, ready to engage in the work of saving those who are ready to perish. Heavenly angels conduct this search, and spiritual activity is demanded of all who believe present truth, that they may join the angels in their work.

“We need not wait till we are translated to follow Christ. God’s people may do this here below. We shall follow the Lamb of God in the courts above only if we follow Him here. Following Him in heaven depends on our keeping His commandments now. We are not to follow Christ fitfully or capriciously, only when it is for our advantage.

“We must choose to follow Him. In daily life we must follow His example, as a flock trustfully follows its shepherd. We are to follow Him by suffering for His sake, saying, at every step, ‘Though he slay me, yet will I trust in him.’ His life practice must be our life practice. And as we thus seek to be like Him, and to bring our wills into conformity to His will, we shall reveal Him.” (RH April 12, 1898 / 7BC 978.6-8)

“God sees that a worker needs to be more closely associated with Him; and to bring this about, He separates him from friends and acquaintances. When He was preparing Elijah for translation, He moved him from place to place that he might not settle down at ease, and thus fail of obtaining spiritual power. And it was God’s design that Elijah’s influence should be a power to help many souls to gain a wider, more helpful experience.

“Let those who are not permitted to rest in quietude, who must be continually on the move, pitching their tent tonight in one place, and tomorrow night in another place, remember that the Lord is leading them, and that this is His way of helping them to form perfect characters. In all the changes that we are required to make, God is to be recognized as our companion, our guide, our dependence.” (RH May 2, 1907 / 2BC 1036.5)

“Then said Jesus unto his disciples, If any man will come after me, let him deny himself, and take up his cross, and follow me.” (Matthew 16:24)

“Those who are saved must travel the same road over which Christ journeyed. He says, ‘Whosoever will come after me, let him deny himself, and take up his cross, and follow me.’ The character is to be formed according to the Christlikeness.” (MS 105, 1901 / 5BC 1095.7)

“The cross stands where two roads diverge. One is the path of obedience leading to heaven. The other leads into the broad road, where man can easily go with his burden of sin and corruption, but it leads to perdition.” (MS 50, 1898 / 5BC 1095.10)

“Christians who live for self dishonor their Redeemer. They may apparently be very active in the service of the Lord, but they weave self into all that they do. Sowing the seeds of selfishness, they must at last reap a harvest of corruption. . . . Service for self takes a variety of forms. Some of these forms seem harmless. Apparent goodness gives them the appearance of genuine goodness. But they bring no glory to the Lord. By their service His cause is hindered. Christ says, ‘He that is not with me is against me; and he that gathereth not with me scattereth abroad.’

Those who bring self into their work cannot be trusted. If they would lose sight of self in Christ, their efforts would be of value to His cause. They would then conform the life to His teachings. They would form their plans in harmony with His great plan of love. Selfishness would be banished from their efforts. . . . Self-denial, humility of mind, nobility of purpose, marked the Saviour's life . . . [Matthew 16:24 quoted].” (MS 2, 1903 / 5BC 1096.1-2)

“For from henceforth there shall be five in one house divided, three against two, and two against three. The father shall be divided against the son, and the son against the father; the mother against the daughter, and the daughter against the mother; the mother in law against her daughter in law, and the daughter in law against her mother in law.” (Luke 12:52-53)

“Christ declared, ‘I came not to send peace, but a sword.’ Why? Because men would not receive the word of life. Because they warred against the message sent them to bring them joy and hope and life.

“We look upon the Jews as inexcusable because they rejected and crucified Christ. But today the messages that the Lord sends are often received in a manner similar to the way in which the Jews received Christ's message. If the instruction of the Lord does not harmonize with the opinions of men, anger takes control of reason, and men play into the enemy's hands by opposing the message that God sends. Satan uses them as sharp instruments to oppose the progress of truth.” (MS 31, 1889 / MS 33, 1911 / 5BC 1089.5)

“Our earthly interests must be subservient to the eternal. Listen to the words of Christ: ‘Then Peter began to say unto Him, Lo, we have left all, and have followed Thee. And Jesus answered and said, Verily I say unto you, There is no man that hath left house, or brethren, or sisters, or father, or mother, or wife, or children, or lands, for My sake, and the gospel's, but he shall receive an hundredfold now in this time, houses, and brethren, and sisters, and mothers, and children, and lands, with persecutions; and in the world to come eternal life.’ Eternal interests are here involved.

“Do not flatter yourselves that if you should yield the truth all obstacles to your acquiring property would be removed. Satan tells you this; it is his sophistry. If God's blessing rests upon you because you surrender all to Him, you will prosper. If you turn from God, He will turn from you. His hand can scatter faster than you can gather.” (2T 495.2-496.1)

Chapter 7: The Wise Virgins

INTRODUCTION

In the parable of the ten virgins, what is the difference between the wise and foolish virgins? The difference is whether or not they have oil in their lamps. We know well that the oil represents the Holy Spirit. This Holy Spirit will inscribe the character of Jesus into our lives. All ten believed that they were pure virgins, as they were waiting for the Bridegroom, but whether or not they were ready to meet Him was determined by whether or not they had oil, which would determine their eternal destinies. But the incredulous fact is that both groups of virgins believed that they had oil, simply because they had lamps. To the foolish virgins who went out to find oil, but returned without, the Bridegroom pronounced, "I do not know you." What does this mean for us who await the Second Coming? For Adventists waiting for the return of Jesus, the saddest words that should never be heard is the pronouncement, "I do not know you." The important point here is that He, the bridegroom, does not know them. Why did He not know them?

Even though they had the Word of God, they did not a living faith in Jesus through the Word of God that produces a loving connection with Him. Therefore, the light of love had been extinguished in their characters. "Whoever shall confess me before men, him will I confess also before my Father which is in heaven. But whoever shall deny me before men, him will I also deny before my Father which is in heaven." (Matthew 10:32-33) In their daily lives, they did not associate with Jesus, and so, therefore, He said to them, "I do not know you."

The Word of the Lord is a lamp to my feet and a light to my path. This means that the Word will brighten the path traveled by those who obey the Word.

The ten virgins were waiting for the Bridegroom. The wise virgins who lit their lamps and brightened the path of the Bridegroom represent those who, reflecting His character, are waiting for Jesus to come in these last days. These saints are ones who are ready for His coming and who, in the last days, illuminate the light of His glory in this dark world. As the wise virgins held up their lamps and lightened the path of the Bridegroom, they proclaimed the Midnight Cry, "Behold the Bridegroom cometh. Go out to meet Him!" This Midnight Cry will be proclaimed again in the last days together with the Third Angel's Message as the Loud Cry just before Jesus' second coming. Jesus will return again, in search of His people who are just like Him.

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

Two Kinds of Adventists

"Then the kingdom of heaven shall be likened to ten virgins who took their lamps and went out to meet the bridegroom. Now five of them were wise, and five were foolish. Those who were foolish took their lamps and took no oil with them . . . and the door was shut." (Matthew 25:1-3, 10)

"As Christ sat looking upon the party that waited for the bridegroom, He told His disciples the story of the ten virgins, by their experience illustrating the experience of the church that shall live just before His second coming.

“The two classes of watchers represent the two classes who profess to be waiting for their Lord. They are called virgins because they profess a pure faith. By the lamps is represented the word of God. The psalmist says, ‘Thy word is a lamp unto my feet, and a light unto my path.’ Ps. 119:105...

“In the parable, all the ten virgins went out to meet the bridegroom. All had lamps and vessels for oil. For a time there was seen no difference between them. So with the church that lives just before Christ’s second coming. All have a knowledge of the Scriptures. All have heard the message of Christ’s near approach, and confidently expect His appearing. But as in the parable, so it is now. A time of waiting intervenes, faith is tried; and when the cry is heard, ‘Behold, the Bridegroom cometh; go ye out to meet Him,’ many are unready. They have no oil in their vessels with their lamps. They are destitute of the Holy Spirit.

“Without the Spirit of God a knowledge of His word is of no avail. The theory of truth, unaccompanied by the Holy Spirit, cannot quicken the soul or sanctify the heart. One may be familiar with the commands and promises of the Bible; but unless the Spirit of God sets the truth home, the character will not be transformed. Without the enlightenment of the Spirit, men will not be able to distinguish truth from error, and they will fall under the masterful temptations of Satan.

“The class represented by the foolish virgins are not hypocrites. They have a regard for the truth, they have advocated the truth, they are attracted to those who believe the truth; but they have not yielded themselves to the Holy Spirit’s working. They have not fallen upon the Rock, Christ Jesus, and permitted their old nature to be broken up. This class are represented also by the stony-ground hearers. They receive the word with readiness, but they fail of assimilating its principles. . . . The apostle Paul points out that this will be the special characteristic of those who live just before Christ’s second coming. . . .

“But character is not transferable. No man can believe for another. No man can receive the Spirit for another. No man can impart to another the character which is the fruit of the Spirit’s working. Though Noah, Daniel, and Job were in it [the land], as I live, saith the Lord God, they shall deliver neither son nor daughter; they shall but deliver their own souls by their righteousness.’ Eze. 14:20

“It is in a crisis that character is revealed. . . .

“The ten virgins are watching in the evening of this Earth’s history. All claim to be Christians. All have a call, a name, a lamp, and all profess to be doing God’s service. All apparently wait for Christ’s appearing. But five are unready. Five will be found surprised, dismayed, outside the banquet hall. . . .

“Saddest of all words that ever fell on mortal ear are those words of doom, ‘I know you not.’ (COL 406.2-413.1)

Who Are the Wise Virgins?

“In the parable the wise virgins had oil in their vessels with their lamps. Their light burned with undimmed flame through the night of watching. It helped to swell the illumination for the bridegroom’s honor. Shining out in the darkness, it **helped** to illuminate the way to the home of the bridegroom, to the marriage feast.

“So the followers of Christ are to shed light into the darkness of the world. Through the Holy Spirit, God’s word is a light as it becomes a transforming power in the life of the receiver. By implanting in their hearts the principles of His word, the Holy Spirit develops in men the attributes of God. The light of His glory—His character—is to shine forth in His followers. Thus they are to glorify God, to lighten the path to the Bridegroom’s home, to the city of God, to the marriage supper of the Lamb.” (COL 414.1-2)

The Wise Virgins and Medical Missionary Work

“...‘The Spirit of the Lord is upon Me, because He hath anointed Me to preach the gospel to the poor; He hath sent Me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, to preach the acceptable year of the Lord.’ Luke 4:18, 19. This was the work He commissioned His disciples to do. ‘Ye are the light of the world,’ He said. ‘Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.’ Matt. 5:14, 16.

“This is the work which the prophet Isaiah describes when he says, ‘Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily; and thy righteousness shall go before thee; the glory of the Lord shall be thy reward.’ Isa. 58:7, 8.

“Thus in the night of spiritual darkness God’s glory is to shine forth through His church in lifting up the bowed down and comforting those that mourn. . . .

“If Christ is abiding in us, our hearts will be full of divine sympathy. The sealed fountains of earnest, Christlike love will be unsealed. . . .

“The whole Earth, wrapped as it is in the darkness of sin, and sorrow, and pain, is to be lighted with the knowledge of God’s love. From no sect, rank, or class of people is the light shining from heaven’s throne to be excluded. . . .

“In the work of God, humanity can originate nothing. No man can by his own effort make himself a light bearer for God. It was the golden oil emptied by the heavenly messengers into the golden tubes, to be conducted from the golden bowl into the lamps of the sanctuary, that produced a continuous bright and shining light. It is the love of God continually transferred to man that enables him to impart light. Into the hearts of all who are united to God by faith the golden oil of love flows freely, to shine out again in good works, in real, heartfelt service for God.

“In the great and measureless gift of the Holy Spirit are contained all of heaven’s resources. It is not because of any restriction on the part of God that the riches of His grace do not flow earthward to men. If all were willing to receive, all would become filled with His Spirit.

“It is the privilege of every soul to be a living channel through which God can communicate to the world the treasures of His grace, the unsearchable riches of Christ. There is nothing that Christ desires so much as agents who will represent to the world His Spirit and character. There is nothing that the world needs so much as the manifestation through humanity of the Saviour’s love. All heaven is waiting for channels through which can be poured the holy oil to be a joy and blessing to human hearts. . . .

“Christ is coming with power and great glory. He is coming with His own glory and with the glory of the Father. He is coming with all the holy angels with Him. While all the world is plunged in darkness, there will be light in every dwelling of the saints.” (COL 416.2-420.3)

Chapter 8: Preparation for the Latter Rain

INTRODUCTION

This is the time of the Latter Rain!

Saints of God, who will meet Jesus at His second coming without having tasted death, must receive the Latter Rain. But the conditions that must be met in order to receive the Latter Rain is experiencing justification and sanctification, which will lead to glorification. They must experience righteousness by faith in their lives, first. "Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord." (Acts 3:19) The preparation necessary for receiving the Latter Rain includes confessing our sins and cleansing our vessels, our hearts. In order for the vessel to be clean, there must be a thorough repentance, and faith.

The disciples were preparing to receive the promised Holy Spirit. They did not wait idly. As they were waiting for the promise to be fulfilled, they humbled themselves and confessed their unbelief, sincerely repenting of their sins. These days of preparation were times of thorough self-examination. They did not seek blessings merely for themselves; they were burdened for lost souls. They realized that the gospel must be spread to the world, and they prayed for the power that Christ promised.

When the disciples meditated upon His pure, holy life, they realized that nothing would be too difficult, no labor too great, no sacrifice too big, if they could but show the beauty of Christ's character in their lives. Putting away all disunity and greed for high positions, through Christian fellowship they became intimately connected. These days of preparation were days of deep soul-searching. The disciples felt their spiritual need, and they pleaded with the Lord with holy passion to fit them so that they could do the work of saving souls.

The Holy Spirit was poured out and filled the praying disciples. This complete infilling of the Holy Spirit was experienced by every one of them. The words of the apostles, were as almighty, sharp arrows piercing the hearts of those who refused the glorious Lord and put Him on the cross, enabling them to realize their terrible sin. Through the teachings of the Holy Spirit, the apostles received their qualifications and were able to begin their life work. They were no longer a group of uneducated, unrefined disciples. No longer were they a selfish group, out of harmony, fighting with each other. Their hope was no longer set on secular greatness. They were of "one mind," of "one accord." (See Acts 2:46; 4:33) Their thoughts were filled with Christ, and their purpose was to expand His kingdom.

One interest was shared, and one theme replaced all their problems. The believers' ambition was to reveal a Christ-like character and to work to expand His kingdom.

When people entrust themselves to the Holy Spirit's leading, God can work with power. The promise of the Holy Spirit is not limited to a certain time or a certain tribe. From the time of Pentecost until now, the Comforter (the Holy Spirit) has been with all people who have given themselves completely to the Lord and to His work. Those who received power from above at Pentecost were not exempt from trials and temptations to come. As they testified for the sake of truth and righteousness, they repeatedly received fierce attacks from the enemy of all truth, who tried to take their Christian experience away from them. With power given by God, they had to fight to reach a high degree of maturity in Christ Jesus. Every day they prayed for fresh supplies of grace to reach higher perfection.

Saints in the last days, prepared by the Third Angel's Message through the experience of having their sins blotted out, will restore the perfect character of God. The

spirit of prophecy has recorded that the Latter Rain will be more abundant than the Early Rain.

In the last days, when God's work is finishing on the Earth, as believers, devoted to following the guidance of the Holy Spirit, make diligent efforts, a testimony of divine grace will accompany their efforts. The outpouring of the Holy Spirit in apostolic times was the beginning of the early rain, and the result was glorious. In the end, the presence of the Holy Spirit will be with the true church.

When the end of the harvest of this world is near, in order to prepare for the coming of the Son of Man, God has promised a special outpouring of spiritual grace that will prepare the church. (See Ellen G. White, Acts of the Apostles, chapters 4-5)

For those who are waiting for the Latter Rain, I recommend that you carefully read The Acts of the Apostles, by Ellen G. White. This book clearly presents how our repentance, prayer, devotion, and work should be done. We are the people who will write the second volume of The Acts of the Apostles.

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

Prepare the Vessel

“Be glad then, you children of Zion, and rejoice in the LORD your God; for He has given you the former rain faithfully, and He will cause the rain to come down for you—the former rain, and the latter rain in the first month.” (Joel 2:23)

“The outpouring of the Spirit in the days of the apostles was ‘the former rain,’ and glorious was the result. But the latter rain will be more abundant.” (8T 21.2)

“It is left with us to remedy the defects in our characters, to cleanse the soul temple of every defilement. Then the latter rain will fall upon us as the early rain fell upon the disciples on the Day of Pentecost.” (5T 214.2)

“The latter rain will come, and the blessing of God will fill every soul that is purified from every defilement. It is our work today to yield our souls to Christ, that we may be fitted for the time of refreshing from the presence of the Lord—fitted for the baptism of the Holy Spirit.” (1SM 190.3)

“The heart must be emptied of every defilement and cleansed for the indwelling of the Spirit. It was by the confession and forsaking of sin, by earnest prayer and consecration of themselves to God, that the early disciples prepared for the outpouring of the Holy Spirit on the Day of Pentecost. . . . Then the human agent had only to ask for the blessing, and wait for the Lord to perfect the work concerning him. . . . Only those who are living up to the light they have will receive greater light.” (TM 507.1)

“The refreshing or power of God comes only on those who have prepared themselves for it by doing the work which God bids them, namely, cleansing themselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.” (1T 619.1)

This Is the Time of the Latter Rain

“At that time, while the work of salvation is closing, trouble will be coming on the Earth, and the nations will be angry, yet held in check so as not to prevent the work of the third angel. At that time the ‘latter rain,’ or refreshing from the presence of the Lord, will come, to give power to the loud voice of the third angel, and the saints to stand in the period when the seven last plagues shall be poured out.” (EW 85.3)

“When the third angel’s message closes, mercy no longer pleads for the guilty inhabitants of the Earth. The people of God have accomplished their work. They have received ‘the latter rain,’ ‘the refreshing from the presence of the Lord,’ and they are prepared for the trying hour before them. Angels are hastening to and fro in heaven. An angel returning from the Earth announces that his work is done; the final test has been brought upon the world, and all who have proved themselves loyal to the divine precepts have received ‘the seal of the living God.’ ” (GC 613.2)

“ ‘The commencement of that time of trouble,’ here mentioned does not refer to the time when the plagues shall begin to be poured out, but to a short period just before they are poured out, while Christ is in the sanctuary. At that time, while the work of salvation is closing, trouble will be coming on the Earth, and the nations will be angry, yet held in check so as not to prevent the work of the third angel. At that time the ‘latter rain,’ or refreshing from the presence of the Lord, will come, to give power to the loud voice of the third angel, and prepare the saints to stand in the period when the seven last plagues shall be poured out.” (EW 85.3)

“Before the final visitation of God’s judgments upon the Earth there will be among the people of the Lord such a revival of primitive godliness as has not been witnessed since apostolic times. The Spirit and power of God will be poured out upon His children.” (GC 464.1)

Only those who are living up to the light they have will receive greater light.” (TM 507.1)

“Servants of God, with their faces lighted up and shining with holy consecration, will hasten from place to place to proclaim the message from heaven. By thousands of voices, all over the Earth, the warning will be given. Miracles will be wrought, the sick will be healed, and signs and wonders will follow the believers. Satan also works, with lying wonders, even bringing down fire from heaven in the sight of men. Revelation 13:13. Thus the inhabitants of the Earth will be brought to take their stand.

“The message will be carried not so much by argument as by the deep conviction of the Spirit of God. The arguments have been presented. The seed has been sown, and now it will spring up and bear fruit. The publications distributed by missionary workers have exerted their influence, yet many whose minds were impressed have been prevented from fully comprehending the truth or from yielding obedience. Now the rays of light penetrate everywhere, the truth is seen in its clearness, and the honest children of God sever the bands which have held them.” (GC 612.1-2)

“The answer may come with sudden velocity and overpowering might, or it may be delayed for days and weeks, and our faith receive a trial. But God knows how and when to answer our prayer. It is our part of the work to put ourselves in connection with the divine channel. God is responsible for His part of the work. He is faithful who hath promised. The great and important matter with us is to be of one heart and mind, putting aside all envy and malice and, as humble supplicants, to watch and wait. Jesus, our Representative and Head, is ready to do for us what He did for the praying, watching ones on the Day of Pentecost.” (3SP 272 / LDE 194.2)

“It is with an earnest longing that I look forward to the time when the events of the day of Pentecost shall be repeated with even greater power than on that occasion. John says, ‘I saw another angel come down from heaven, having great power; and the Earth was lightened with his glory.’ Then, as at the Pentecostal season, the people will hear the truth spoken to them, every man in his own tongue.

“God can breathe new life into every soul that sincerely desires to serve him, and can touch the lips with a live coal from off the altar, and cause them to become eloquent with his praise. Thousands of voices will be imbued with the power to speak forth the wonderful truths of God’s word. The stammering tongue will be unloosed, and the timid will be made strong to bear courageous testimony to the truth. May the Lord help his people to cleanse the soul temple from every defilement, and to

maintain such a close connection with him that they may be partakers of the latter rain when it shall be poured out.” (RH July 20, 1886 / 6BC 1055.5-1055.6)

“We may be sure that when the Holy Spirit is poured out those who did not receive and appreciate the early rain will not see or understand the value of the latter rain.” (TM 399.1)

Pray Now for the Latter Rain!

But near the close of earth’s harvest, a special bestowal of spiritual grace is promised to prepare the church for the coming of the Son of man. This outpouring of the Spirit is likened to the falling of the latter rain; and it is for this added power that Christians are to send their petitions to the Lord of the harvest “in the time of the latter rain.” (AA 55.1)

“Thus seeking God, let me tell you, He is fitting you up all the time, giving you His grace.” (LDE 194.1)

“The descent of the Holy Spirit upon the church is looked forward to as being in the future; but it is the privilege of the church to have it now. Seek for it, pray for it, believe for it. We must have it, and Heaven is waiting to bestow it.” (Ev 701.2)

Let us, with contrite hearts, pray most earnestly that now, in the time of the latter rain, the showers of grace may fall upon us.” (TM 508.2)

“The convocations of the church, as in camp meetings, the assemblies of the home church, and all occasions where there is personal labor for souls, are God’s appointed opportunities for giving the early and the latter rain.” (TM 508.1)

“None receive the latter rain but those who are doing all they can.” (GCDB, February 7, 1893 par. 1 / SpM 3.2)

“I was shown that if God’s people make no efforts on their part, but wait for the refreshing to come upon them and remove their wrongs and correct their errors; if they depend upon that to cleanse them from filthiness of the flesh and spirit, and fit them to engage in the loud cry of the third angel, they will be found wanting.” (1T 619.1)

“Are we hoping to see the whole church revived? That time will never come. There are persons in the church who are not converted, and who will not unite in earnest, prevailing prayer. We must enter upon the work individually. We must pray more, and talk less.” (ISM 122.1-2)

“We must pray that God will unseal the fountain of the water of life. And we must ourselves receive of the living water. Let us, with contrite hearts, pray most earnestly that now, in the time of the latter rain, the showers of grace may fall upon us. . . .

“If we pray for the blessing in faith, we shall receive it as God has promised. . . .

“There is now need of much prayer. Christ commands, ‘Pray without ceasing;’ that is, keep the mind uplifted to God, the source of all power and efficiency. . . .

‘Not by might, nor by power, but by My Spirit, saith the Lord of hosts.’ Pray without ceasing, and watch by working in accordance with your prayers. As you pray, believe, trust in God. It is the time of the latter rain, when the Lord will give largely of His Spirit. Be fervent in prayer, and watch in the Spirit. . . .’

“Self must be hid with Christ in God. . . .” (TM 508.2-512.2)

Part 4: Preach as a Witness

(Selections from the Bible & Ellen White's Writings)

Chapter 1: Be a Witness

Chapter 2: Christ's Sermon vs. the Rabbi's Sermon

Chapter 3: The Preacher's Attire and Attitude

Chapter 4: Preach Only the Word of God

Chapter 5: Preach From Personal Experience

Chapter 6: Share the Old and the New

Chapter 7: Preach the Message of Atonement

Chapter 8: Preach the Third Angel's Message with a Loud Cry

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“And this gospel of the kingdom shall be preached in all the world
for a witness unto all nations; and then shall the end come.”

(Matthew 24:14)

Preface

A great controversy regarding the Word of God began in heaven between Satan and Jesus. There are two different attitudes toward God's Word.

When Jesus was tempted in the wilderness, Satan attempted to overthrow Jesus using the Word of God ("It is written"), but Jesus Himself defeated Satan's attempts and prevailed by using the Word of God, "It is written."

Satan disbelieved and distorted the Word of God, implying that God's Word is imperfect and cannot bear good fruit, revealing an attitude of disobedience, and issuing a fundamental challenge against God. However, because Jesus was obedient to the Word of God, and clearly revealed His character and power through His life, Jesus became a witness for God. Today, He wants us to be witnesses, as well. Acts 1:8 says, "But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the Earth."

Ellen G. White wrote, "It is the union of the Holy Spirit and the testimony of the living witness that is to warn the world. The worker for God is the agent through which the heavenly communication is given, and the Holy Spirit gives divine authority to the word of truth." (RH Apr 4, 1893 / 6BC 1053.2)

The Lord did not lock up the reservoir of heaven since the outpouring of the Holy Spirit to His disciples during apostolic times. He will still pour out His blessings to those who are passionately seeking the Holy Spirit.

In this section, we will see how our gospel is not mere theoretical knowledge, but something that can be preached by experiential knowledge of the gospel, as we submit to the teachings of the Holy Spirit.

In order to prepare a people who will welcome the return of Jesus, the last workers of the Third Angel's Message will testify through their faith and life to show the world what it means to 'keep the commandments of God and have the testimony of Jesus' (Revelation 12:17). When this gospel of the kingdom is preached to the ends of the Earth, Jesus will come back to take His people home.

Chapter 1: Be a Witness

INTRODUCTION

Witnesses are people who give testimonies about only the facts that they have experienced. John testified about Jesus, whom he knew, as follows: “That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked upon, and our hands have handled, concerning the Word of life—the life was manifested, and we have seen, and bear witness, and declare to you that eternal life which was with the Father and was manifested to us.” (1 John 1:1-2) According to these words recorded by John, we can also be witnesses of Jesus. Today, we meet Jesus through His Word. Through the Word, we meet Jesus, and through the Word we learn. If we live according to these Words, we will be His witnesses, sharing the testimony of Jesus. Jesus, who was with His Father, came to this Earth, and He obeyed the words of His Father. Jesus said, “The Father is with me.” “If you have seen me, you have seen the Father.” What a perfect witness He was! We, too, by believing Jesus and accepting Him into our hearts, will be able to live a life of obedience with Him. Through this faith and obedience, we will testify of the Word, Jesus Christ.

Jesus promised to send the Holy Spirit to do this work in us. “But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the Earth.” (Acts 1:8) The Holy Spirit is the One who enables His Word to be a living experience in our lives.

In the last days, God’s people are the ones who have the Word of God and the testimony of Jesus. When these witnesses appear, Satan will rise up again with wrath. Throughout the ages, Satan has risen up with great anger in response to God’s witnesses. We need to remember that Jesus, the Testimony of the Word of God, the disciples, and the reformers were all objects of Satan’s attacks.

At the end of earth’s history, if God’s remnant people stand up with God’s commandments and the testimony of Jesus, then the dragon will rise up again with anger. (See Revelation 12:17)

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

Who Can Be a Witness?

“But when the Helper comes, whom I shall send to you from the Father, the Spirit of truth who proceeds from the Father, He will testify of Me. And you also will bear witness, because you have been with Me from the beginning.” (John 15:26-27)

“...His students of prophecy, as they have been led by genuine, living experience, advancing point by point, tested, proved, and tried, until the truth is to them a reality.” (2SM 102.3)

“The gospel is to be presented, not as a lifeless theory, but as a living force to change the life. God desires that the receivers of His grace shall be witnesses to its power. Those whose course has been most offensive to Him He freely accepts; when they repent, He imparts to them His divine Spirit, places them in the highest positions of trust, and sends them forth into the camp of the disloyal to proclaim His boundless mercy. He would have His servants bear testimony to the fact that through His grace men may possess Christlikeness of character, and may rejoice in the assurance of His great love. He would have us bear testimony to the fact that He cannot be satisfied until the human race are reclaimed and reinstated in their holy privileges as His sons and daughters.” (DA 826.2)

Each Person Can Share a Different Experience

“It is in working to spread the good news of salvation that we are brought near to the Saviour. . . .

“The two restored demoniacs were the first missionaries whom Christ sent to preach the gospel in the region of Decapolis. For a few moments only these men had been privileged to hear the teachings of Christ. Not one sermon from His lips had ever fallen upon their ears. They could not instruct the people as the disciples who had been daily with Christ were able to do. But they bore in their own persons the evidence that Jesus was the Messiah.” (DA 339.4-340.1)

“Our confession of His faithfulness is Heaven’s chosen agency for revealing Christ to the world. We are to acknowledge His grace as made known through the holy men of old; but that which will be most effectual is the testimony of our own experience. We are witnesses for God as we reveal in ourselves the working of a power that is divine. Every individual has a life distinct from all others, and an experience differing essentially from theirs. God desires that our praise shall ascend to Him, marked by our own individuality. These precious acknowledgments to the praise of the glory of His grace, when supported by a Christ-like life, have an irresistible power that works for the salvation of souls.” (DA 347.3)

“Every witness for God is now to work intelligently in the lines which God has appointed. We should daily obtain a deep and living experience in the work of perfecting Christian character. We should daily receive the holy oil, that we may impart to others. All may be light bearers to the world if they will.” (TM 510.2)

“They could tell what they knew; what they themselves had seen, and heard, and felt of the power of Christ. This is what everyone can do whose heart has been touched by the grace of God. John, the beloved disciple, wrote: ‘That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked upon, and our hands have handled, of the Word of life; . . . that which we have seen and heard declare we unto you.’ 1 John 1:1-3. As witnesses for Christ, we are to tell what we know, what we ourselves have seen and heard and felt. If we have been following Jesus step by step, we shall have something right to the point to tell concerning the way in which He has led us. We can tell how we have tested His promise, and found the promise true. We can bear witness to what we have known of the grace of Christ. This is the witness for which our Lord calls, and for want of which the world is perishing.” (DA 340.1)

The Holy Spirit Is a Gift from the Lord

“Jesus says, ‘Ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me.’ It is the union of the Holy Spirit and the testimony of the living witness that is to warn the world. The worker for God is the agent through which the heavenly communication is given, and the Holy Spirit gives divine authority to the word of truth (The Review and Herald, April 4, 1893).” (6BC 1053.2)

“Christ determined that when He ascended from this Earth, He would bestow a gift on those who had believed on Him, and those who should believe on Him. What gift could He bestow rich enough to signalize and grace His ascension to the mediatorial throne? It must be worthy of His greatness and His royalty. He determined to give His representative, the third person of the Godhead. This gift could not be excelled. He would give all gifts in one, and therefore the divine Spirit, that converting, enlightening, and sanctifying power, would be His donation. . . .

“Christ longed to be in a position where He could accomplish the most important work by few and simple means. The plan of redemption is comprehensive; but its parts are few, and each part depends on the others, while all work together with the utmost simplicity and in entire harmony. Christ is

represented by the Holy Spirit; and when this Spirit is appreciated, when those controlled by the Spirit communicate to others the energy with which they are imbued, an invisible chord is touched which electrifies the whole. Would that we could all understand how boundless are the divine resources (*The Southern Work*, November 28, 1905).” (6BC 1052.5-1053.1)

God’s Witnesses Who Will Counter the False Loud Cry

“God is raising up a class to give the loud cry of the third angel’s message. . . . It is Satan’s object now to get up new theories to divert the mind from the true work and genuine message for this time. He stirs up minds to give false interpretation of Scripture, a spurious loud cry, that the real message may not have its effect when it does come. This is one of the greatest evidences that the loud cry will soon be heard and the Earth will be lightened with the glory of God.” (Letter 20, 1884 / 3SM 410.1)

“Until Christ shall appear in the clouds of heaven with power and great glory, men will become perverse in spirit and turn from the truth to fables. The church will yet see troublous times. She will prophesy in sackcloth. But although she must meet heresies and persecutions, although she must battle with the infidel and the apostate, yet by the help of God she is bruising the head of Satan. The Lord will have a people as true as steel, and with faith as firm as the granite rock. They are to be His witnesses in the world, His instrumentalities to do a special, a glorious work in the day of His preparation.” (1TT 590.1 / 4T 594.3)

Chapter 2: Christ's Sermon vs. the Rabbi's Sermon

INTRODUCTION

“And so it was, when Jesus had ended these sayings, that the people were astonished at His teaching, for He taught them as one having authority, and not as the scribes.” (Matthew 7:28-29)

Are we preaching like Jesus or are we preaching like the rabbis? What do you think was the difference between the sermons of Jesus and the sermons of the rabbis? This is a very important topic and we need to know the difference between their sermons and, also, to reflect upon what kind of sermons we are preaching today. Isn't there a need to carefully examine the quotations and testimonies recorded below to compare them with our own sermons?

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

Differences in the Sermons Given by Jesus and the Rabbis

“He [Jesus] did not make new revelations to men, but opened to their understanding truths that had long been obscured or misplaced through the false teaching of the priests and teachers. Jesus replaced the gems of divine truth in their proper setting, in the order in which they had been given to patriarchs and prophets. And after giving them this precious instruction. He promised to give them the Holy Spirit whereby all things that He had said unto them should be brought to their remembrance.” (6BC 1052.2 / RH, Mar. 22, 1892)

“The words of Christ, though calmly spoken, were uttered with an earnestness and power that stirred the hearts of the people. They listened for a repetition of the lifeless traditions and exactions of the rabbis, but in vain. They ‘were astonished at His teaching: for He taught them as one having authority, and not as their scribes.’ Matthew 7:29, R.V. The Pharisees noted the vast difference between their manner of instruction and that of Christ. They saw that the majesty and purity and beauty of the truth, with its deep and gentle influence, was taking firm hold upon many minds. The Saviour's divine love and tenderness drew the hearts of men to Him. The rabbis saw that by His teaching the whole tenor of the instruction they had given to the people was set at nought. He was tearing down the partition wall that had been so flattering to their pride and exclusiveness; and they feared that, if permitted, He would draw the people entirely away from them. Therefore they followed Him with determined hostility, hoping to find some occasion for bringing Him into disfavor with the multitudes and thus enabling the Sanhedrin to secure His condemnation and death.” (MB 46.4)

“The teaching of the scribes and elders was cold and formal, like a lesson learned by rote. To them the word of God possessed no vital power. Their own ideas and traditions were substituted for its teaching. In the accustomed round of service they professed to explain the law, but no inspiration from God stirred their own hearts or the hearts of their hearers.

“Jesus had nothing to do with the various subjects of dissension among the Jews. It was His work to present the truth. His words shed a flood of light upon the teachings of patriarchs and prophets, and the Scriptures came to men as a new revelation. Never before had His hearers perceived such a depth of meaning in the word of God.

“Jesus met the people on their own ground, as one who was acquainted with their perplexities. He made truth beautiful by presenting it in the most direct and simple way. His language was pure, refined, and clear as a running stream. His voice was as music to those who had listened to the monotonous tones of the rabbis. But while His teaching was simple, He spoke as one having authority. This characteristic set His teaching in contrast with that of all others. The rabbis spoke with doubt and hesitancy, as if the Scriptures might be interpreted to mean one thing or exactly the opposite. The hearers were daily involved in greater uncertainty. But Jesus taught the Scriptures as of unquestionable authority. . . .

“Yet He was earnest, rather than vehement. He spoke as one who had a definite purpose to fulfill. He was bringing to view the realities of the eternal world. In every theme God was revealed. Jesus sought to break the spell of infatuation which keeps men absorbed in earthly things. He placed the things of this life in their true relation, as subordinate to those of eternal interest; but He did not ignore their importance. He taught that heaven and Earth are linked together, and that a knowledge of divine truth prepares men better to perform the duties of everyday life. He spoke as one familiar with heaven, conscious of His relationship to God, yet recognizing His unity with every member of the human family.

“His messages of mercy were varied to suit His audience. He knew ‘how to speak a word in season to him that is weary’ (Isa. 50:4); for grace was poured upon His lips, that He might convey to men in the most attractive way the treasures of truth. He had tact to meet the prejudiced minds, and surprise them with illustrations that won their attention. Through the imagination He reached the heart. His illustrations were taken from the things of daily life, and although they were simple, they had in them a wonderful depth of meaning. . . .” (DA 253.3-254.2)

“It is the union of the Holy Spirit and the testimony of the living witness that is to warn the world. The worker for God is the agent through which the heavenly communication is given, and the Holy Spirit gives divine authority to the word of truth.” (RH April 4, 1893 / 6BC 1053.2)

Chapter 3: The Preacher's Attire and Attitude

INTRODUCTION

I hope that gospel workers who share the Three Angels' Messages will read the following quotations carefully and receive invaluable guidance.

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

Neat & Dignified

“It is the work of God, the grace from God, realized and felt, gracing the life and actions, which is to make a sensible impression upon those that hear.

“But it is not this only. There are other things to be considered, in which some have been negligent, but which are of consequence, in the light in which they have been presented before me. Impressions are made upon the people by the deportment of the speaker in the desk, by his attitude, and by his manner of speaking. If these things are as God would have them, the impression they make will be in favor of the truth; especially will that class be favorably impressed who have been listening to fables. It is important that the minister's manner be modest and dignified, in keeping with the holy, elevating truth he teaches. . . .” (2T 609.4-609.5)

“Carefulness in dress is an important item. There has been a lack here with ministers who believe present truth. The dress of some has been even untidy. . . .

“I was pointed back to the children of Israel anciently, and was shown that God had given specific directions in regard to the material and style of dress to be worn by those who ministered before Him.” (2T 610.1-3)

“He gave special directions . . . in regard to everything connected with His service. He gave instruction even in regard to the arrangement of their houses and specified the dress which those should wear who were to minister in His service. They were to maintain order in everything and especially to preserve cleanliness.” (2T 610.3)

“That humility will be particular to have the person and actions and apparel of all who preach the holy truth of God, right and perfectly proper, so that every item connected with us will recommend our holy religion. The very dress will be a recommendation of the truth to unbelievers. It will be a sermon in itself.” (2T 612.2)

“A minister who is negligent in his apparel often wounds those of good taste and refined sensibilities. Those who are faulty in this respect should correct their errors and be more circumspect. The loss of some souls at last will be traced to the untidiness of the minister. The first appearance affected the people unfavorably because they could not in any way link his appearance with the truths he presented. His dress was against him; and the impression given was that the people whom he represented were a careless set who cared nothing about their dress, and his hearers did not want anything to do with such a class of people. . . .” God is dishonored when those who engage in His sacred service are so neglectful of their appearance.” (2T 613.1-613.2)

“The Lord requires His ministers to be pure and holy, to rightly represent the principles of truth in their own lives, and by their example to bring others up upon a high level.” (2T 614.2)

Do Not Shout While Preaching

“Some destroy the solemn impression they may have made upon the people, by raising their voices to a very high pitch and hallooing and screaming out the truth. When presented in this manner, truth loses much of its sweetness, its force and solemnity. . . . He impressed them with solemnity; He spoke in a pathetic manner. . . . You should make the essential points of present truth as distinct as mileposts so that the people will understand them.” (2T 615.1, 616.2)

Preach Before the Whole Universe

“Be careful never to lose a sense of the presence of the divine Watcher. Remember that you are speaking not only to an unenlightened assembly, but to One whom you should ever recognize. Speak as though the whole universe of heaven were before you, as well as the hungry, starving company of God’s sheep and lambs, which must be fed.” (TM 311.2)

“Our work for this time is not to be done by enticing words of man’s wisdom, such as were used by heathen orators to gain applause. Speak in the demonstration of the Spirit, and with the power which God alone can impart. The testing truths for this time are to be proclaimed by men whose lips have been touched with a live coal from off God’s altar. Such preaching will be a decided contrast to the preaching usually heard. Faithful, God-sent messengers are a spectacle to the world, to angels, and to men, not because they place themselves in high positions, but because they show that they are strengthened and helped by the Spirit (Manuscript 165, 1899).” (6BC 1084.9)

Keep Self Out of Sight

“For we are God’s fellow workers . . .” (1 Corinthians 3:9)

“Put no trust in yourself, but rest in the assurance that God is the chief Worker. . . . Take no glory whatever to yourself. Do not work with a divided mind, trying to serve self and God at the same time. Keep self out of sight. Let your words lead the weary and heavy-laden to carry their burdens to Jesus.” (TM 312.2)

Avoid Sharp Criticism

“Satan’s attacks against the advocates of the truth will wax more bitter and determined to the very close of time. As in Christ’s day the chief priests and rulers stirred up the people against Him, so today the religious leaders will excite bitterness and prejudice against the truth for this time. . . .

“In their presentation of truth they must manifest the love and meekness and gentleness of Christ. Let the truth do the cutting; the word of God is as a sharp, two-edged sword and will cut its way to the heart. Those who know that they have the truth should not, by the use of harsh and severe expressions, give Satan one chance to misinterpret their spirit. . . .

“Let not those who write for our papers make unkind thrusts and illusions that will certainly do harm and that will hedge up the way and hinder us from doing the work that we should do in order to reach all classes, the Catholics included. It is our work to speak the truth in love and not to mix in with the truth the unsanctified elements of the natural heart and speak things that savor of the same spirit possessed by our enemies. All sharp thrusts will come back upon us in double measure when the power is in the hands of those who can exercise it for injury. Over and over the message has been given to me that we are not to say one word, not to publish one sentence, especially by way of personalities, unless positively essential in vindicating the truth, that will stir up our enemies against us and arouse their passions to a white heat. . . .

“The Lord wants His workers to represent Him, the great Missionary Worker. The manifestation of rashness always does harm. The proprieties essential for Christian life must be learned daily in the school of Christ. He who is careless and heedless in uttering words or in writing words for publication to be sent broadcast into the world, sending forth expressions that can never be taken back, is disqualifying himself to be entrusted with the sacred work that devolves upon Christ’s followers at this time. Those who practice giving harsh thrusts are forming habits that will strengthen by repetition and will have to be repented of.” (9T 239.1-241.1)

“Let everyone bear in mind that we are in no case to invite persecution. We are not to use harsh and cutting words. Keep them out of every article written, drop them out of every address given. Let the word of God do the cutting, the rebuking; let finite men hide and abide in Jesus Christ. Let the spirit of Christ appear. . . . There is to be a time of trouble such as never was since there was a nation. Our work is to study to weed out of all our discourses everything that savors of retaliation and defiance and making a drive against churches and individuals, because this is not Christ’s way and method.” (9T 244.1-2)

“Christianity is not manifested in pugilistic accusations and condemnations.—6T 397 (1900).” (LDE 90.5)

Use the Most Attractive Ways

“His blessings He presents in the most alluring terms. He is not content merely to announce these blessings; He presents them in the most attractive way, to excite a desire to possess them. So His servants are to present the riches of the glory of the unspeakable Gift. The wonderful love of Christ will melt and subdue hearts...” (DA 826.3)

Keep It Short

“An abundance of chaff is given to the people, but this will not awaken the transgressor or convict souls of sin. The souls who come to hear need a plain, straightforward presentation of truth.

Gird up the loins of your mind, that you may present the truth of God acceptably. Preach the truth in its simplicity, but let your discourses be short. Dwell decidedly on a few important points. Realize every moment that you must have the presence of the Holy Spirit; for it can do a work that you cannot do of yourself...Give the people pure wheat thoroughly winnowed from all chaff...Present the truth as it is in Jesus, that those who hear may receive the very best impression. . . .

“Speak short. Your discourses are generally double the length they should be. It is possible to handle a good thing in such a manner that it loses its flavor. When a discourse is too long, the last part of the preaching detracts from the force and interest of that which has preceded it. Do not wander, but come right to the point. Give the people the very manna from heaven. . . .” (TM 310.1-311.1)

Chapter 4: Preach Only the Word of God

INTRODUCTION

“For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.” (Hebrews 4:12)

The power that saves souls is completely in the Word of God. The Word of God is the seed. Just as the tree is in the seed, God’s work is in His Word. If the seed goes into the soil, first comes the shoot, then comes the blade, and then comes the mature grain. In the same way, if the Word of God is planted in the heart, then it will accomplish the work of the Word: the heart of that person will be born again and he will grow to reflect God’s perfect character. Therefore, gospel workers seeking to save souls need to share only the Word of God. Our heavenly Father, who sent His Son to save mankind, is deeply interested in our salvation.

Preachers should not preach with the intention of pleasing people or gaining popularity. Preaching about the things of the world does not give Life. Those who deliver the Gospel of Life to perishing souls must remember that they are testifying before the universe. This work is truly a fearful work.

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

Why Sow Only the Seed?

“. . . The seed is the word of God.” (Luke 8:11)

“The word of God is the seed. Every seed has in itself a germinating principle. In it the life of the plant is enfolded. So there is life in God’s word. Christ says, ‘The words that I speak unto you, they are Spirit, and they are life.’ John 6:63. ‘He that heareth My word, and believeth on Him that sent Me, hath everlasting life.’ John 5:24. In every command and in every promise of the word of God is the power, the very life of God, by which the command may be fulfilled and the promise realized. He who by faith receives the word is receiving the very life and character of God.

“Every seed brings forth fruit after its kind. Sow the seed under right conditions, and it will develop its own life in the plant. Receive into the soul by faith the incorruptible seed of the word, and it will bring forth a character and a life after the similitude of the character and the life of God.

“The teachers of Israel were not sowing the seed of the word of God. . . . They dwelt upon traditions, upon human theories and speculations. Often that which man had taught and written about the word, they put in place of the word itself. Their teaching had no power to quicken the soul. The subject of Christ’s teaching and preaching was the word of God.” (COL 38.1-38.3)

“Instead of exhausting the powers of our mind in speculations in regard to the times and seasons which the Lord has placed in his own power, and withheld from men, we are to yield ourselves to the control of the Holy Spirit, to do present duties, to give the bread of life, unadulterated with human opinions, to souls who are perishing for the truth.” (RH Mar. 22, 1892 / Ev 702.1)

“The whole Bible is a manifestation of Christ, and the Saviour desired to fix the faith of His followers on the word. When His visible presence should be withdrawn, the word must be their source of power. Like their Master, they were to live ‘by every word that proceedeth out of the mouth of God.’ Matt. 4:4.

“As our physical life is sustained by food, so our spiritual life is sustained by the word of God. And every soul is to receive life from God’s word for himself.” (DA 390.3-4)

“In the commission to His disciples, Christ not only outlined their work, but gave them their message. Teach the people, He said, ‘to observe all things whatsoever I have commanded you.’ The disciples were to teach what Christ had taught. That which He had spoken, not only in person, but through all the prophets and teachers of the Old Testament, is here included. Human teaching is shut out. There is no place for tradition, for man’s theories and conclusions, or for church legislation. No laws ordained by ecclesiastical authority are included in the commission. None of these are Christ’s servants to teach. ‘The law and the prophets,’ with the record of His own words and deeds, are the treasure committed to the disciples to be given to the world. Christ’s name is their watchword, their badge of distinction, their bond of union, the authority for their course of action, and the source of their success.” (DA 826.1)

“It was the Spirit of Christ that spoke through Enoch; that Spirit is manifested, not alone in utterances of love, compassion, and entreaty; it is not smooth things only that are spoken by holy men. God puts into the heart and lips of His messengers truths to utter that are keen and cutting as a two-edged sword.” (PP 86.2)

Chapter 5: Preach From Personal Experience

INTRODUCTION

“And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent.” (John 17:3) Here in Christ’s words, to “know God” refers to a knowledge that comes from personal experience. God is Spirit, and the Word of God is Spirit. Jesus said, “It is the Spirit who gives life; the . . . words that I speak to you are spirit, and they are life.” (John 6:63) The truth in Jesus can be experienced, but cannot be explained. Therefore, it is possible only to receive the Word of God in the heart through faith. One must taste His love to know Him by experience. It is impossible to explain only as a theory.

If one does not eat the Word of God, and does not have a living experience with Him, how can he share the Word that he does not know? This was the fundamental difference between the sermons of the rabbis and the sermons of Jesus. The rabbis did not surrender themselves to God and, therefore, were unable to receive the Word in their hearts. Jesus told them, “But you do not have His word abiding in you, because whom He sent, Him you do not believe.” (John 5:38) But Jesus Himself was the Truth. As the Truth, he lived the truth, taught the truth, and was able to plant the seed of truth in people’s hearts.

Before we preach, we need to eat the Word, and the Word must become our thoughts, our words, our actions. We should be able to explain what it means. When we do that, it will become a power that moves the hearts of the hearers. Only sermons of experience, proclaimed in the lives of believers, can be powerful sermons that Satan cannot disprove.

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

The Gospel Preached from Experience

“Oh, taste and see that the LORD is good. . . .” (Psalm 34:8)

“He who has received His testimony has certified that God is true.” (John 3:33)

“They have proved for themselves the reality of His word, the truth of His promises. They have tasted, and they know that the Lord is good. . . .

“So everyone may be able, through his own experience, to ‘set his seal to this, that God is true.’ John 3:33, A.R.V. He can bear witness to that which he himself has seen and heard and felt of the power of Christ. He can testify.” (MH 461.1, 4)

“But the teacher of sacred truth can impart only that which he himself knows by experience. ‘The sower sowed his seed.’ Christ taught the truth because He was the truth. His own thought, His character, His life-experience, were embodied in His teaching. So with His servants: those who would teach the word are to make it their own by a personal experience. They must know what it is to have Christ made unto them wisdom and righteousness and sanctification and redemption.” (COL 43.1)

“Unconverted men have stood in the pulpits sermonizing. Their own hearts have never experienced, through a living, clinging, trusting faith, the sweet evidence of the forgiveness of their sins. How, then, can they preach the love, the sympathy, the forgiveness of God for all sins? How can they say, ‘Look and live?’” (FW 16.1)

“The new birth is a rare experience in this age of the world. This is the reason why there are so many perplexities in the churches. Many, so many, who assume the name of Christ are unsanctified and unholy. They have been baptized, but they were buried alive. Self did not die, and therefore they did not rise to newness of life in Christ (MS 148, 1897).” (6BC 1075.7)

Chapter 6: Share Both the Old and the New

INTRODUCTION

“Then He said to them, ‘Therefore every scribe instructed concerning the kingdom of heaven is like a householder who brings out of his treasure things new and old.’” (Matthew 13:52)

The “three angels” who have the everlasting gospel are witnesses who testify based on the foundation of the gospel that they have experienced. Jesus mentioned that we are to share the “new and old.” What is the “new and old?”

First, the “old” is the Law of the Old Testament, and the “new” is the Gospel of the New Testament. If the Law of the Old Testament is the root of the tree, then the Gospel of the New Testament is like the blooming flowers and fruit produced on the tree. The New Testament and the Old Testament is one tree, and that is Jesus Christ. Jesus Christ was the Law and the Gospel. The “three angels” who have the everlasting gospel are ones who not only have the entire gospel and harmonize the Law and the Gospel, but they also share it. The Law and the Gospel are not to be separated. Just as the root of the tree and its fruit are one, so the old and the new are also one.

Second, in the individual’s personal faith experience, the “old” is the experience of being born again, that is, the experience of justification, while the “new” is the experience of the born again Christian in his daily life, growing according to increasing new light, the experience of sanctification. This experience of justification and sanctification is one, and through past experiences and new daily experiences, the glory of God will be revealed with increasing brightness. By experiencing the “old” and the “new,” growing Christians, by personal experience, can share the Law and the Gospel, a balanced message of righteousness by faith. The Christian who stores the “old” and “new” in his heart can provide proper spiritual food, Present Truth, at any time or any place for souls who are in need.

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

Guardians of Truth

“While Christ was teaching the people, He was also educating His disciples for their future work. In all His instruction there were lessons for them. . . . He said, ‘every scribe which is instructed unto the kingdom of heaven is like unto a man that is an householder, which bringeth forth out of his treasure things new and old.’

“The treasure gained by the householder he does not hoard. He brings it forth to communicate to others. And by use the treasure increases. The householder has precious things both new and old. So Christ teaches that the truth committed to His disciples is to be communicated to the world. And as the knowledge of truth is imparted, it will increase.

“All who receive the gospel message into the heart will long to proclaim it. The heaven-born love of Christ must find expression. Those who have put on Christ will relate their experience, tracing step by step the leadings of the Holy Spirit—their hungering and thirsting for the knowledge of God and of Jesus Christ whom He has sent, the results of their searching of the Scriptures, their prayers, their soul agony, and the words of Christ to them, ‘Thy sins be forgiven thee.’ It is unnatural for any to keep these things secret, and those who are filled with the love of Christ will not do so. In proportion as the Lord has made them the depositaries of sacred truth will be their desire that others shall receive the same blessing. And as they make known the rich treasures of God’s grace, more and still more of the grace of Christ will be imparted to them. They will have the heart of a little child in its simplicity

and unreserved obedience. Their souls will pant after holiness, and more and more of the treasures of truth and grace will be revealed to them to be given to the world.” (COL 124.1-125.1)

Old & New Truths in Christ

“The great storehouse of truth is the word of God— the written word, the book of nature, and the book of experience in God’s dealing with human life. Here are the treasures from which Christ’s workers are to draw. In the search after truth they are to depend upon God, not upon human intelligences, the great men whose wisdom is foolishness with God. Through His own appointed channels the Lord will impart a knowledge of Himself to every seeker...

“Christ in His humiliation, in His purity and holiness, in His matchless love, was to be their [the apostles’] theme...”

“Christ in His teaching presented old truths of which He Himself was the originator, truths which He had spoken through patriarchs and prophets...”

“In every age there is a new development of truth, a message of God to the people of that generation. The old truths are all essential; new truth is not independent of the old, but an unfolding of it. It is only as the old truths are understood that we can comprehend the new. When Christ desired to open to His disciples the truth of His resurrection, He began ‘at Moses and all the prophets’ and ‘expounded unto them in all the scriptures the things concerning Himself.’ Luke 24:27. But it is the light which shines in the fresh unfolding of truth that glorifies the old. He who rejects or neglects the new does not really possess the old. For him it loses its vital power and becomes but a lifeless form...”

“No man can rightly present the law of God without the gospel, or the gospel without the law. The law is the gospel embodied, and the gospel is the law unfolded. The law is the root, the gospel is the fragrant blossom and fruit which it bears.”

“The Old Testament sheds light upon the New, and the New upon the Old. Each is a revelation of the glory of God in Christ...”

“When we eat Christ’s flesh and drink His blood, the element of eternal life will be found in the ministry. There will not be a fund of stale, oft-repeated ideas. The tame, dull sermonizing will cease. The old truths will be presented, but they will be seen in a new light. There will be a new perception of truth, a clearness and a power that all will discern. Those who have the privilege of sitting under such a ministry will, if susceptible to the Holy Spirit’s influence, feel the energizing power of a new life. . . .

“In eternity we shall learn that which, had we received the enlightenment it was possible to obtain here, would have opened our understanding... Through endless ages will the faithful Householder bring forth from His treasure things new and old.” (COL 125.2-134.1)

Chapter 7: Preach the Message of Atonement

INTRODUCTION

Jesus was unable to return to this earth in 1844 because His atonement work was not yet completed. In 1844, at the end of the 2300 days, Jesus entered the Most Holy Place in heaven. There, Jesus, our High Priest, began, and is continuing the work of blotting out the sins of repentant saints, transferring them onto Satan, the very originator of sin. Christ is currently carrying out this judgment. Jesus can come again when this atonement work is complete. But the reason why the Advent movement of 1844 experienced a great disappointment was because, although they clearly understood the time prophecy of Daniel 8:14 of the 2300 days, they failed to understand the event that would take place at that time. (See the preface of Part 3 of this book.)

Until that time, the records of the sins of God's people were not yet blotted out, so God could not take them to heaven. But today, Jesus is doing the work of atonement. We need to share this fact with the world. Through this message of atonement, people will be led to Jesus, to be cleansed from sin, and will be made ready to meet Him at His second coming.

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

Private Repentance Needed Today

“And I will pour on the house of David and on the inhabitants of Jerusalem the Spirit of grace and supplication; then they will look on Me whom they pierced. Yes, they will mourn for Him as one mourns for his only son, and grieve for Him as one grieves for a firstborn.” (Zechariah 12:10)

“In that day a fountain shall be opened for the house of David and for the inhabitants of Jerusalem, for sin and for uncleanness.” (Zechariah 13:1)

“But the people were not yet ready to meet their Lord. There was still a work of preparation to be accomplished for them. Light was to be given, directing their minds to the temple of God in heaven; and as they should by faith follow their High Priest in His ministration there, new duties would be revealed. Another message of warning and instruction was to be given to the church.” (GC 424.4)

“In the judgment, when all secrets are laid bare, it will be known that the voice of God spoke through the human agent, and aroused the torpid conscience, and stirred the lifeless faculties, and moved sinners to repentance and contrition, and forsaking of sins. It will then be clearly seen that through the human agent faith in Jesus Christ was imparted to the soul, and spiritual life from heaven was breathed upon one who was dead in trespasses and sins, and he was quickened with spiritual life.” (RH Jan 17, 1893 / 4BC 1165.5)

“While the investigative judgment is going forward in heaven, while the sins of penitent believers are being removed from the sanctuary, there is to be a special work of purification, of putting away of sin, among God's people upon Earth. . . . When this work shall have been accomplished, the followers of Christ will be ready for His appearing. . . . Then the church which our Lord at His coming is to receive to Himself will be a ‘glorious church, not having spot, or wrinkle, or any such thing.’ Ephesians 5:27.” (GC 425.1-425.2)

“All who have received the light upon these subjects are to bear testimony of the great truths which God has committed to them. . . .

“The intercession of Christ in man’s behalf in the sanctuary above is as essential to the plan of salvation as was His death upon the cross. By His death He began that work which after His resurrection He ascended to complete in heaven. . . . There we may gain a clearer insight into the mysteries of redemption. The salvation of man is accomplished at an infinite expense to heaven. . . .

“When the work of the investigative judgment closes, the destiny of all will have been decided for life or death.” (GC 488.3-489.1, 490.2)

“The different parties of professed Advent believers have each a little truth, but God has given all these truths to His children who are being prepared for the day of God.” (EW 124.2)

Chapter 8: Preach the Third Angel's Message with a Loud Cry

INTRODUCTION

“But if the watchman sees the sword coming and does not blow the trumpet, and the people are not warned, and the sword comes and takes any person from among them, he is taken away in his iniquity; but his blood I will require at the watchman's hand.” (Ezekiel 33:6)

“The Lord is soon coming. The watchmen on the walls of Zion are called upon to awake to their God-given responsibilities. God calls for watchmen who, in the power of the Spirit, will give to the world the last warning message; who will proclaim the time of night. He calls for watchmen who will arouse men and women from their lethargy, lest they sleep the sleep of death.” (8T 304.3)

The “three angels” who have the everlasting gospel will go forward with that gospel, the heart of Jesus, from place to place, to meet souls who are perishing without the gospel. If we have the everlasting gospel, which is the heart of Jesus, we will be like a father or mother desperately trying to rescue their child from being swept away by a swift current in the river. With that kind of heart, we will go out and seek souls with the Third Angel's Message.

“Divine love has been stirred to its unfathomable depths for the sake of men, and angels marvel to behold in the recipients of so great love a mere surface gratitude. Angels marvel at man's shallow appreciation of the love of God. Heaven stands indignant at the neglect shown to the souls of men. Would we know how Christ regards it? How would a father and mother feel, did they know that their child, lost in the cold and the snow, had been passed by, and left to perish, by those who might have saved it? Would they not be terribly grieved, wildly indignant? Would they not denounce those murderers with wrath hot as their tears, intense as their love? The sufferings of every man are the sufferings of God's child, and those who reach out no helping hand to their perishing fellow beings provoke His righteous anger. This is the wrath of the Lamb. To those who claim fellowship with Christ, yet have been indifferent to the needs of their fellow men, He will declare in the great Judgment day, ‘I know you not whence ye are; depart from Me, all ye workers of iniquity.’ Luke 13:27.” (DA 825.4)

To those who claim to preach the Three Angels' Message: have you ever considered the depth of love in the heart of God for each individual? I believe that now is the time to warn the world, to throw a lifeline to perishing souls. Dear readers, through the words of this book and by listening to the still, small voice of the Holy Spirit, we need to learn how to accept, implement, and testify of the Present Truth for this age.

BIBLE TEXTS & SPIRIT OF PROPHECY QUOTES

The Last Message of Mercy that Determines Eternal Destiny

“Then a third angel followed them, saying with a loud voice, ‘If anyone worships the beast and his image, and receives his mark on his forehead or on his hand, he himself shall also drink of the wine of the wrath of God, which is poured out full strength into the cup of His indignation. He shall be tormented with fire and brimstone in the presence of the holy angels and in the presence of the Lamb. And the smoke of their torment ascends forever and ever; and they have no rest day or night, who worship the beast and his image, and whoever receives the mark of his name. Here is the patience of the saints; here are those who keep the commandments of God and the faith of Jesus.’” (Revelation 14:9-12)

“After these things I saw another angel coming down from heaven, having great authority, and the Earth was illuminated with his glory. And he cried mightily with a loud voice, saying, ‘Babylon the great is fallen, is fallen, and has become a dwelling place of demons, a prison for every foul spirit, and a cage for every unclean and hated bird! . . . And I heard another voice from heaven saying, ‘Come out of her, my people, lest you share in her sins, and lest you receive of her plagues.’ For her sins have reached to heaven, and God has remembered her iniquities.” (Revelation 18:1-2, 4-5)

“This message was to bring more prominently before the world the uplifted Saviour, the sacrifice for the sins of the whole world. It presented justification through faith in the Surety; it invited the people to receive the righteousness of Christ, which is made manifest in obedience to all the commandments of God. Many had lost sight of Jesus. They needed to have their eyes directed to His divine person, His merits, and His changeless love for the human family. All power is given into His hands, that He may dispense rich gifts unto men, imparting the priceless gift of His own righteousness to the helpless human agent. This is the message that God commanded to be given to the world. It is the third angel’s message, which is to be proclaimed with a loud voice, and attended with the outpouring of His Spirit in a large measure. . . .

“For years the church has been looking to man, and expecting much from man, but not looking to Jesus, in whom our hopes of eternal life are centered. Therefore God gave to His servants a testimony that presented the truth as it is in Jesus, which is the third angel’s message, in clear, distinct lines.

“When the third angel’s message is preached as it should be, power attends its proclamation, and it becomes an abiding influence. It must be attended with divine power, or it will accomplish nothing.” (Ev 190.4, 191.3-191.4)

“Thus the message of the third angel will be proclaimed. As the time comes for it to be given with greatest power, the Lord will work through humble instruments, leading the minds of those who consecrate themselves to His service. The laborers will be qualified rather by the unction of His Spirit than by the training of literary institutions. Men of faith and prayer will be constrained to go forth with holy zeal, declaring the words which God gives them. The sins of Babylon will be laid open. The fearful results of enforcing the observances of the church by civil authority, the inroads of spiritualism, the stealthy but rapid progress of the papal power—all will be unmasked. By these solemn warnings the people will be stirred. Thousands upon thousands will listen who have never heard words like these. In amazement they hear the testimony that Babylon is the church, fallen because of her errors and sins, because of her rejection of the truth sent to her from heaven. As the people go to their former teachers with the eager inquiry, Are these things so? the ministers present fables, prophesy smooth things, to soothe their fears and quiet the awakened conscience. But since many refuse to be satisfied with the mere authority of men and demand a plain ‘Thus saith the Lord,’ the popular ministry, like the Pharisees of old, filled with anger as their authority is questioned, will denounce the message as of Satan and stir up the sin-loving multitudes to revile and persecute those who proclaim it.” (GC 606.2)

“The trumpet of the watchman gives no certain sound, and the people do not prepare for the battle. Let the watchman beware lest, through his hesitancy and delay, souls shall be left to perish, and their blood shall be required at his hand.

“We have been looking many years for a Sunday law to be enacted in our land; and, now that the movement is right upon us. . . .

“While the Protestant world is by her attitude making concessions to Rome, let us arouse to comprehend the situation and view the contest before us in its true bearings. Let the watchmen now lift up their voice and give the message which is present truth for this time.” (5T 715.2-716.2)

“The last tear for sinners had been shed, the last agonizing prayer offered, the last burden borne, the last warning given. The sweet voice of mercy was no more to invite them. When the saints, and all heaven, were interested for their salvation, they had no interest for themselves. Life and death had been set before them. Many desired life, but made no effort to obtain it. They did not choose life, and now there was no atoning blood to cleanse the guilty, no compassionate Saviour to plead for them, and cry, ‘Spare, spare the sinner a little longer.’ All heaven had united with Jesus, as they heard the fearful words, ‘It is done. It is finished.’ The plan of salvation had been accomplished, but few had chosen to accept it. And as mercy’s sweet voice died away, fear and horror seized the wicked. With terrible distinctness they heard the words, ‘Too late! too late!’ ” (EW 281.1)

“I was pointed down to the time when the third angel’s message was closing. The power of God had rested upon His people; they had accomplished their work and were prepared for the trying hour before them. They had received the latter rain, or refreshing from the presence of the Lord, and the living testimony had been revived. The last great warning had sounded everywhere, and it had stirred up and enraged the inhabitants of the Earth who would not receive the message.

“I saw angels hurrying to and fro in heaven. An angel with a writer’s inkhorn by his side returned from the Earth and reported to Jesus that his work was done, and the saints were numbered and sealed. Then I saw Jesus, who had been ministering before the ark containing the Ten Commandments, throw down the censer. He raised His hands, and with a loud voice said, ‘It is done.’ And all the angelic host laid off their crowns as Jesus made the solemn declaration, ‘He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still.’

“Every case had been decided for life or death. While Jesus had been ministering in the sanctuary, the judgment had been going on for the righteous dead, and then for the righteous living. Christ had received His kingdom, having made the atonement for His people and blotted out their sins. The subjects of the kingdom were made up. The marriage of the Lamb was consummated. And the kingdom, and the greatness of the kingdom under the whole heaven, was given to Jesus and the heirs of salvation, and Jesus was to reign as King of kings and Lord of lords.” (EW 279.1-280.1)

Appendix I

Spiritual Fellowship Groups

Start “kindling the fire” with Spiritual Fellowship:

“I am come to send fire on the earth; and what will I, if it be already kindled?”

**Spiritual Fellowship is a small group meeting of those who love only Jesus, those who want to love only Jesus, who gather together and share their experience of Jesus.*

**Spiritual Fellowship meeting is a small group prayer meeting that plays the role of the “kindling fire.” Only those who are set on fire by the love of Jesus can, in turn, share that fire by shining the light of the third angel’s message to this dark world.*

**If just two or three people who love Jesus gather together, they can begin a Spiritual Fellowship meeting.*

(See quotes from Russel Burrill’s “Community Activity and Restoration of Mission.” pp. 232-261.)

Appendix II

Spirit of Prophecy Abbreviations

AA	The Acts of the Apostles	1MCP,	Mind, Character, and
AH	The Adventist Home	2MCP	Personality (2 volumes)
1BC, 2BC, etc.	The SDA Bible Commentary (7 volumes)	MH	The Ministry of Healing
CD	Counsels on Diet and Foods	MM	Medical Ministry
CG	Child Guidance	1MR,	Manuscript Releases
CH	Counsels on Health	2MR, etc.	(21 volumes)
COL	Christ's Object Lessons	MYP	Messages to Young People
CT	Counsels to Parents, Teachers, and Students	OHC	Our High Calling
CTBH	Christian Temperance and Bible Hygiene	PP	Patriarchs and Prophets
DA	The Desire of Ages	1SAT,	Sermons and Talks
Ed	Education	2SAT	(2 volumes)
Ev	Evangelism	SC	Steps to Christ
EW	Early Writings of Ellen White	1SM, 2SM,	Selected Messages
FE	Fundamentals of Christian Education.	3SM	(3 books)
FLB	The Faith I Live By	SpM	Spalding and Magan's Unpublished Manuscript Testimonies of Ellen G. White
FW	Faith and Works	SR	The Story of Redemption
GC	The Great Controversy	1T, 2T, etc.	Testimonies for the Church (9 volumes)
GW	Gospel Workers	Te	Temperance
LDE	Last Day Events	TM	Testimonies to Ministers and Gospel Workers
LS	Life Sketches of Ellen G. White	VSS	The Voice in Speech and Song
MB	Thoughts From the Mount of Blessing	WM	Welfare Ministry

Appendix III

The Prayer of an Adventist

Oh, my God, prepare me for that Great Day.

Wash me with your precious blood; blot out all my sins.

Let the Latter Rain fall upon my vessel.

Let me have the glorious experience of uniting with the Third Angel.

Let me be part of the work; let me proclaim it.

Oh, my God, the work of love and cleansing of the soul,

Let me have that repentance and faith every day.

Amen.

On that Day

Lyrics by Young Suk Oh; Composed by Ok Sun Suh

On that day when glory shall appear, The heavens bright and brighter still
Three angels flying high, mightily in the air; Oh, from that day; oh, from that day
After mediation ends, The day the King of Kings returns
Until that day, three angels unfurl your wings, Unfurl your wings and fly
Three angels, one, unfurl your wings and fly; From heavens o'er here, to heav'ns o'er there
Three angels, one, unfurl your wings and fly; Spread the message swiftly now.

On that day when glory shall appear, The whole world shines bright as the sun
Boldly the everlasting gospel will be proclaimed; Oh from that day; oh, from that day
The Lord's judgment ends at last, And hence the Lord of lords returns
Until that day, saints of God get ready now; Share the gospel, testify
Oh, saints of God, spread the gospel swiftly now; From cities near here, to towns o'er there
Oh, saints of God, spread the gospel swiftly now; Share the message swiftly now

Oh that day when glory shall appear; The whole world bright and clear as day
Sealed in God's people, three angels' message; Oh from that day; oh, from that day
God will save His faithful ones; The day the King of glory comes
Until that day, oh proclaim Creator God; Oh remnant testify
Remnant of God, proclaim Creator God; From foreign lands to your homeland
Remnant of God, proclaim Creator God; Spread the message swiftly now