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*The Immutable Law of God • Christ Our Righteousness • The Seventh-day Sabbath*  
*The Three Angels' Messages • The Non-Immortality of the Soul • The Sanctuary*

# THE POWER OF UNITY - LESSONS FROM THE ANT



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- The Duty of Workers to Care for Their Health
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# Editorial

Clark Floyd



Clark Floyd, editor of Our Firm Foundation magazine, has been co-host of the radio program Bible Answers with Clark and Lee and is a licensed attorney and an ordained Seventh-day Adventist pastor. He has spoken internationally and makes his home in the beautiful mountains of western North Carolina.

As I begin work on this editorial, it is still in the month of October—October 22, to be exact. Of course this was an important date in Seventh-day Adventist history. October 22, 1844 was at one time thought to be the date for the second coming of Christ, but it became apparent that Christ was not coming to earth on that date. Christ, instead, moved from the Holy to the Most Holy Place of the Heavenly Sanctuary. The Second Coming was still to be in the future. There was still time to prepare for His Second Coming. But one day probation will be closed, and no longer will we have a Mediator in the Heavenly Sanctuary.

But we have much counsel on how to be ready. As I walk in the morning, I am currently trying to memorize and put into practice some statements found on pages 159 and 160 of Christ's Object Lessons. Prayerfully, you, the readers of Our Firm Foundation, may desire to put to memory and practice the same statements.

"No outward observances can take the place of simple faith and entire renunciation of self. But no man can empty himself of self. We can only consent for Christ to accomplish the work. Then the language of the soul will be, Lord, take my heart; for I cannot give it. It is Thy property. Keep it pure, for I cannot keep it for

Thee. Save me in spite of myself, my weak, unchristlike self. Mold me, fashion me, raise me into a pure and holy atmosphere, where the rich current of Thy love can flow through my soul.

"It is not only at the beginning of the Christian life that this renunciation of self is to be made. At every advance step heavenward it is to be renewed....Only by constant renunciation of self and dependence on Christ can we walk safely."

We shall have many major challenges as we draw closer to the end of time. Satan will be seeking to waylay us with everything he has to bring against us. Self is the major enemy that Satan will use against each of us. We need to be strengthened in all ways that we can through our connection with Jesus. Daily prayer is a must! Daily Bible study is a must! Daily consecration to God is a must!

Some important promises to keep in mind follow: "The Father's presence encircled Christ, and nothing befell Him but that which infinite love permitted for the blessing of the world. Here was His source of comfort, and it is for us. He who is imbued with the Spirit of Christ abides in Christ. The blow that is aimed at him falls upon the Saviour, who surrounds him with His presence. Whatever comes to him comes from Christ. He has no need to resist evil,

for Christ is his defense. Nothing can touch him except by our Lord's permission." MB 71.

"Nothing can happen in any part of the universe without the knowledge of Him who is omnipotent. Not a single event of human life is unknown to our Maker. While Satan is constantly devising evil, the Lord our God overrules all, so that it will not harm His obedient, trusting children. The same power that controls the boisterous waves of the ocean can hold in check all the power of rebellion and of crime. God says to one as to the other, 'Thus far shalt thou go, and no farther.'" 3BC 1141.

"The Lord is disappointed when His people place a low estimate upon themselves. He desires His chosen heritage to value themselves according to the price He has placed upon them. God wanted them, else He would not have sent His Son on such an expensive errand to redeem them. He has a use for them, and He is well pleased when they make the very highest demands upon Him, that they may glorify His name. They may expect large things if they have faith in His promises." DA 668.

"The Saviour longs to manifest His grace and stamp His character on the whole world. It is His purchased possession, and He desires to make men free, and pure, and holy." DA 827.

So, dear brothers and sisters in Christ, have courage, maintain a close connection with your Saviour. "Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him, and He shall direct your paths." Proverbs 3:5, 6.

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*"Only by constant renunciation of self and dependence on Christ can we walk safely."*

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**Our Mission:**

It is the mission of Hope International and the editors of *Our Firm Foundation* to clearly present Christ and His truth. The days remaining for this world are few, and we must work quickly. We must boldly proclaim the historic truths of Adventism that place us on so firm a foundation in the midst of this troubled world. —Editor

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**About Hope International:**

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We are accepting article-length manuscripts (3000 words) for possible publication in *Our Firm Foundation*. We prefer that submissions be submitted in Word.doc format as a computer file. Include a digital picture and a short bio. Please address all correspondence to Editor, *Our Firm Foundation*, 151 Ascension Lane, Marshall, NC 28753, or by email to editorial@hopeint.org.

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# THE POWER OF UNITY - LESSONS FROM THE ANT

By Emmanuel Machakaire

“Take a lesson from the ants, you lazybones. Learn from their ways and be wise! Even though they have no prince, governor, or ruler to make them work, they labor hard all summer, gathering food for the winter.” Proverbs 6:6-8. “There be four [things which are] little upon the earth, but they [are] exceeding wise. The ants [are] a people not strong, yet they prepare their meat in the summer.” Proverbs 30:24-25.

I love the aspect of God’s character where He uses the seemingly foolish things to shame or challenge those who think themselves wise. Ants are mentioned in only one book - once in Proverbs 6:6-8, and once in Proverbs 30:25. Both references are worth considering. In Proverbs 6, Solomon invites us to study the ant for the purpose of learning wisdom. For instance, ants have no commanders (v. 7), yet they work together to store food for the winter (v. 8). Proverbs 30:25 makes a similar point: “Ants are creatures of little strength, yet they

store up their food in the summer.” How do the ants with little strength manage to store enough food to make it through the long winter months? The answer is, they start early, they look to the future, they pool their strength, and they work together for the common good.

## Valuable lessons can be learned from these small things of the earth

“The wisest of men may learn useful lessons from the ways and habits of the little creatures of the earth... These insects observe perfect order, and no idler is allowed in the colony. They execute their appointed work with an intelligence and activity that are beyond our comprehension. The ants, which we consider as only pests to

be crushed under our feet, are in many respects superior to man; for he does not as wisely improve the gifts of God. The wise man calls our attention to the small things of the earth... so that we may learn from these little teachers lessons of faithfulness, hard work and unity. Should we improve with the same diligence the faculties which an all-wise Creator has bestowed upon us, how greatly would our capacities for usefulness be increased. God’s eye is upon the smallest of His creatures; does He not, then, regard man formed in His image and require of him corresponding returns for all the advantages He has given him?” 4T 455, 456.

## Consider the ways of the tiny ant

Thousands of years ago, King Solomon wrote: “Go to the ant, consider its ways and be wise.” Here are some interesting facts about ants: There are over 10000 known species of ants. Some ants sleep seven hours a day! Ants can lift 20 times their own body weight. The abdomen of the ant contains two stomachs. One stomach holds the food for itself and second stomach is for food to be shared with other ants. Ants are clean and tidy insects. Some worker ants are given the job of taking the rubbish from the nest and putting it outside in a special rubbish dump! Each colony of ants has its own smell. In this way, intruders can be recognized immediately. If a



man could run as fast for his size as an ant can, he could run as fast as a racehorse. The average life expectancy of an ant is 45 to 60 days. If a worker ant has found a good source for food, it leaves a trail of scent so that the other ants in the colony can find the food. Ants are self-motivated; they are extremely organized; they run away fast when something harmful is around; they understand their gifts and work within their specific abilities; they build together and they have a single focus. Ants help and share with others; they are team players; they are hard workers; they take rest seriously and they understand timing. A single ant is no match for a millipede. As Proverbs 30:25 says, "Ants are creatures of little strength." A single



### Lesson 1: Ants are well-organized.

There are three kinds of ants in a colony: workers, queen, and males. Each kind of ant does a different job. They are so well organized, that they carry out their entire task through division of labor. Nothing is left undone in the ant colony, because of the well-organized structure, which has already been put in place. This is a serious lesson for individuals who are not organized.

### Lesson 2: Ants display unselfish unity.

Ants have an unbelievable spirit of unselfish unity. If they locate something edible, immediately they pass on the message to others. If a worker ant has found a good source for food, it leaves a trail of scent so that the



ant could push for a year and never move a millipede off the nest. But what one ant couldn't do, many ants *did* by working together.

What is the connection between the mighty man and a tiny ant? Man, the crown of all creations with his great wisdom, is admonished to go and learn from the ant, a tiny insect almost too tiny to be seen and is nothing compared with a man. Yet Solomon the Great, to whom "God gave great wisdom and understanding, and knowledge as vast as the sand on the shore", tells us to go to the ant and learn lessons from it. Yes, even the tiny ants can teach us great lessons; indeed ants are pretty wise.

other ants in the colony can find the food. Ants love one another. Just like ants, as Christians, we are exhorted to "love one another".

### Lesson 3: Ants have a spirit of sharing.

Ants share everything they get. They never eat anything alone. They show great interest in sharing. How fast they convey the message to others for sharing! But what do we humans do? If we find something, immediately we try our best to hoard it in a secret place, unreachable to anybody. Only very few have experienced the taste and pleasure of sharing. While others are busy reporting the bad news around the world, we must share the good news.

### Lesson 4: Amazing sense of discipline.

The sense of discipline among the ants is really amazing. Without a mistake they march one after another in a line. How pleasant is their marching sight! Without any dispute or accident they move about in order, and they don't fight among themselves. Think of man's spirit of division. Everywhere in life he finds loopholes to divide. He is more interested in division than in unity.

### Lesson 5: Ants exhibit action in time.

The active nature of the ants attracted Solomon very much. That made him rebuke the lazy man saying, "You lazybones, go to the ant, watch her ways and be wise." God singled out the ant for his wisdom. Some ant hills are like a modern city, streets are laid



out, some one-way. Christians should be wise in the wisdom of God. "And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed." Rom. 13:11. We should be wise in soul winning. "The fruit of the righteous is a tree of life; and he that winneth souls is wise." Proverbs 11:30. "Let those who have been trained for service now take their places quickly in the Lord's work. House-to-house laborers are needed. The Lord calls for decided efforts to be put forth in places where the people know nothing of the truth... Now, just now, is the time to obey the commission.

God has given us light on His Word that we may give it to our fellow men. The truth spoken by Christ will reach hearts. A "Thus saith the Lord" will fall upon the ear with power, and fruit will appear wherever honest service is done.

The Lord calls for action. . . Should we neglect to take advantage of this time, we should miss a great opportunity for letting light from God's Word shine forth." UL58.

**Lesson 6: Ants are tireless.**

Ants always keep themselves busy all day long. To be tireless implies never slacking or stopping. If an ant-hill is destroyed they rebuild. Their motto is "Work for the night is coming." That is a very classical attribute of the ant. Ants have unity and cooperation, if the food is too large to move they pull together, if one is injured they help him out, if one falls in a pit they all work to rescue him. As Christians we need to "bear one another's burdens". Many Christians think the church is a "Don't work club". Just leave it; it will get



done somehow by someone. The cause of Christ suffers because of sluggard Christians. Many put ease and comfort ahead of God and His work. Usually 90% of God's work is done by only 10% of the people.

**Lesson 7: Ants are persistent.**

Whenever an obstacle is placed in their way ants always find a way around such obstacles. Napoleon once said, "Victory belongs to the persistent." We must



never give up so easily in the face of obstacles. There are many obstacles in the Christian life that have to be overcome. Just like the early Christians, the apostles faced many obstacles but because of their unity in faith and persistence in prayer they overcame.

**Lesson 8: Ants are great planners.**

When it is winter they store up enough food in their colony. During winter, when the cold is becoming unbearable, they never lack anything. Ants are better planners than some human individuals. "Yea, the stork in the heaven knoweth her appointed times, and the turtle and the crane

and the swallow observe the time of their coming; but My people know not the judgment of the Lord." Jeremiah 8:7.

**Lesson 9: Ants are strong and hardworking.**

Ants are noted for carrying objects that are bigger than they are. This is only made possible through sheer hard work and determination. Ants are not only strong, but also hard working. They are not scared of heavy task, but rather take pleasure in lifting these objects to their colony. If we don't look at how big a task is, we would easily accomplish tasks that seemed insurmountable.

**Lesson 10: Ants employ teamwork.**

Ants work harmoniously; though small they unite to get greater results; each individual ant has his

own job; none is greater than the other. Everything an ant does is for the benefit of the colony and they will work until they are done. Each ant knows his duties and they do everything they can to get those duties completed. Some are tunneling, some are moving material, and others are looking for food. Ants have unity and cooperation, if a grain, or millipede, is too large to move they pull together. There's a lesson here about individual weakness and united strength. Being united in teamwork is powerful. Imagine what the Church could do if it were united like this; the powers of darkness would flee. The early Church moved forward with unity.



### Unity is really not an option

It is commonly accepted that there is power in unity. "United we stand, divided we fall." Two horses pull way more than what they can each pull on their own. "A rope made of three cords is hard to break." Ecc. 4:12. "For by one Spirit are we all baptized into one body, whether [we be] Jews or Gentiles, whether [we be] bond or free; and have been all made to drink into one Spirit. For the body is not one member, but many... there should be no schism in the body; but [that] the members should have the same care one for another. And whether one member suffer all the members suffer with it; or one member be honoured, all the members rejoice with it." I Cor. 12:12-26.

The analogy of the human body demonstrates that unity is not an option - it is an essential element for the church. When one part of the body is not functioning well, the rest is affected. On the other hand a well coordinated body, where all the parts work together is wonderful! "If you remain in me and my words remain in you, ask whatever you wish, and it will be given you." John 15:7. Remaining united to Jesus is the starting point to Christian unity.

### Blessings come from unity

The early church experienced the blessings of unity. "And when the day of Pentecost was fully come, they were all with one accord in one place." Acts 2:1.

"All the believers were together and had everything in common. Selling their possessions and goods, they gave to anyone as he had need.

Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favour of all the people. And the Lord added to their number daily those who were being saved." Acts 2:44-47.

"All the believers were one in heart and mind. No one claimed that any of his possessions was his own, but they shared everything they had. With great power the apostles continued to testify to the resurrection of the Lord Jesus, and much grace was upon them all." Acts 4:32-33. The early church was a strong and powerful unit of simple, ordinary and like minded people who loved God with all their hearts. This is evident through the testimony that the early believers left

as an example for us to follow. Unity is oneness in purpose, oneness in spirit which comes from acknowledging Jesus as Lord. Because of their unity they were anointed and full of the Holy Spirit, they preached the Word of God with great boldness, miracles, signs and wonders followed the preaching of the Word, thousands were being saved and added to the church, and people gave themselves and their possessions to the cause of Christ.

### We need to be a church of one accord

Knowing the value and power of unity Jesus made a prayer of unity for us: "My prayer is not for them alone. I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me..." John 17:20, 21. If we want to see the power of God manifested in our churches today, we need to be a church that is of one accord, a church based upon the unity that the Spirit of God brings. Our unity is a witness that the world sees and then believes Jesus for who he really is. "The work of God is advanced more rapidly when His workers are in unity. In unity there is a life, a power that can be obtained in no other way. United with one another, working together in harmony, we shall indeed be laborers together with God." 2SAT 209. We need to pray that the Holy Spirit will bring us the unity Jesus desires for there is power in unity. Amen.



*Emmanuel Machakaire, originally from Zimbabwe, is a devoted member of the Seventh-day Adventist church in South Africa.*

# THE DUTY OF WORKERS TO CARE FOR THEIR HEALTH

Mrs. E. G. White

Health is a blessing of which few appreciate the value; yet upon it the efficiency of our mental and physical powers largely depends. Our impulses and passions have their seat in the body, and it must be kept in the best condition physically and under the most spiritual influences in order that our talents may be put to the highest use. Anything that lessens physical strength enfeebles the mind, and makes it less capable of discriminating between right and wrong.

## WE LAY THE FOUNDATION FOR FEEBLENESS BY INDULGING WRONG HABITS

The misuse of our physical powers shortens the time in which our lives can be used for the glory of God, and it unfits us to accomplish the work God has given us to do. By allowing ourselves to form wrong habits, by keeping late hours, by gratifying appetite at the expense of health, we lay the foundation for feebleness. By neglecting physical exercise, by overworking mind or body, we unbalance the nervous system. Those who thus shorten their lives and unfit themselves for service by disregarding nature's laws are guilty of robbery toward God. And they are robbing their fellow men also. The opportunity of blessing others, the very work for which God sent them into the world, has by their own course of action been cut short. And they have unfitted themselves to do even that which in a briefer period of time they might have accomplished. The Lord holds us guilty when by our injurious habits we thus deprive the world of good.

## GOD WANTS HIS WORKERS TO BE FULL OF LIFE AND FRESHNESS

The health of the Lord's messengers should be carefully considered. As the true watchman goes forth bearing precious seed, sowing beside all waters, weeping and praying, the burden of labor is very taxing to mind and heart. He can not keep up the strain continuously--his soul stirred to the very depths--without wearing out prematurely. Strength and efficiency are needed in every discourse. And from time to time, fresh supplies of things new and old need to be brought forth from the storehouse of God's Word. This will impart life and power to the hearers. God does not want his workers to become so exhausted that their efforts have no freshness nor life.

## THE ENEMY TAKES ADVANTAGE OF OUR TIRED CONDITIONS

I can sympathize with some of my brethren who have strong feelings but not strong bodies. I do not know what we should do without men who feel intensely. But God would have these workers regard the laws of life and health; for when they are exhausted by long speaking and praying, or much writing, the enemy takes advantage of the tired condition of their nerves, and causes them to be impatient and to move rashly. It was at the close of Christ's long fast in the wilderness that Satan thought to gain the victory over him. But Christ drove him from the field of battle, and came off conqueror. Even so may those who preach the word today overcome when tempted in a similar way. But it is necessary that they labor with discretion, in order that they may preserve health and strength in the best possible condition; then, when occasion requires, they can put forth special efforts, and, relying upon him who has conquered the enemy in their behalf, can come off more than conquerors.

## WE ARE NOT TO CARRY TOO HEAVY A LOAD

While God's workers are to be filled with a noble enthusiasm, and with a determination to follow the example of the divine Worker, they are not to crowd too many things into the day's work. If they do this, they will soon have to leave the work entirely, broken down because they have tried to carry too heavy a load. It is right for them to make the best use of the advantages given them of God in earnest efforts for the relief of suffering and for the salvation of souls; but they are not to sacrifice health. We have a calling as much higher than common, selfish interests as the heavens are higher than the earth. But this thought should not lead the willing servants of God to carry all the burdens they can possibly bear, without periods of rest.

## BE A PRACTICAL WORKER, NOT A DAY-DREAMER

How good it would be if among all who are engaged in carrying out God's wonderful plan for the salvation of souls, there were no idlers! How much more would be accomplished if every one would say, "God holds me accountable to be wide awake, and to let my efforts speak in favor of the truth I profess to believe. I am to be a practical worker, not a day-dreamer." It is because there are so many day-dreamers that true workers have to carry a double burden. Writing by the Spirit, Paul says: "As we have





many members in one body, and all members have not the same office: so we, being many, are one body in Christ, and every one members one of another.” “Let love be without dissimulation. Abhor that which is evil; cleave to that which is good. Be kindly affectioned one to another with brotherly love; in honor preferring one another; not slothful in business; fervent in spirit; serving the Lord; rejoicing in hope; patient in tribulation; continuing instant in prayer; distributing to the necessity of saints; given to hospitality. Bless them which persecute you: bless, and curse not. Rejoice with them that do rejoice, and weep with them that weep.” “Be not overcome of evil, but overcome evil with good.”



### DO NOT BECOME OVERTAXED

It is the part of a medical missionary to minister to the needs of the soul as well as the needs of the body. Those who put the whole soul into the medical missionary work, who labor untiringly in peril, in privation, in watchings oft, in weariness and painfulness, are in danger of forgetting that they must be faithful guardians of their own mental and physical powers. They are not to allow themselves to be overtaxed. But they are filled with zeal and earnestness, and sometimes they move unadvisedly, putting themselves under too heavy a strain. Unless such workers make a change, the result will be that sickness will come upon them, and they will break down.

### EACH MEMBER OF THE CHURCH MUST DO HIS PART FAITHFULLY

We need as workers to keep looking unto Jesus, the author and finisher of our faith. As workers together with God, we are to draw souls to Christ. We are to remember that each has a special part to act in the Master’s service. O, how much good the members of the church might accomplish if they realized the responsibility resting upon them to point those with whom they come in contact to the Redeemer. When church-members shall disinterestedly engage in the work given them of God, a much stronger influence will be exerted in behalf of souls ready to die, and much more earnest efforts will be put forth in medical missionary lines. When every member of the church does his part faithfully, the workers in the field will be helped and encouraged and the cause of God will move forward with power.

### YOU ARE DOING THE WORK OF GOD WHEN YOU CULTIVATE YOUR GARDEN

Some of our ministers feel that they must every day

perform some labor that they can report to the conference. As a result of trying to do this, their efforts are often weak and inefficient. They should have periods of rest, of entire freedom from taxing labor; but these can not take the place of daily physical exercise.

Brethren, when you take time to cultivate your garden, thus gaining the exercise needed to keep the system in good working order, you are just as much doing the work of God as in holding meetings. God is our Father, he loves us, and he does not require any of his servants to abuse their bodies.

### SELFISH INDULGENCE MUST BE OVERCOME

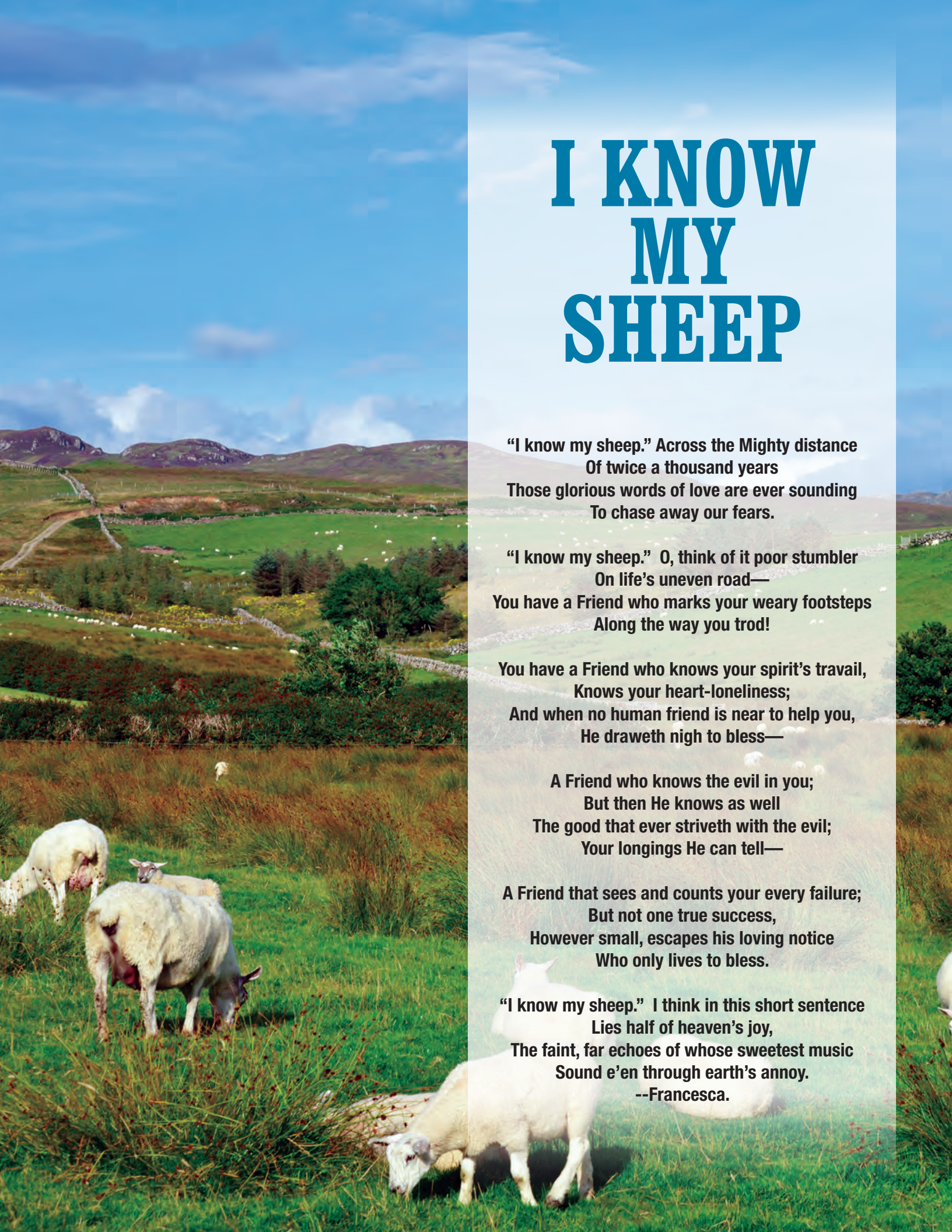
Another cause, both of ill health and of inefficiency in labor, is indigestion. It is impossible for the brain to do its best work when the digestive powers are abused. Many eat hurriedly of various kinds of food; this causes war in the stomach, and confuses the brain. The use of unwholesome food, and overeating of even that which is wholesome, should alike be avoided. Many eat at all hours, regardless of the laws of health. Then gloom covers the mind. How can men be honored with divine enlightenment when they are so reckless in their habits, so inattentive to the light which God has given in regard to these things? Brethren, is it not time for you to be converted on these points of selfish indulgence? “Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: but I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.” Study these words earnestly.

### DO NOT WORK AT CROSS-PURPOSES WITH GOD

Life is a holy trust, which God alone can enable us to keep, and to use to his glory. But he who formed the wonderful structure of the body will take special care to keep it in order if men do not work at cross-purposes with him. Every talent entrusted to us he will help us to improve and use in accordance with the will of the Giver. Days, months, and years are added to our existence that we may improve our opportunities and advantages for working out our individual salvation, and by our unselfish life promote the well-being of others. Thus may we build up the kingdom of Christ, and make manifest the glory of God.



*Ellen G. White, 1827–1915, received the spiritual gift of prophecy, and the fruits of her life and work accord with the biblical tests of a true messenger of God. To this day, her counsels are an incalculable blessing to God’s people around the world.*



# I KNOW MY SHEEP

**“I know my sheep.” Across the Mighty distance  
Of twice a thousand years  
Those glorious words of love are ever sounding  
To chase away our fears.**

**“I know my sheep.” O, think of it poor stumbler  
On life’s uneven road—  
You have a Friend who marks your weary footsteps  
Along the way you trod!**

**You have a Friend who knows your spirit’s travail,  
Knows your heart-loneliness;  
And when no human friend is near to help you,  
He draweth nigh to bless—**

**A Friend who knows the evil in you;  
But then He knows as well  
The good that ever striveth with the evil;  
Your longings He can tell—**

**A Friend that sees and counts your every failure;  
But not one true success,  
However small, escapes his loving notice  
Who only lives to bless.**

**“I know my sheep.” I think in this short sentence  
Lies half of heaven’s joy,  
The faint, far echoes of whose sweetest music  
Sound e’en through earth’s annoy.  
--Francesca.**

# You Have a Purpose!

By Joe Olson

There are so many people who live life thinking there is no rhyme or reason for their lives. Many are tempted to feel that they have no use or purpose in this life. But the word of God absolutely refutes that idea: "And when the builders laid the foundation of the temple of the LORD, they set the priests in their apparel with trumpets, and the Levites the sons of Asaph with cymbals, to praise the LORD, after the ordinance of David king of Israel." Ezra 3:10. This verse in Ezra is referring to the return of the Jews from exile in Babylon for 70 years. A remnant, or a small portion of the people, has decided to come back home. And God has given them the task to rebuild the temple and the city of God. I just love how God does everything with such decency and order. Everything and everyone has a purpose. In each thing that is done, there is rhyme and reason and all things have a place and a duty and a specific function.

## ***There is a reason for everything under the sun***

It truly is like a clock with all of its varied parts and movements, none of which is extra, and none of which is not important. Everything

is needed for it all to work in harmony and in perfect precision.

God does absolutely nothing by accident or for no reason. There is a reason for everything under the sun. And that means that what seems to be so circumstantial and so accidental is far from it. What we see as having no order is actually order on a scale that we cannot comprehend. We are the ants in a huge ant mound where we have been placed to do the work we have been given, and yet from our perspective, we think there is no direction or order, and that we have been placed here somehow with no leadership or goals or purpose.

## ***Do you think there is no purpose for your life?***

And that brings back to my mind



the thought of how many people get so discouraged by the idea that there

is no purpose and that they have no specific function in this life. Many feel as if they are here almost by accident and that if they were not here, it would make no difference at all, so why even be here then? I remember that feeling. I distinctly remember wondering that if there was no real purpose or direction, and that all we were here for was to bumble around until we got cancer, or some other derivation thereof, and died, then what was the point? Especially if one was not born to privilege and financial prosperity... but even then, there are many who feel empty and unfulfilled.

## ***The heavenly angels love doing the jobs they were made for***

But we *were* created for a purpose and until we begin to fulfill that purpose, we are not satisfied. We cannot be because we were made that way. Until our round peg fits the round hole, we will never be comfortable and happy. But what a glorious feeling when you *do* find your spot and you *are* doing what you were created for! Then, no matter what job we have, no matter what function we are given, once we are in that round hole, we are fulfilled and supremely happy. Just as all of the angels in heaven are now... no matter what their job or function or duty, they love their lives. They love what they do because they are doing exactly what they were made for. Some of us were designated to be priests or pastors. Some are to be singers. Some are to be workmen. Some are supervisors. Some are to be cooks or housekeepers. But every single one of us is assigned a position on this earth.

## ***God already has a plan***

Let me ask you a question...Do you think we will all

get to heaven, and then God is going to put His hand to His chin and say, “What are we going to *do* with all these people?” Do you really think He has no plan? You know, there are many people who think we are going to go to heaven and strum on a harp and sit on a cloud. Can you even imagine such boredom!?! I mean, that might be good for an hour or two... but for an *eternity*!?! No, it’s the devil that suggests to us that there is no purpose and no plan and no design to our lives. My friends, that is so far from the truth that the devil cringes to think we might see otherwise. There is not a single soul that is not needed in God’s kingdom. Everyone has a special task, a specific function, a personal obligation that has been set up and prepared for them, and to not come to “work”, so-to-speak, and to fulfill your duty, is a loss to the kingdom.

**Does God do anything wrong?**

If you have ever felt like I did, that there was no purpose to life, or at least to *your* life, I am here to tell you that the devil is lying to you! Is there anything that God does wrong? We joke about the watermelon having too many seeds or the giraffe having too long a neck... but really... is that so? Did God make a mistake with them? Or... are we just too blind and ignorant to understand *why* they were made so? What do you really think the answer might be? Are we so bright and so smart and so intelligent that we believe we understand what God does and why? We are specifically told we don’t. “For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD.” Isaiah 55:8 He says we don’t understand Him. We don’t realize what He is doing. What hubris to suggest that we might



grasp the thoughts of the Almighty! We can barely get up in the morning and put our own socks and shoes on, but we know what the God of the universe is thinking? *Right!!!*

**We are not disposable items**

But God does tell us what He is thinking in His word. He shows us what value we have and that there are no unnecessary parts. Remember Jesus feeding the 5,000? “When they were

filled, he said unto his disciples, Gather up the fragments that remain, that nothing

be lost.” John 6:12. We are so used to being a “throw away” society that we have come to think we are disposable too. Jesus didn’t even throw away the leftovers! He didn’t make too much food. He made the extra because it would be needed. If it weren’t needed, He wouldn’t have told the disciples to gather up all that was left over.

We are needed! All of us! There are no “extras”.

Every single one of us has a place. Jesus said He was preparing a place for us. John 14:2 “In my Father’s house are many mansions: if



it were not so, I would have told you. I go to prepare a place for you.” John 14:2. Jesus said that He is telling us what is being prepared for us, and if that were not so, He would have told us as much. Let me ask you another question...

Do you think there will be any extra mansions? I mean, do you think there will be unoccupied houses that God has built that will sit empty and unused? Of course not. There will be exactly what there needs to be. There is no extra! And we are not extra either.

**God has a position for every person on this earth**

Every single person on this earth has a place and a function and a duty. Every one! We are so small-minded, so unlike God, that we cannot conceive of it. It seems too big to imagine. I mean, there are literally billions and billions of people on this earth, and there is a position for each one?

That’s too huge, right? I mean, that would suggest that our God is a really, really, really big and powerful and vastly intelligent God! How about that!?

Maybe, just maybe, we are beginning to get a glimpse of how big our God really is. Are you young? You have a responsibility. Are you old? You still have a work to do. Are you sick? Your job is waiting. Are you uneducated? God has a use and a plan for everyone! There are no extras!

**What if that one person was you?**

Let me ask you this...If there was one person in your whole life, say 70 years, that you were able to touch and

reach for the Lord, and that person made it to heaven because of your influence... Would you feel your life had a purpose? Would life be worth living to you if that one person made it to heaven? Someone lives for eternity with a God who loves him or her as much as His own Son... Would that be worth it?

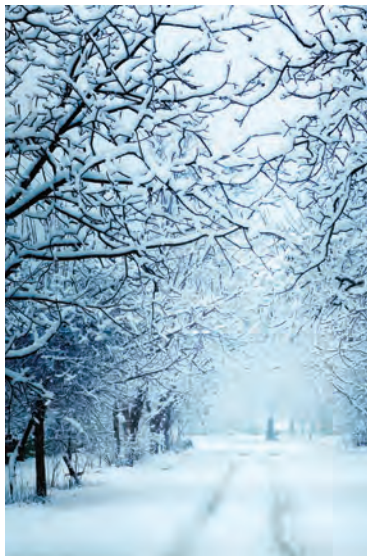
What if the dollar you made today, was donated to God's work, and that dollar was used to bring someone into God's kingdom? Would it be worth your life of work and sweat and effort? I mean, for just one person, would you dedicate your life to him or her to get to heaven? What if that one person was *you*? What if someone else needed to dedicate their life to make sure *you* made it to heaven?

Would you feel that person's life had meaning and purpose?

### ***How important is just one person's prayer?***

What about prayer? What if all you could do was pray for someone else, or the work of God as a whole? Would there be any value in that? Remember Peter's prison dilemma? "Peter therefore was kept in prison: but prayer was made without ceasing of the church unto God for him." Acts 12:5. The people prayed for Peter. And what happened? "And, behold, the angel of the Lord came upon him, and a light shined in the prison: and he smote Peter on the side, and raised him up, saying,

Arise up quickly. And his chains fell off from his hands." Acts 12:7. Peter was released from prison because of the prayers of God's people. How many ended up being converted and bound for heaven as a result of Peter getting out of prison that day? How important was each person's



prayer? How important did their life just become?

Jesus told us to ask for what we needed in Luke 11:9: "And I say unto you, Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you." What happens if we don't ask?

What happens if we decide we are not important enough or worthy enough or smart enough, and we don't pray? "... ye have not, because ye ask not." James 4:2. Can you imagine someone not getting to heaven because no one prayed for him or her? Still think you are not important? Still think you have no purpose?



### ***Everyone's job is important***

There are no small jobs in heaven. And there are no small jobs here on this earth either. One of my duties in life was to be a maintenance man for a large company. This company had many doctors and physicians and

other very educated and professional people. It was a place where you could feel you were very small and unimportant. These people made lots of money and had great prestige and had great responsibilities. It was easy to feel lost and unneeded. But let a toilet overflow... let the plumbing quit working... and guess where everybody's eyes went. That's right! I became the most important



person in the building. I was the focus of everyone's attention. They wanted me more than any doctor or nurse or professional person anywhere around. All because of a specific need at a specific time.

### ***The devil does not want us to realize our value***

Consider the Olympics, for example. These sports people train and work and sweat and deny themselves for one opportunity. And for some, it will only be a one-time chance. And for what?

"And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible." 1 Cor. 9:25. These athletes put forth all this effort for a "corruptible crown". But those who put their effort into God's work... it is for an *incorruptible* crown!

The work we have been given... the job we have... is to obtain, and to help others obtain, an incorruptible crown! What work could we do that is more important? What witness, what prayer time, what dollar given to the work is more important? Eternal, immensely valuable, totally satisfying work that will receive the smile of heaven. "His lord said unto him, Well done, thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord." Matt. 25:21. This is why the devil does not want us to see the value of our time and efforts and

strength and money.... We will enter into the joy of our Lord! He can't stand it! He once was in the joy of his Lord, and he forfeited it. And he does not want us to have it either. So, he tempts us to think that we have no value. He tempts us to think we have nothing to add. He tempts us to think we have no purpose. But nothing, absolutely *nothing*, could be further from the truth.



And I'd like to address one more thought about that verse... God says if we are faithful over a few things, He will make us rulers over many things! This is another thing that just angers the devil. He was a ruler over many things, but he proved unfaithful. Now we have the opportunity to be a ruler over many things, and he can hardly take it. He knows for certain that if we do lay hold of the work we are given, and if we are faithful in the performance of that work, that we will be elevated. We will be promoted. We will have higher and deeper and wider responsibilities. We are going to take his place, and he can't stand it!

***To think you have no purpose is to believe the devil's lie***

"For unto every one that hath shall be given, and he shall have abundance: but from him that hath not shall be taken away even that which he hath." Matt. 25:29. For those who will improve upon what they have, for those who will be faithful over whatever they have been given, more will be added.

But of those who do not see in themselves any value or purpose, the devil knows they will lose even what they do have. So, what does the devil want to do? He wants to deceive us into thinking that we have nothing of any value.

We have no reason to live; there is no purpose for us. This is the devil's

lie, and we dare not buy into it. And the most compelling reason we have to refute this lie of the devil? "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life."

John 3:16. You don't give Your Son away to purchase something of no value.

You don't pay everything you have to get some worthless trinket. "Again, the kingdom of heaven is like unto a merchant man, seeking goodly pearls: Who, when he had found one pearl of great price, went and sold all that he had, and bought it." Matt. 13:45, 46. Our heavenly Father is that "merchant man" seeking goodly pearls. We are those "goodly pearls". Every one of us is a goodly pearl. And God has sold all that He had to buy us. He gave all of heaven in the gift of His Son.

***The progressive purpose of 'one' ~***

Then how can we say or think or



feel we have no purpose or value? The great and wide and mighty seas... are nothing but a bunch of raindrops. Which raindrop is not important? It depends upon which sea the raindrop falls in. Then it depends upon which cloud the raindrop is gathered up in. Then it depends upon which land the raindrop falls. Then which ear of corn is watered. Then the person who eats that corn. Then which person is helped by the one who was nourished by the corn, that was watered by the raindrop.

Do you see? There is no extra! There are no purposeless raindrops any more than there are purposeless people. We all have a job! We all have a reason to live. And just because we do not see the end from the beginning, just because we do not have the mind of God, does not mean



we cannot trust God and believe what He says. We have constant evidences of everything in life having a purpose. Everyone adds to the whole.

***There are no extra parts in a watch ~ every piece is needed***

I'm sure you have seen a watch and its varied parts to make it work. The case is large. The cover is important to keep the rain out. The hands are needed to tell what time it is. But there are many, many unseen, very small, and apparently to us unimportant, gears and springs and shafts. But take one single part out, and as big and as important as the other parts seem to be, they are useless without every one and every thing working together. There are no extra parts in a watch. God has no extra parts in His kingdom either. If we are here, we have a purpose. If we have money, use it for God's work. If we have land or houses

or “things”, put them into use for the Master. If we have talents, quit using them for the world and put them into service for God. When we have time, spend it drawing closer to God and in prayer for others in God’s work. With those you know, share what you know about God; if you don’t know how, then give them one of our DVDs. YOU have a purpose. And if you are faithful to that purpose, God will make you ruler over many more things. Then you will have even more purpose! Don’t let the devil use his wiles and deceit to convince you that you have nothing to offer. Every dollar, every minute, every item you possess has value and can be used in the work of getting us back to heaven.

**God did not come to redeem worthless beings**

Have you ever seen those storage building bidding wars on TV? People pay big money to get those containers because they are convinced there is something of value inside. And how about those Antique Roadshows? People have things they think might be of value and find out very often that there is more value than what they believed. The devil constantly tries to convince us that we have no value. Everything around us says otherwise! Don’t you believe him! God did not come to this infinitesimal little speck of a planet and give everything He had to redeem it because He felt there was no value. WE are His pearl of great price! We are more valuable than we can possibly understand.



**Be faithful in the little things**

YOU have a purpose. Your purpose is to do whatever you can to increase God’s kingdom, by whatever means you have in your possession. Do what lies nearest. Start being faithful with whatever you have, and you are promised by the God of the universe that more will be given you. Be faithful in the little things, and God will give you bigger things. He has promised! “And the very

God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ. Faithful is he that calleth you, who also will do it.” 1 Thes. 5:23, 24. The One who has called you to go to work for Him will enable you to do the work He gives you. Go

to work in the vineyard! It’s not too late!

**God’s vineyard needs what you have to offer**

“And about the eleventh hour he went out, and found others standing idle, and saith unto them, Why stand ye here all the day idle? They say unto him, Because no man hath



hired us. He saith unto them, Go ye also into the vineyard; and whatsoever is right, that shall ye receive.” Matt. 20:6, 7. Now, in case you might not have known this, in the Bible, the eleventh hour of the day was 5:00 p.m. Quitting time was 6:00 p.m. There was only an hour left to work! What was the point? Again, what if you were the one saved in that last hour? What would the point, or the worth, be to you?

Jesus says this is what the kingdom of heaven is like...“For the kingdom of heaven is like unto a man that is an householder, which went out early in the morning to hire labourers into his vineyard.” Matt. 20:1. God wants everyone who is willing, at whatever time of life they are in, to go and labor in His vineyard. Do you only have a little time left? Use it for the Master. Only a few dollars? Use it for the kingdom. Only one talent? The vineyard needs your talent! Every raindrop, every seed, every plant, every bit of leftovers is important to God.

You have a purpose!



Joe Olson serves as the executive director and chairman of the board of Hope International. He also travels as an international speaker.



# The Creator

By James Edson White

“In the beginning God created the heaven and the earth.  
And the earth was without form, and void;  
And darkness was upon the face of the deep.”  
Genesis 1:1, 2.

How great the Being must be, who could make an earth like ours, who could make the grass and trees, fruits and flowers, to grow and flourish, who could cause to live and move, think and love, the intelligent creatures in the world in which we live.

The way in which God created all things is in harmony with His greatness. The Psalmist says: “He spake, and it was done; He commanded, and it stood fast.” Psalms 33:9. It is plain from this text that what the Creator did was to speak, and His word, as spoken through Christ, made the world.

## *The world was spoken into existence*

Referring to the creation, Paul says: “The worlds were framed by the word of God, so that things which are seen were not made of things which do appear.” Hebrews 11:3. The world was not made of anything which we can see, but

was the product of the Creator’s word.

The apostle tells us that life dwells in the Word, and that this life is “the light of men.” John 1:4. Men live, and think, and act because of the power of God’s Word. This Word, which created the worlds in the beginning, has the same power today which it had then.

Christ is called the “Word of God.” The apostle says: “And the Word was made flesh, and dwelt among us.” John 1:14. The helpless babe, born in a manger at Bethlehem, in reality was the Being who created the world in the beginning. He was the Son of God, the Only Begotten of the Father, and had been with God before the world was created.

The prayer of Jesus makes the above statement regarding the pre-existence of Christ very plain. “And now, O Father, glorify Thou Me with Thine own self with the glory which I had with Thee before the world was.” John 17:5.

## *Christ came to share our experiences that we might share in His glory*

And one of the Old Testament prophets has left the following record: “But thou, Bethlehem Ephratah, though thou be little among the thousands of Judah, yet out of thee shall He come forth unto Me, that is to be ruler in



Israel; whose goings forth have been from of old, from everlasting," {Heb. from the days of eternity}. Micah 5:2.

Christ was from eternal ages a sharer in His Father's heavenly glory, but by a miracle altogether beyond our comprehension, came to the earth to be a man among men, to carry our griefs, and to share our experiences, that finally we might share His glory. Hebrews 2:9, 14. Jesus said: "Father, I will that they also, whom Thou hast given Me, be with Me where I am; that they may behold My glory, which Thou has given Me: for Thou lovest Me before the foundation of the world." John 17:24.

John also said: "In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God." John 1:1, 2. Christ was with the Father when the world was planned and made. He worked out the purposes of His Father when He spoke the word which created the earth.

Of the part which Christ took in the creation of the world the apostle John says: "All things were made by Him; and without Him was not any thing made that was made." "He was in the world, and the world was made by Him, and the world knew Him not." John 1:3, 10.

In John 1:1 the Word (Christ) is called God. The Father himself declares: "Thy throne, O God, is for ever and ever: a scepter of righteousness is the scepter of Thy kingdom." Hebrews 1:8; Psalms 45:6. In these texts it will be seen that the Son is called God by the Father.

### *Christ and God appropriately share titles*

Isaiah, giving the names that apply to Christ, says: "For unto us a Child is born, unto us a Son is given: and the government shall be upon His shoulder: and His name shall be called Wonderful, Counselor, The Mighty God, The Everlasting Father, The Prince of Peace." Isaiah 9:6. These names, and many others, the Bible gives to Christ show that He is the Word and Power of God.

These titles, as applied to Christ, are very appropriate when we consider His exalted position as stated by Paul: "Who, being in the form of God, thought it not robbery to



be equal with God." Philippians 2:6. Standing equal with the Father in the realm of Heaven, and in all the created universe, it can be plainly seen that He should bear the titles of the Creator.

Of the glory of Christ Paul says: "Who is the image of the invisible God, the firstborn of every creature: for by Him were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities, or powers: all things were created by Him, and for Him: and He is before all things, and by Him all things consist." Colossians 1:15-17.

### *By the Word of His power, all things consist and remain*

The same apostle also says: "God...hath in these last days spoken unto us by His Son, Whom He hath appointed heir of all things, by Whom also He made the worlds; Who being the brightness of His glory, and the express image of His person, and upholding all things by the Word of His power, when He had by Himself purged our sins, sat down on the right hand of the Majesty on high." Hebrews 1:1-3.

Jesus, the Son of God, and our Redeemer, created the heavens and the earth, as well as the other planets of the universe, and all they contain. He not only created all things, but He sustains, or holds together, all that He has created. One day follows another, the seasons come and go, because, by the Word of His power, all things consist and remain. It is the Word of His power that keeps the earth, the sun, the moon, and the stars in their places.

Such a Saviour may well be trusted with our all. We may rest in Him as a faithful Creator, knowing that "there hath not failed one word of all His good promise." (1 Kings 8:56) to the children of men; and that, accepting His Word, we too shall be upheld, even as "all things are upheld by the Word of His Power."



# Ellen White's *Vision*

## *The Third Angel's Message*

As the ministration of Jesus closed in the holy place, and He passed into the holiest, and stood before the ark containing the law of God, He sent another mighty angel with a third message to the world. A parchment was placed in the angel's hand, and as he descended to the earth in power and majesty, he proclaimed a fearful warning, with the most terrible threatening ever borne to man. This message was designed to put the children of God upon their guard, by showing them the hour of temptation and anguish that was before them. Said the angel, "They will be brought into close combat with the beast and his image. Their only hope of eternal life is to remain steadfast. Although their lives are at stake, they must hold fast the truth." The third angel closes his message thus: "Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus." As he repeated these words, he pointed to the heavenly sanctuary.

The minds of all who embrace this message are directed to the most holy place, where Jesus stands before the ark, making His final intercession for all those for whom mercy still lingers and for those who have ignorantly broken the law of God. This atonement is made for the righteous dead as well as for the righteous living. It includes all who died trusting in Christ, but who, not having received the light upon God's commandments, had sinned ignorantly in transgressing its precepts.

*The third angel has lighted up the past, present and future*

After Jesus opened the door of the

most holy, the light of the Sabbath was seen, and the people of God were tested, as the children of Israel were tested anciently, to see if they would keep God's law. I saw the third angel pointing upward, showing the disappointed ones the way to the holiest of the heavenly sanctuary. As they by faith enter the most holy, they find Jesus, and hope and joy spring up anew. I saw them looking back, reviewing the past, from the proclamation of the second advent of Jesus, down through their experience to the passing of the time in 1844. They see their disappointment explained, and joy and certainty again animate them. The third angel has lighted up the past, the present, and the future, and they know that God has indeed led them by His mysterious providence.

*The fourth commandment had a brighter light shining upon it than the other nine*

It was represented to me that the remnant followed Jesus into the most holy place and beheld the ark and the mercy seat, and were captivated with their glory. Jesus then raised the cover of the ark, and lo! the tables of stone, with the ten commandments written upon them. They trace down the lively oracles, but start back with trembling when they see the fourth commandment among the ten holy precepts, with a brighter light shining upon it than upon the other nine, and a halo of glory all around it. They find nothing there informing them that the Sabbath has been abolished, or changed to the first day of the week. The commandment reads as

when spoken by the voice of God in solemn and awful grandeur upon the mount, while the lightnings flashed and the thunders rolled; it is the same as when written with His own finger on the tables of stone: "Six days shalt thou labor, and do all thy work: but the seventh day is the Sabbath of the Lord thy God." They are amazed as they behold the care taken of the Ten Commandments. They see them placed close by Jehovah, overshadowed and protected by His holiness. They see that they have been trampling upon the fourth commandment of the Decalogue, and have observed a day handed down by the heathen and papists, instead of the day sanctified by Jehovah. They humble themselves before God and mourn over their past transgressions.

*Many at last embraced the message of the third angel*

I saw the incense in the censer smoke as Jesus offered their confessions and prayers to His Father. And as it ascended, a bright light rested upon Jesus and upon the mercy seat; and the earnest, praying ones, who were troubled because they had discovered themselves to be transgressors of God's law, were blessed, and their countenances lighted up with hope and joy. They joined in the work of the third angel and raised their voices to proclaim the solemn warning. But few at first received it; yet the faithful continued with energy to proclaim the message. Then I saw many embrace the message of the third angel and unite their voices with those who had first given the warning, and they honored God by observing His sanctified rest day.

*The other messages were received in their order*

Many who embraced the third message had not had an experience in the two former messages. Satan understood this, and his evil eye was upon them to overthrow them; 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.

*Satan and his angels caused confusion and division*

After the great disappointment in 1844, Satan and his angels were busily engaged in laying snares to unsettle the faith of the body. He affected the minds of persons who had had an experience in the messages, and who had an appearance of humility. Some pointed to the future for the fulfillment of the first and second messages, while others pointed far back into the past, declaring that they had been there fulfilled. These were gaining an influence over the minds of the inexperienced and unsettling their faith. Some were searching the Bible to build up a faith of their own, independent of the body. Satan exulted in all this; for he knew that those who broke loose from the anchor he could affect by different errors and drive about with divers winds of doctrine. Many who had led



in the first and second messages now denied them, and there was division and confusion throughout the body.

*William Miller leaned on human wisdom and failed to receive the message*

My attention was then called to William Miller. He looked perplexed and was bowed with anxiety and distress for his people. The company who had been united and loving in 1844 were losing their love, opposing one another, and falling into a cold, backslidden state. As he beheld this, grief wasted his strength. I saw leading men watching him, and fearing lest he should receive the third angel's message and the commandments of God. And as he would lean toward the light from heaven, these men would lay some plan to draw his mind away. A human influence was exerted to keep him in darkness and to retain his influence among those who opposed the truth. At length William Miller raised his voice against the light from heaven. He failed in not receiving the message which would have fully explained his disappointment and cast a light and glory on the past, which would have revived his exhausted energies, brightened his hope, and led him to glorify God. He leaned to human wisdom instead of divine, but

being broken with arduous labor in his Master's cause and by age, he was not as accountable as those who kept him from the truth. They are responsible; the sin rests upon them.

*God hid him in the grave from those who misled him*

If William Miller could have seen the light of the third message, many things which looked dark and mysterious to him would have been explained.

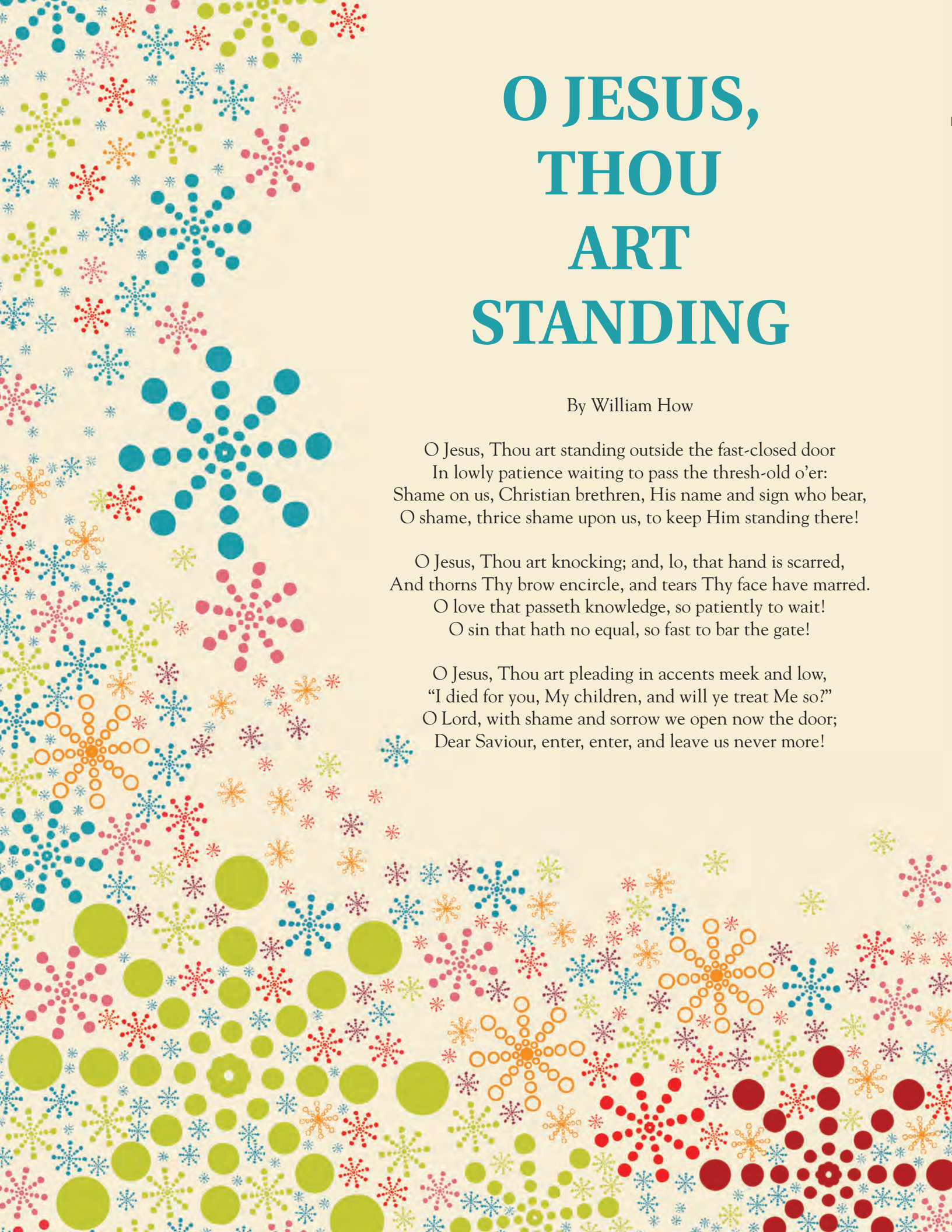
But his brethren professed so deep love and interest for him that he thought he could not tear away from them. His heart would incline toward the truth, and then he looked at his brethren; they opposed it. Could he tear away from those who had stood side by side with him in proclaiming the coming of Jesus? He thought they surely would not lead him astray.

God suffered him to fall under the power of Satan, the dominion of death, and hid him in the grave from those who were constantly drawing him from the truth. Moses erred as he was about to enter the Promised Land. So also, I saw that William Miller erred as he was soon to enter the heavenly Canaan, in suffering his influence to go against the truth. Others led him to this; others must account for it. But angels watch the precious dust of this servant of God, and he will come forth at the sound of the last trump.

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Ellen G. White, 1827–1915, received the spiritual gift of prophecy, and the fruits of her life and work accord with the biblical tests of a true messenger of God. To this day, her counsels are an incalculable blessing to God's people around the world.



# O JESUS, THOU ART STANDING

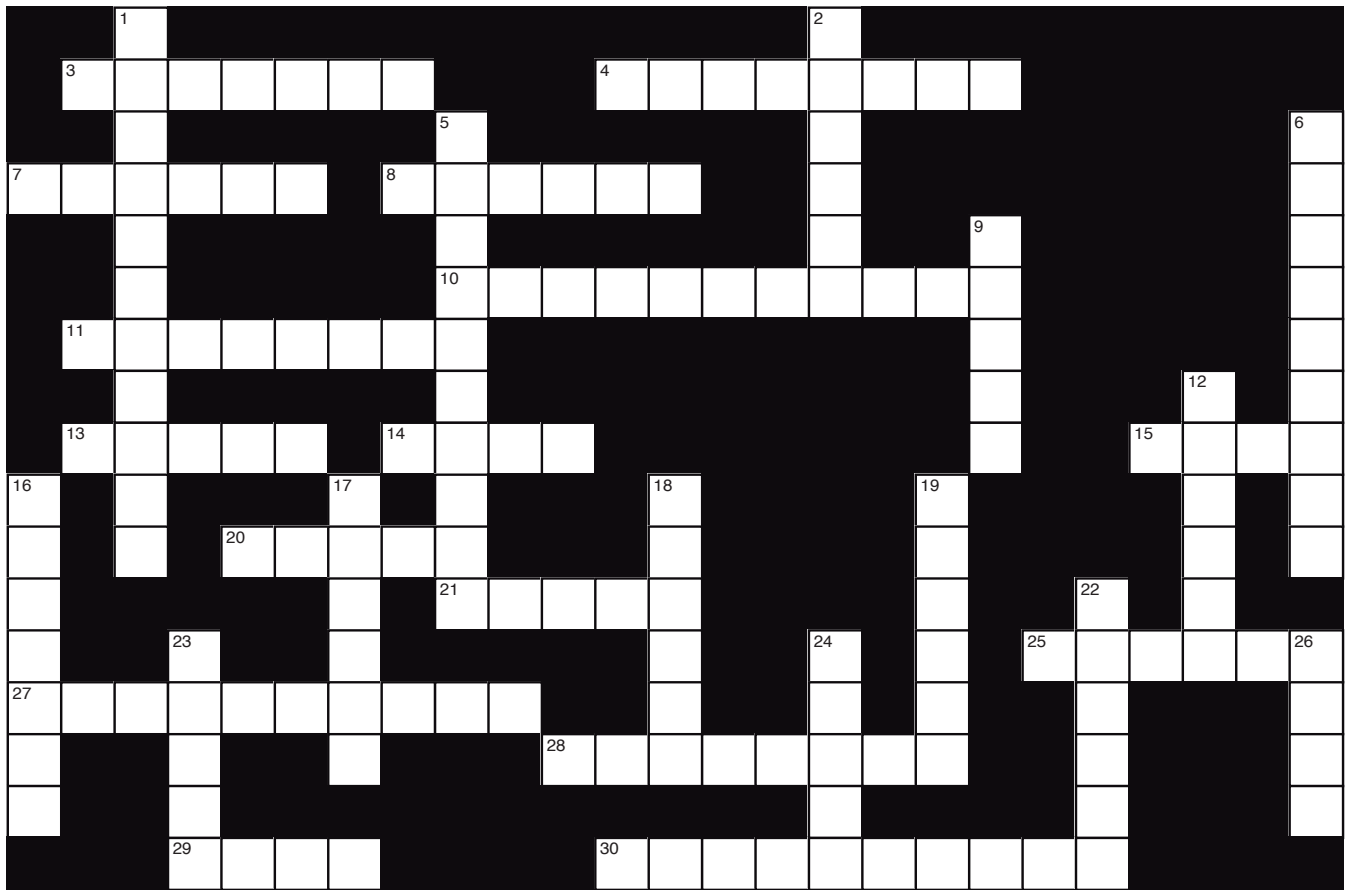
By William How

O Jesus, Thou art standing outside the fast-closed door  
In lowly patience waiting to pass the thresh-old o'er:  
Shame on us, Christian brethren, His name and sign who bear,  
O shame, thrice shame upon us, to keep Him standing there!

O Jesus, Thou art knocking; and, lo, that hand is scarred,  
And thorns Thy brow encircle, and tears Thy face have marred.  
O love that passeth knowledge, so patiently to wait!  
O sin that hath no equal, so fast to bar the gate!

O Jesus, Thou art pleading in accents meek and low,  
"I died for you, My children, and will ye treat Me so?"  
O Lord, with shame and sorrow we open now the door;  
Dear Saviour, enter, enter, and leave us never more!

# Christian Crossword



## ACROSS

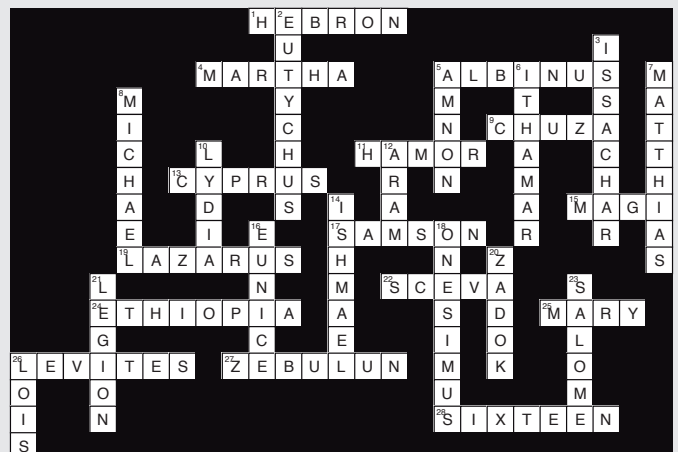
3. The wife of King Ahab
4. The first wife of Moses
7. The father-in-law of Moses
8. Which commandment does the Catholic Church leave out?
10. The number of years David reigned over Jerusalem
11. The uncle of Queen Esther
13. The number of years David reigned over Israel
14. Who became the wife of Boaz?
15. His daughter was David's first wife
20. What was the name of King David's father?
21. How many direct blessings are in Revelation?
25. One of the ten spies that became a leader of Israel
27. Who is the oldest living man that ever died?
28. What is the 4th Church of Revelation?
29. The evil son of King Manasseh
30. Who was the king that had the handwriting on the wall?

## DOWN

1. Other than Exodus where in the Old Testament are the 10 commandments?
2. The stars were created on which day?
5. What is another name for the blessings in Matthew 5?
6. He mocked the Jews when he heard they were rebuilding the wall of Jerusalem
9. The father of Hosea, the prophet
12. The father of Samson

16. The author of Ecclesiastes
17. Who is often called the gospel prophet?
18. The animal that Balaam rode
19. Joshua's original name
22. In Psalm 91 we ask protection from the snare of the \_\_\_\_\_
23. The Queen of \_\_\_\_\_ praised Solomon
24. Who was the first husband of Bathsheba?
26. The king that Saul spared in spite of the word of the Lord

## Answers from Christian Crossword published in the November 2012 issue of Our Firm Foundation



## 16 Mood-Boosting Foods For The Winter Blues



Dr. Olson comes from a long line of health professionals including MDs, naturopaths, and osteopaths. Having always wanted to help people, especially in the area of health, she was a missionary to Belize and Korea. A national speaker, an RN for years, a certified herbologist, and a naturopathic doctor, Dr. Olson is utilizing this experience and wealth of knowledge for the benefit of people all over the world.

While the fall and winter can be beautiful, picturesque months with the leaves changing colors and the falling snow – for some people it may feel like the worst time of the year. The cold, wet weather and dreary days with little sunshine can trigger feelings of sadness and depression that make this time of year feel almost unbearable! But what can you do when you don't want to turn to dangerous pharmaceuticals? Luckily – there are other options!

few meals away from the modern American diet, and you'll start to feel benefits like better energy and a more stable mood," explains Dr. Ramsey. "The moment you make a better food choice you are instantly building a better brain."

### Happiness is just a forkful away!

If the winter blues have you down or if you find yourself cranky, irritable and quick to snap at friends, family

and coworkers, a better eating plan may be just what the doctor ordered! Don't let stress and a bad mood ruin your holidays this year. Try boosting your mood with foods that can pick you up naturally – free of dangerous side effects – and enjoy the added benefits these foods can offer! Luckily, an instant jolt of happiness is just a forkful away with these 16 mood-boosting foods!

**1. Spinach-** Dark leafy greens—such as spinach, chard, and kale—are high in folic acid, a nutrient proven to help alleviate depression and reduce fatigue. No wonder Popeye was always so jolly: his beloved spinach is also swimming in antioxidants, which protect the delicate membranes in brain cells from the free radicals that dampen mood and drain energy. In addition, dark leafy greens are packed with magnesium, which aids sleep and enhances our ability to overcome and manage stress. Toss spinach into your salads, sandwiches and soups to up your intake.

Green means GO! Can't concentrate? Trouble keeping your eyes open? Skip the coffee and have a spinach salad instead, says Joanna Dolgoff, MD, author of *Red Light, Green Light, Eat Right*. "Folic acid, or folate, helps your body to process and lower homocysteine levels," says Dr. Dolgoff. "High levels of homocysteine are associated with damage to blood vessels, in addition to interfering with the flow of blood and nutrients to the brain. Impaired blood flow may leave you feeling sluggish or slow to process or recall information." The best way

### What if you're just feeling grumpy?

The Modern American Diet (MAD) way of eating is throwing off our bodies' natural feel-good chemistry, resulting in a miserable, moody, anxious, and agitated nation. People should be focusing on brain foods and mood-promoting fats to best nurture happiness, says Drew Ramsey, MD, coauthor of *'The Happiness Diet: A Nutritional Prescription for a Sharp Brain, Balanced Mood, and Lean, Energized Body'*. "Just a





to get a boost? Eat folate-rich foods like spinach and other leafy green vegetables as well as potatoes, beans, peas, and mushrooms.

**2. Swiss chard-** This leafy green is packed with magnesium, a nutrient essential for the biochemical reactions in the brain that boost your energy levels. A 2009 study in the *Australian and New Zealand Journal of Psychiatry* also found that higher magnesium intake was associated with lower depression scores. According to Dr. Ramsey, some of the first studies on magnesium involved its effect on depression. That could come in handy today, since the majority of Americans simply don't get enough magnesium in their diet. *Green-thumb tip:* Swiss chard is easy to grow in a home garden. If you plant it, harvest just a few outer leaves, not everything all at once, and the plant will continue producing all season long.

**3. Kale-** As if you needed even more healthy incentive to eat your greens, turns out a cup of raw kale is loaded with a full 90 mg of calcium. That means a 3.5-cup kale salad provides even more of the bone-builder than 8 oz. of milk! Proper calcium levels give the "Go" command, alerting your body to release feel-good neurotransmitters. "Disturbances in calcium levels can produce anxiety,

depression, irritability, impaired memory, and slow thinking," says Dr. Ramsey in *The Happiness Diet*.

**4. Asparagus-** Asparagus has high levels of mood-boosting folate and tryptophan. In fact, this vegetable

is one of the top plant-based sources of tryptophan, which serves as a basis for the creation of serotonin, one of the brain's primary mood-regulating neurotransmitters. High levels of folate add to asparagus' happiness-promoting profile, with folate also being a necessary factor for creating mood-regulating neurotransmitters. Recent research has shown that up to 50 percent of people with depression suffer from low folate levels.

**5. Avocado-** Folic acid, a vitamin that is great at metabolizing proteins and increasing energy levels, is found abundantly in avocados. These creamy delights are also high in vitamin C, antioxidants, and the healthy fats that nourish the brain: monounsaturated and polyunsaturated. Our brain cells are composed of fat; therefore a diet containing too little of these healthy fats leads to stress, anxiety, depression and frustration.

**6. Red and Yellow Bell Pepper-** Vitamin C deficiency is

associated with low energy, depressed mood, and irritability. While citrus fruits, such as oranges and grapefruit, are known to be a good source of this vitamin, bell peppers actually provide an instant burst of power with over 3 times more vitamin C per serving than the citrus fruits! Vitamin C helps pump oxygen through your body and brain – boosting brain function and mood. Vitamin C also aids in your body's absorption of iron, a mineral vital in fighting fatigue. Even a small deficiency in vitamin C – a key ingredient for boosting levels of norepinephrine – can leave you feeling irritable and blue. Just how much vitamin C do they have? Oranges provide 59mg (99% DV) per 100 gram serving (about a half an orange), while yellow bell peppers provide a whopping 184mg (206% DV) per 100 gram serving (about a cup of bell pepper).

**7. Cherry tomatoes-** All tomatoes are a great source of lycopene, a phytonutrient that helps protect the brain and stops the buildup of inflammatory compounds linked to depression! Also linked with glowing skin, this nutrient lives in tomato skins, so the best way to get it is through cherry tomatoes, whose smaller surface area means you'll eat more skin than if you eat a full-size



tomato, explains Dr. Ramsey. Helpful tip: choose organic when you can. Trials at University of California-Davis have found that organic tomatoes have higher lycopene levels. To maximize the amount of lycopene your body absorbs, drizzle some heart-healthy olive oil over the tomatoes, and enjoy!

**8. Garlic-** You may not be too happy about your breath afterwards, but garlic boosts mood by increasing blood flow around your body. The more blood flow, the less energy your heart will have to expend pumping, hence more energy to sing, walk, garden, or do whatever it is that makes you happy! Depression is thought to occur, in part, due to an imbalance in serotonin. In his book, *"The Chemistry of Joy,"* Dr. Henry Emmons states that raw garlic can enhance production of serotonin, which improves brain signal transmission and mood regulation. Because of this, garlic is used throughout the natural healing world as a treatment against depression, so add this wonder food to dishes and enjoy!

**9. Bananas-** A banana is rich in magnesium, which reduces anxiety and improves sleep. Calming and stress-reducing, bananas also contain tryptophan, an amino acid that is converted into mood-regulating serotonin in the body. Because a banana contains a plethora of vitamins and minerals and is also rich in carbohydrates, natural sugars, and potassium, it is an energizing snack that helps deliver oxygen to

the brain and improve the mood!

**10. Honey-** Eating sugar unleashes harmful free radicals linked to disease, even cancer, inside of your body. Yet, although sweet like sugar, honey is packed with beneficial compounds such as quercetin and kaempferol that actually help clean up the free radicals and reduce inflammation. "Honey helps reduce inflammation, which is very important to maintaining a healthy brain," Dr. Ramsey explains. "Some depression actually stems from chronic, low-grade inflammation."

**11. Blueberries-** Pass the blueberries and dodge the blues! This "superfruit" is teeming with antioxidants that keep your neural pathways running smoothly, promoting positive energy. The color in blueberries is courtesy of anthocyanins, powerful antioxidants that provide brain-protecting benefits such as bolstering short-term memory and reducing mood-killing inflammation. New research shows that compounds in the berries help to re-write our genetic code so that the body becomes its own antioxidant factory, churning out feel-good enzymes in the brain! Looking for an

easy snack? Pop frozen blueberries in your mouth as a great alternative to ice cream or add to your favorite cereal or smoothie!

**12. Cherries-** Enjoy a handful of dried tart cherries for dinner and you'll set the stage for a better mood when you wake up in the morning. Tart cherries are rich in a hormone called melatonin, which acts as a natural sleep aid by improving quality of sleep. As we age, our body's natural ability to produce melatonin decreases (one reason why seniors can find it harder to sleep soundly), and things like stress or artificial light can also lower melatonin. Here's an added bonus: cherries' powerful bundle of antioxidants helps protect your brain from free radicals, which enables your brain chemistry to be optimized for a good mood.

**13. Walnuts-** Rich in serotonin-boosting omega-3 fatty acids and magnesium, this antioxidant-rich nut is an easy on-the-go mood booster. Studies have shown that magnesium deficiency may cause depression, anxiety, irritability, and insomnia. Walnuts help stabilize mood by

regulating blood sugar levels and alleviating mood swings. The vitamin E, arginine (an amino acid) and magnesium in nuts will help keep your blood sugar steady so you avoid mood swings.

In addition, significant work is being conducted in the area of omega-3 fatty acids on mental performance.





Omega-3 fatty acids are present in the brain at higher levels than any other part of the body, and although this area has not been thoroughly researched, several review papers fully support the omega-3 use in psychiatry. Of particular interest is the ability of omega-3 fats to be mood lifting and to help possibly alleviate depression. Other foods rich in omega-3 fats include flaxseed and flaxseed oil.

**14. Almonds-** Not only are almonds delicious, nutritious, and versatile, but they are also proven to enhance your mood! The high amino acid levels found in almonds will certainly boost your energy, but when paired with another happy-food, like honey or cherries, you'll feel like you're on Cloud 9! Almonds increase brainpower because they contain phenylalanine, a chemical that passes through our blood-brain barrier and makes our brain produce our natural mood stabilizing hormones adrenaline, noradrenaline and dopamine, which also reduce pain in the body. Try snacking on almonds, just make sure they are not roasted or salted, which adds chemicals and salt, leaving you unhealthy and dehydrated.

**15. Pumpkin Seeds-** "Pumpkin seeds are one of the healthiest foods on the planet," says Joy Bauer, nutritionist for NBC's "Today" show and best-selling author of *Slim and Scrumptious*. They are one of the best sources of folic acid, which has been linked to energy, along with magnesium and tryptophan (a precursor to serotonin, the happiness chemical). Pumpkin seeds can also balance your hormone levels, helping regulate your moods. Keep a bag around or add some to your trail mix for a day full of smiles.

**16. Oatmeal-** Without carbohydrates,

our bodies can't produce serotonin, a neurotransmitter that makes us tranquil and more able to cope. Fiber helps the body absorb carbohydrates more slowly, keeping serotonin levels steady. Carbs rich in fiber — such as oatmeal and legumes — are digested slowly, helping maintain blood sugar levels and steadily supplying glucose to the brain.

### More Do's and Don'ts For A Better Mood

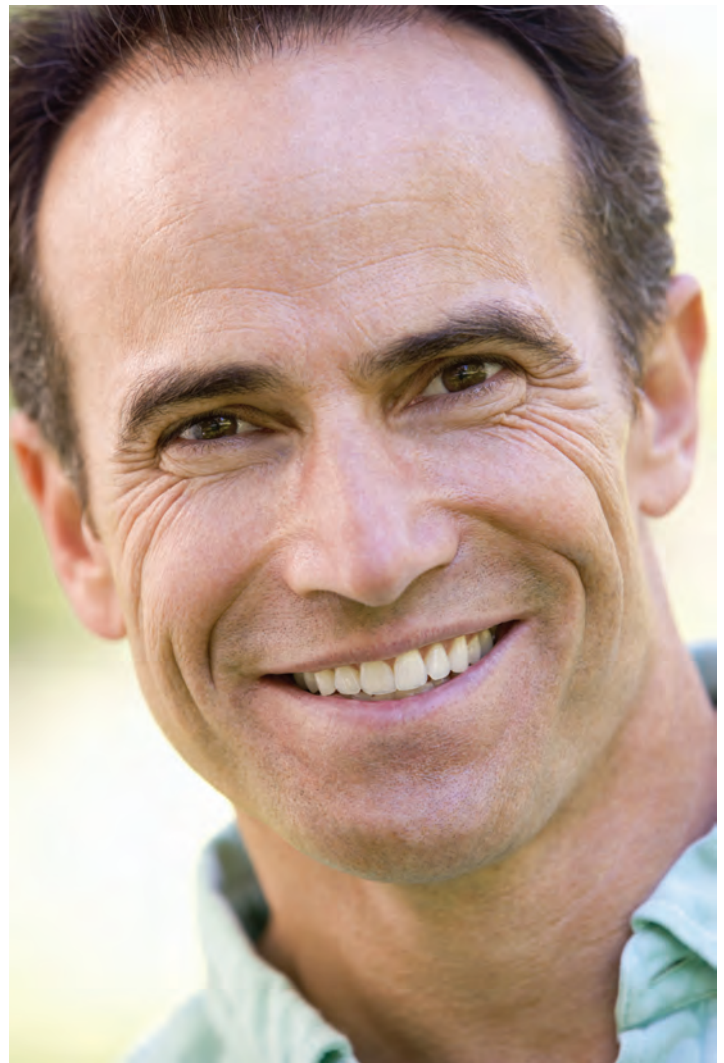
#### 1. DO drink plenty of water!


Mild dehydration is a common but often overlooked cause of fatigue and moodiness. Water is necessary for your body to produce energy, including digesting, absorbing and transporting nutrients. If you don't drink enough of it, your cells will be less able to receive the nutrients they need for energy, leaving you feeling sluggish, tired, and moody. If plain water doesn't appeal to you, try spicing it up with a squeeze of lemon, lime or other citrus, or add in our nutritious Fruitilicious! Caffeinated soft drinks and coffee, however,

are no substitute. They may act as diuretics and increase dehydration. Learn how to develop the water habit.

#### 2. DO take a vitamin

**D supplement.** Need a happiness boost? While the source of your sadness could be work or relationship-related, it also may have something to do with a deficiency of vitamin D in your diet. This nutrient has many different roles in the body, one of which is to help in the production of serotonin, as serotonin is a neurotransmitter known as the "feel-good hormone" that can help you





feel calm, relaxed and happy. If you're low on vitamin D, your body may be less capable of stabilizing your mood and reducing feelings of depression. Vitamin D seems to be particularly helpful for seasonal depression or the winter blues. Because vitamin D-rich foods are so limited, it's often beneficial to take a daily multivitamin or vitamin D supplement that provides between 400 and 5000 IU of the sun vitamin.

**3. DO limit refined carbohydrates.** Concentrated sources of sugar like soda, candy, fruit juice, jam, and syrup can create radical spikes (and drops) in your blood sugar, which leaves you feeling cranky and tired. Additionally, starches like white bread, crackers, bagels, and rice – while they don't naturally contain sugar compounds - are quickly metabolized into sugar and can often create the same effect. Instead include high-quality carbohydrates, such as apples, pears, strawberries, oranges, sweet potatoes, carrots, beans, peas, lentils, and brown and wild rice. High-quality carbohydrates are rich in soluble fiber and also have the ability to slow down the absorption of sugar in your blood and therefore, potentially lessen blood sugar and mood swings.

**4. DON'T stay up all night.** Get the right kind and amount of sleep. Poor sleep patterns can make depression worse and habitual lack of sleep can bring it on. Normal sleep is restorative; however, when sleep is disrupted or inadequate, it can lead to

increased tension, anxiety, and irritability. Poor sleep can also lead to fatigue. With fatigue, you exercise less and that leads to a decline in your fitness level. Eventually, you find yourself in a vicious cycle of inactivity and disturbed sleep, which causes both physical and mood-related symptoms.

**5. DON'T quit exercising.** Exercise combats depression directly and creates measurable changes in brain cells! When you exercise, your body releases chemicals called endorphins. These endorphins trigger a positive feeling in the body, similar to that of morphine and act as analgesics and sedatives, diminishing the perception of pain throughout the body. According to Time Magazine (June 2010), molecular biologists and neurologists have begun to show that exercise may alter brain chemistry in much the same way that antidepressant drugs do — regulating the key neurotransmitters serotonin and norepinephrine. In 1999, Duke University researchers demonstrated in a randomized controlled trial that depressed adults who participated in an aerobic-exercise plan improved as much as those treated with sertraline, the drug that, marketed as Zoloft, was earning Pfizer more than \$3 billion annually before its patent expired in 2006!

At the University of Georgia, neuroscience professor Philip Holmes and his colleagues have shown that over the course of only *several weeks*, exercise can switch on certain genes that increase the brain's level of

galanin, a peptide neurotransmitter that appears to tone down the body's stress response by regulating another brain chemical, norepinephrine. The result is that exercise primes the brain to show less stress in response to new stimuli, with exercise leaving our brain less susceptible to stress in the face of harmless but unexpected events, like missing an appointment or getting a parking ticket. A little bit of mental stimulation from exercise, in other words, may help us to keep day-to-day problems in perspective. So get out there and get moving!

**6. DON'T drink alcohol.** Alcohol is a known depressant that has been found to lower serotonin and norepinephrine levels. While alcohol temporarily blunts the effects of stress hormones, it typically leaves you feeling worse than ever because it depresses the brain and the nervous system. Dr. Andrew Weil, in his Self Healing newsletter (Jan. 2000) tells us alcohol use can lower levels of folic acid. Folic acid is necessary to create serotonin and help normalize the mood.

It may be dreary outside, but luckily these natural suggestions can help you make sure to feel merry and bright throughout the holiday season!

[http://todayhealth.today.com/\\_news/2012/02/06/10312402-happiness-may-be-a-bite-away-with-11-mood-boosting-foods!lite](http://todayhealth.today.com/_news/2012/02/06/10312402-happiness-may-be-a-bite-away-with-11-mood-boosting-foods!lite)  
[http://today.msnbc.msn.com/id/15490485/ns/today-today\\_health/t/improve-your-mood-these-foods/](http://today.msnbc.msn.com/id/15490485/ns/today-today_health/t/improve-your-mood-these-foods/)  
<http://www.time.com/time/health/article/0,8599,1998021,00.html#ixzz266D862fY>

# Hope for Health



Do you or someone you love suffer from anxiety, mood swings, or difficulty sleeping? Are you having a hard time enjoying even the simple pleasures in life? Does it seem like you just don't feel "happy" anymore? If you're ready to relax and enjoy life again, Sunny Day can make all the difference in the world!

## SunnyDay

### ANXIETY CAN CAUSE PHYSICAL PROBLEMS SUCH AS:

- Pounding heart
- Sweating
- Stomach upset or dizziness
- Frequent urination or diarrhea
- Shortness of breath
- Tremors and twitches
- Muscle tension
- Headaches
- Fatigue
- Insomnia

### FACTS ABOUT MENTAL HEALTH:

• Studies of individuals with mental health issues showed that 25% were deficient in folic acid and 32% had deficient levels of vitamin C. In addition, suboptimal levels of B12 were found at 30 times the prevalence of the general population. A deficiency in any one of these nutrients can cause an imbalance in the nutritional environment of the brain, and produce mood or mental health problems!

#### Price:

100 caplets.....\$15.99

#### Suggested Adult Dosage:

• 1 caplet, three times a day on an empty stomach (otherwise with food if not tolerated well) for 4-6 weeks. If no change is seen, increase amount to 2 caplets, three times a day. Findings suggest that this blend should be taken at least 4-6 weeks for the full effects to be seen.

### To Order Call Today:

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\*Prices listed above do not include shipping and handling or sales tax

### SUNNY DAY SPECIAL HERBAL BLEND INCLUDES:

- Valerian - Reduces stress & aggression. Improves sleep quality.
- St. John's Wort - Elevates the mood, calms, and improves sleep.
- Chamomile - Encourages relaxation without drowsiness.
- Hops - Calms the nerves and improves quality of sleep.
- Skullcap - Relieves stress, tension, and nervous disorders.
- Passion Flower - Helps fight: tension, anxiety, panic attacks, mood swings, irritability, restlessness, and difficulty sleeping.

### SUNNY DAY VITAMIN AND MINERAL BLEND INCLUDES:

- Vitamin B1 - Boosts mood and energy level. Reduces irritability, calms nerves, and fights feelings of sadness.
- Vitamin B2 - Improves mood. Deficiency can cause mood swings difficulty sleeping, and night terrors.
- Vitamin B3 - Fights anxiety, irritability, & stress. Improves mood.
- Vitamin B5 - Works as an anti-stress factor. Protects against mental and physical stress.
- Vitamin B6 - Very important in regulating mood and is the most implicated of all the vitamins in the cause of mood imbalances.
- Vitamin B12 - Improves mood, memory, ability to concentrate, and energy levels. Fights anxiety, irritation, and mood imbalances.
- Vitamin C - Deficiency can cause fatigue, weakness, irritability, and bad mood. Helps elevate mood.
- Vitamin E - Boosts mood and improves overall mental function. Deficiency is linked with mental health problems.
- Vitamin H (Biotin) - Increases energy and endurance. Improves mood and sleep quality. Assists nervous system functioning.
- Vitamin M (Folic Acid) - Improves mood and cognitive function.
- Calcium - Improves mood and fights mood swings.

- Magnesium - Stabilizes mood and emotional state. Fights mood swings.
- Potassium - Deficiency can cause irritability and agitation.
- Iron - Increases energy and reduces stress.
- Zinc - Boosts overall mental health and is vital for a healthy mind.
- Manganese - Fights fatigue and improves memory and mood.
- Chromium - Helps regulate sugar levels and control cravings.
- Selenium - Improves mood and thyroid function.

### SUNNY DAY ADDITIONAL NUTRITIONAL FACTORS INCLUDE:

- GABA - A natural tranquilizer without the effects of drugs. Has anti-stress and anti-anxiety properties.
- Tyrosine - An important amino acid that the body uses to make chemical messengers that are involved in mental alertness and mood.
- Melatonin - Improves quality of sleep and improves mood. A deficiency in melatonin has been linked to increased rates of mental health problems.
- Inositol - Promotes brain wellness. Inositol is converted by the body to two secondary neurotransmitters that enhance the action of serotonin in the brain. Serotonin has been implicated in various mental health issues.
- PABA - Para-amino benzoic acid is a non-protein amino acid needed for a healthy brain, nervous system, and energy levels.
- Choline - Helps carry messages between nerves and muscles. Very important for neuromuscular functioning. Mild deficiency has been associated with neurological manifestations such as memory problems, nerve-muscle imbalances, insomnia, and fatigue.
- Rice Bran Concentrate - Helps reduce sugar cravings and the mood swings that come from raising and lowering blood sugar.
- Lemon Bioflavonoid Complex - Supports healthy cognitive function, mood, and immune defense.

\*These statements have not been evaluated by the FDA. This product is not intended to prevent, diagnose, treat, or cure any disease.



*Combining nature, faith, and love to bring healing to the world.*

# News Watch

Shares Worthless  
Stocks tumble assets  
anxiety deepens  
Interest rates  
liquidity  
DEPRESSION FORECAST

## 1. National Catholic Register, October 21-November 3, 2012, Red Mass Marks New Court Term by Joan Frawley Desmond, Senior Editor.

“As the U.S. Supreme Court prepared for a new term, Archbishop Timothy Broglio of the Archdiocese for the Military Services exhorted members of the high court to be guided by the Holy Spirit and moral norms that transcend political considerations...”

“Addressing a congregation that included the chief celebrant, Cardinal Donald Wuerl of Washington, six of the nine justices on the Supreme Court, led by Chief Justice John Roberts Jr. and a slew of lawmakers, the archbishop called on the nation’s public servants to allow their faith to guide their deliberations.

“We must be loyal Americans by being bold and courageous men and women of faith and conviction regarding the ethical norms that guide society and its choices,” he said....

“There are now six Catholics on the Supreme Court: Chief Justice Roberts and associate Justices Samuel Alito, Anthony Kennedy, Antonin Scalia, Sonia Sotomayor and Clarence Thomas.”

Editor’s Note: In looking at what is happening in the world today, and the great influence the Catholic Church is gaining, not only in Europe, but in our own country, we could be quite frightened, but we know that God is ultimately in control. The following statements give us hope for conversions of Catholics as well as insight to the gains the Catholic Church is making in America.

“It is true that there are real Christians in the Roman Catholic communion. Thousands in that church are serving God according to the best light they have. They are not allowed access to his Word, and therefore they do not discern the truth. They have never seen the contrast between a living heart-service and a round of mere forms and ceremonies. God looks with pitying tenderness upon these souls, educated as they are in a faith that is delusive and unsatisfying. He will cause rays of light to penetrate the dense darkness that surrounds them. He will reveal to them the truth, as it is in Jesus, and many will yet take their position with his people....

“But Romanism as a system is no more in harmony with the gospel of Christ now than at any former period in her history. The Protestant churches are in great darkness, or they would discern the signs of the times. The Roman Church is far-reaching in her plans and modes of operation. She is employing every device to extend her influence and increase her power in preparation for a fierce and determined conflict to regain control of the world, to re-establish persecution, and to undo all that Protestantism has done. Catholicism is gaining ground upon every side.” GC88 565.



# Hope for Health



Inositol is a water-soluble vitamin-like molecule, often referred to as “vitamin B8”, that is considered a member of the B-complex family of vitamins. It is present in all human and animal tissues, including the membranes of all cells, but the highest levels are found in the heart and brain (meaning those organs need and use it most). Because it is present in all the cells, it is essential to many vital functions throughout the body!

## Inositol

### Price:

8 oz. powder .....\$15.99

### Suggested Adult Dosage:

- For mild health conditions: 1/2 to 1 tablespoon in water or juice once a day (3.3-6.6 grams).
- For severe conditions: 1 tablespoon in water or juice 2-3 times a day (13.2-18.8 grams).

### INOSITOL: THINGS TO CONSIDER

The normal diet typically contains approximately 1 gram per day of inositol. However, the therapeutic level required to obtain the benefits we have described for inositol is up to 6-20 grams per day, with 12-18 grams typically being the range to shoot for. Inositol is present in a variety of foods (see above), and it is certainly a great idea to increase your consumption of these foods. Nevertheless, it is nearly impossible to consistently get 12-18 grams per day of inositol simply through your diet.

For this reason, it is often necessary to take an inositol supplement. Start with 1000 mg (1/2 teaspoon) per day and increase slowly to 12 g over a period of 4 weeks, going up 1000 mg per day. This will give your body a chance to adjust and for you to see how inositol effects you. Then try the 12 g dose for 3 months and see if you experience positive benefits. You may then wish to increase further to 18 g. You can also cut back a little - fine tune it so that you get the optimal result for you. Some people have obtained positive results with as little as 2 grams.

Keep in mind, some people may notice immediate results, however, in most cases, it does take some time for levels to build up enough in the body to become helpful, so be patient. It may take up to 6 months to see full results.

**To Order Call Today:**

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**\*Prices listed above do not include shipping and handling or sales tax**



### INOSITOL, OR VITAMIN B8, HELPS:

- Promote calmness and a sense of well-being
- Contribute to a balanced mood
- Aid weight loss
- Mobilize and metabolize fats and cholesterol
- Promote the maintenance of healthy cholesterol levels
- Nourish brain cells and improve mental function
- Revitalize skin, hair, and nails
- Improve nerve signal transmission
- Aid liver health and strength
- Boost nerve and muscle function
- Contribute to a healthy blood sugar level

### INOSITOL AND MOOD

Inositol has shown to be invaluable for mood issues. People who tend to have emotional imbalances often have shown to have much lower-than-normal levels of inositol in their spinal fluid. In addition, this nutrient participates in the action of serotonin, a neurotransmitter known to be a factor in mood imbalance. (Neurotransmitters are chemicals that transmit messages between nerve cells.) For this reason, inositol has been proposed as a beneficial aid for both psychological and nerve-related conditions.

### INOSITOL FOR THE NERVES AND THE LIVER

Inositol is necessary for the formation of lecithin and functions together with choline. These closely related nutrients are also essential for every cell in your body. They're particularly important for the liver, brain, nerves, and

muscles. Inositol assists in the transmission of nerve signals and also works in conjunction with folic acid, vitamins B6 and B12, choline, betaine, and methionine to help the liver process fats, assisting the removal of excess fats in the liver.

### INOSITOL FACTS:

- Inositol is the common name of myoinositol, a nutrient considered a part of the B-vitamin family. In nature it is found in wheat germ, bananas, brown rice, nuts, unrefined molasses, vegetables, and raisins.
- Since inositol is not essential in the human diet, it cannot be considered a “true” vitamin. However, inositol is a fundamental ingredient of cell membranes and is required for a variety of essential functions in the body.
- Caffeine can deplete the body's stores of inositol and may increase the need for supplementation! If you are a coffee drinker or caffeine user, make sure you're getting enough!
- Inositol also helps support enzymatic activity, supports healthy estrogen levels, as well as brain activity, vision health, and proper intestinal function!

### USE YOUR FAT FOR FUEL!

Don't store excess calories - activate them for energy! Inositol is a form of sugar that works differently than normal glucose due to its chemical structure. As a member of the B-vitamin family, it is a simple carbohydrate useful for multiple processes, including assisting in the transport and use of lipids (fats) within the body rather than storing them!

\*These statements have not been evaluated by the FDA. This product is not intended to prevent, diagnose, treat, or cure any disease.

*Combining nature, faith, and love to bring healing to the world.*

# *our firm* **FOUNDATION**

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And there were in the same country shepherds abiding in the field, keeping watch over their flock by night... And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people" (Luke 2:8,10).



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