

Old Paths

Stand ye in the ways, and see, and ask for the old paths, where is the good way, and walk therein, and ye shall find rest for your souls.
Jeremiah 6:16

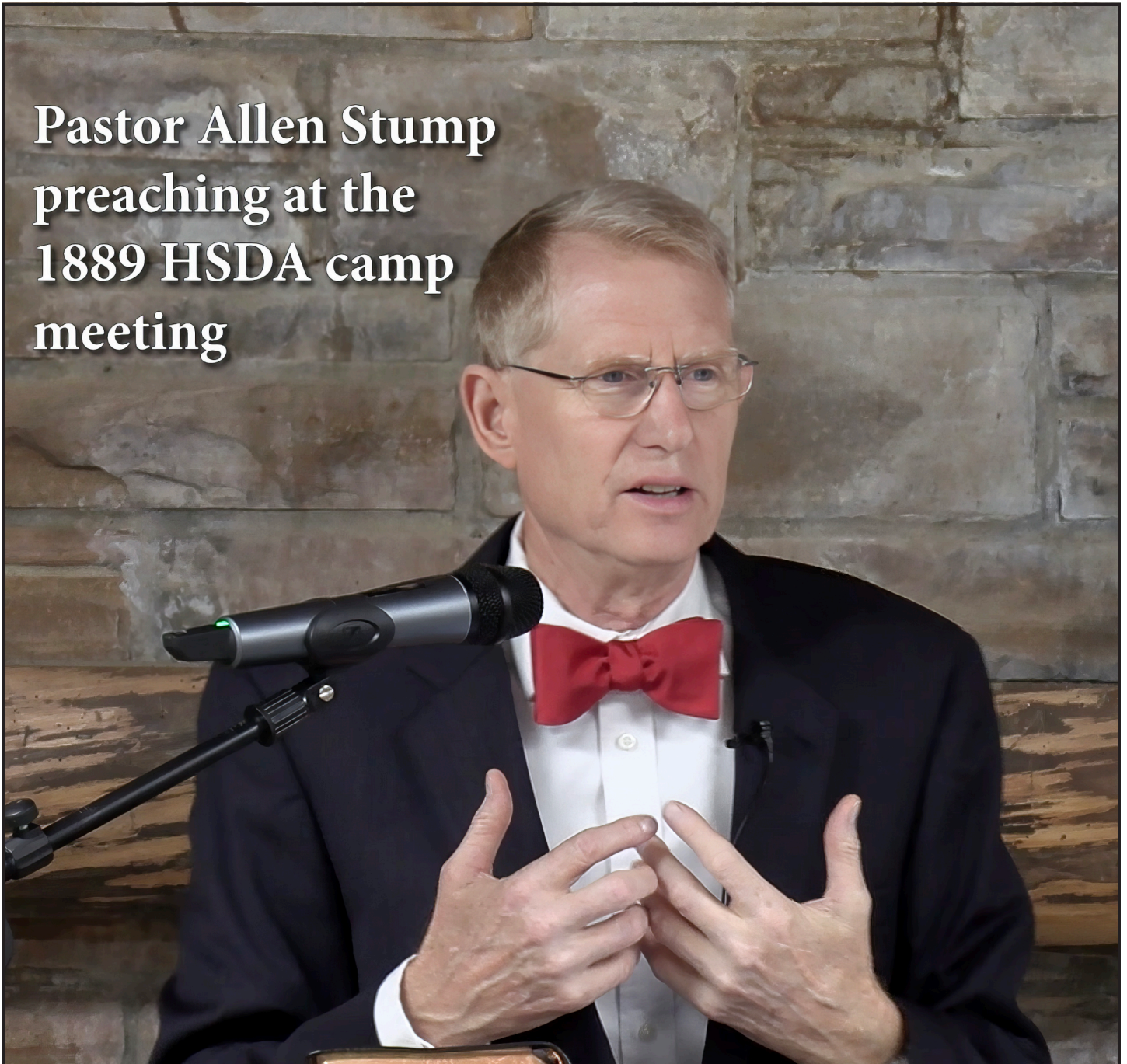
The secret of the LORD is with them that fear him; and he will shew them his covenant.
Psalm 25:14

Vol. 33, No. 9

Straight and Narrow

September 2024

**Pastor Allen Stump
preaching at the
1889 HSDA camp
meeting**





You Cannot “Be Ready” Dancing with the Devil

Allen Stump

A warning from history

The Roman orator, Cicero, is noted for the saying: *To be ignorant of what happened before you were born is to always remain a child.* The understanding of history is important and vital to society and especially to the Christian. History was one of the subjects of the schools of the prophets, and we have also been told:

In reviewing our past history, having traveled over every step of advance to our present standing, I can say, Praise God! As I see what the Lord has wrought, I am filled with astonishment, and with confidence in Christ as leader. We have nothing to fear for the future, except as we shall forget the way the Lord has led us, and His teaching in our past history. (Ellen White, *Life Sketches*, p. 196.2)

So, with this in mind, let us review some important history from Nazi Germany, for it has lessons for us today.

Before World War II, Adolf Minck, President of the Adventist German Church, penned his satisfaction in *Adventbote* (*Advent Messenger*), the official periodical at that time of the Seventh-day Adventist Church in Germany, with the election of Adolf Hitler:

A fresh enlivening, and renewing reformation spirit is blowing through our German lands . . . this is a time of decision, a time of such opportunities for a believing youth as has not been for a long time. . . . The word of God and Christianity shall be restored to a place of honor.¹

1. Quoted in *Fatal Flirting: The Nazi State and the Seventh-day Adventist Church*, p. 6, by Harold Alomía, https://www.academia.edu/97703913/Fatal_Flirting_The_Nazi_State_and_the_Seventh_day_Adventist_Church

Adventists were not alone in praising Hitler. Methodist Bishop, Dr. Otto Melle, speaking at the Oxford World Conference in London in 1937, claimed that:

God in his providence has sent a leader who was able to banish the danger of Bolshevism in Germany and rescue a nation of 67 million from the abyss of despair.²

Wilhem Mueller, an Adventist leader, said Hitler was “chosen by God” for the office of chancellor.^{3 4}

2. See *Manchester Guardian Weekly*, July 30, 1937, as quoted in <https://benjacquesstories.com/2024/03/17/when-gods-bride-danced-with-the-devil/>

3. See *Fatal Flirting*, p. 6

4. Interestingly, much like this has been said recently about former President Donald Trump. Men and women like Ben Carson; Speaker of the House, Mike Johnson; and Representative Marjorie Taylor Green have noted that they believe Trump’s life was saved by divine intervention during the assassination attempt of July 13.

Dr. Ben Carson, a former Trump cabinet member and a Seventh-day Adventist, posted on X that the Trump assassination attempt was just the latest in a series of trials that God will set right. Carson wrote: “They tried to bankrupt him. They tried to slander him. They tried to imprison him. Now they have tried to kill him, but if God is protecting him, they will never succeed.”

Florida Senator Marco Rubio, once widely regarded as a potential 2024 vice president choice, posted on X that “God protected President Trump.”

Charlie Kirk, a conservative political activist, radio talk show host, and Internet personality posted on X that a “gust of wind” might have “pushed that bullet ever so slightly.” Kirk added that “the Holy Spirit in scripture is often associated with a gust of wind.” And he stated that, “God’s hand is on Donald Trump.”

Adventist leaders were praising Hitler's similarity with Adventism's health reform. Mueller also noted:

As an anti-alcoholic, non-smoker, [and] a vegetarian he is closer to our own view of health reform than anybody else.⁵

Hitler stood for conservative family values and was against pornography and prostitution. Little did they know at first that they were shaking hands with the devil, but quickly Hitler and his Nazi party begin its work to destroy the churches and their missions.

The Adventist Church in Germany amended its teachings on health to support Nazi eugenics and sterilization programs. They expelled Adventists of Jewish descent from the denomination. They hung swastika flags outside their churches with signs saying Jews were NOT welcome. They agreed to restrict their activities to religious instruction only and sent a circular to pastors in 1940 telling them they were under a scriptural obligation to support *total war* and to make all Adventist young men available for service in the German army.

Why did the church in Germany do these things? How could they compromise the truth and even promote error? The apostle James writes:

Ye adulterers and adulteresses, know ye not that the friendship of the world is enmity with God? whosoever therefore will be a friend of the world is the enemy of God. (James 4:4)

Do you think the church in Germany, at that time, was ready to give the loud cry? Were they ready for the time of trouble? Were they ready for the second coming? Today we look at this history and wonder how the church could make such compromises and outright errors and even sin.

While many suggestions have been made as to why the church failed so badly, the one point that stands out is that the leadership desired to maintain the corporate structure of the church! They wanted to be friends with the world, but that reduced them to being the enemy of God!

After Christ raised Lazarus from the dead (John 11), the crisis over Jesus' ministry came to a zenith. Something had to be done because to allow him to continue would destroy

House Speaker Mike Johnson, himself a zealot who has compared his role in government to Moses, declared on X that "God protected Trump." Johnson claimed the intervention was "just" like how God had once "miraculously protected" George Washington from a gunfire during an ambush in Pennsylvania in 1755.

However, it is not just the conservatives who have a Messiah. Since the decision to stand down from running for president by Biden, Vice President Kamala Harris is the new left-wing DEI saviour.

5. See *Fatal Flirting*, p. 6

the Jewish nation as it was. Notice the insight given in John:

Then gathered the chief priests and the Pharisees a council, and said, What do we? for this man doeth many miracles. If we let him thus alone, all men will believe on him: and the Romans shall come and take away both our place and nation. And one of them, named Caiaphas, being the high priest that same year, said unto them, Ye know nothing at all, Nor consider that it is expedient for us, that one man should die for the people, and that the whole nation perish not. (John 11:47-50)

Caiaphas was not stupid. He saw well that the situation was shaping up to be a decision between him and Christ, between the institution of Judaism, as it then stood, and Christ. Although there was great proof that Jesus was from God and his miracles were of God, the institution must be protected! It was the institution or Christ. Only one could stay; the other had to go.⁶

Returning to pre-World War II Germany, the deadly blend of national reform, patriotism, and a government championing family values proved irresistible for the churches in Germany. Hitler's racist rhetoric became an acceptable part of the package. To church leaders, aligning with such a regime seemed a prudent way to gain strength. It was a compromise made in the name of self-preservation.

The problem was that the church forgot its true source of strength—God, not the state. Its power comes from Christ, the Bridegroom. In the end, they relied on human efforts and self-righteousness instead of righteousness through faith.

The church forgot that its true essence lies not in its organizational structure but in its people. It forgot that its mission is to announce the the hour of God's judgment in accordance with Revelation 14 and to give the loud cry to come out of Babylon and not join with Babylon. It should have had no part in echoing the ideologies of a fascist state.

Just before the start of World War II, 95% of Germany were professed Christians. Fifty-five percent were Protestants, mostly Lutheran (50%), but whether Lutheran, Baptist, Presbyterian, or Catholic, most claimed to be Christians.

Hitler wanted to unite all the church denominations and govern them to ensure that they were in line with the Nazi National Socialist ideas. Eager to show they were Christian and wanting to fit in, Adventists, instead of calling Satur-

6. Sadly, this spirit is still alive. Before Dr. Ingo Sorke was released from the Seventh-day Adventist corporate ministry over the truth about God, he shared what the Bible said about the Father, Jesus, and the Spirit. At the end, one high-ranking official in the church told him, "You might be right Ingo, but we have to protect the institution."

day the Sabbath, began to call it *ruhetag*, meaning *rest day*. Tithes and offerings were renamed *membership dues 1* and *membership dues 2*! Instead of holding the hand of Christ and walking with him, the church, as one person put it, was dancing with the devil.

Only one professed Christian denomination was not included in this new united church idea. It was the Jehovah's Witnesses. At least one thousand five hundred Jehovah's Witnesses either died or were killed in concentration camps.

Why did the church in Germany compromise? Why do we compromise? Fundamentally, it is because we lack consecration and devotion to God! This can only be traced to a lack of love for God and Christ. Why do we not love Jesus and the Father more than we do? Maybe we can excuse Germany in that time period because most of the members were trinitarian and could not see God's generous love as revealed in the Bible, but the one true God movement should know better than any other people on earth about God's love. Have we failed to internalize this truth and compromise has thus become easy? We have been told:

If God abhors one sin above another, of which His people are guilty, it is doing nothing in case of an emergency. Indifference and neutrality in a religious crisis is regarded of God as a grievous crime and equal to the very worst type of hostility against God. (Ellen White, *Testimonies for the Church*, vol. 3, p. 280.3)

We need today to look past the German Adventist Church and examine ourselves. Why are *we* so indifferent to the things of God? Why does sin still have a hold on our lives?

We may wish to think that they were not as consecrated as we are. We might also think that we would never do what the German people did, but let us examine what happened during Covid, for it is a microcosm of what can be expected during the Sunday crisis soon to come. The leadership of the mainline Adventist Church told the laity that they needed to take the Covid vaccine for the common good of all. The leadership declared that those who refused to take the vaccine were selfish because they were putting others in danger. The same things will soon be said for the Sunday Law. *We must do this for the common good of others!*

Human reasoning, however, can never replace Scripture, especially the Ten Commandments. Jesus warned us:

For there shall arise false Christs, and false prophets, and shall shew great signs and wonders; insomuch that, if it were possible, they shall deceive the very elect. (Matthew 24:24)

Later in this discourse, Jesus said:

Therefore be ye also ready: for in such an hour as ye think not the Son of man cometh. (Matthew 24:44)

We must be ready for last-day events, including the outpouring of the latter rain and the giving of the loud cry.

We must be ready for the second coming of Jesus, and we must be ready for heaven, but we cannot do any of this, if we are *dancing with the devil*.

The loud cry is giving a last-day message of truth, with the power of the Holy Spirit, but remember that Inspiration teaches:

And we are his witnesses of these things; and so is also the Holy Ghost, whom God hath given to them that obey him. (Acts 5:32)⁷

We are to give a message by the Spirit that will prepare a people for the seal of God.

It is safe to say that those who receive the seal of God will have been qualified to give the loud cry.

Now is the time to prepare. The seal of God will never be placed upon the forehead of an impure man or woman. It will never be placed upon the forehead of the ambitious, world-loving man or woman. It will never be placed upon the forehead of men or women of false tongues or deceitful hearts. All who receive the seal must be without spot before God—candidates for heaven. (Ellen White, *Testimonies for the Church*, vol. 5, p. 216.2)

To be without false tongues and deceitful hearts and to be without spot, we need God's truth engrafted into us. We are sanctified by the truth. Jesus said:

Sanctify them through thy truth: thy word is truth. (John 17:17)

Peter declared:

Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust. (2 Peter 1:4)

It is through the truth we have from the "exceeding great and precious promises" of God's word that we become partakers of the divine nature, but this truth must be more than head knowledge alone, for James writes:

Thou believest that there is one God; thou doest well: the devils also believe, and tremble. (James 2:19)

As a people, we all believe in the one true God, but it should be no surprise to us that the devil and his evil angels

7. The Greek word for *witnesses* comes from μάρτυς (*martus*) from which we get our English word *martyr*. Witnessing was so associated with being killed that we have carried this word into our language today.

also believe in the fact that there is only one true God. His invention of the trinitarian doctrine is to take people's minds away from the fact that there is one supreme being in the universe.

What we need is not only a knowledge of the truth but a submission to it, as well.

The existence and power of God, the truth of His word, are facts that even Satan and his hosts cannot at heart deny. The Bible says that "the devils also believe, and tremble;" but this is not faith. James 2:19. Where there is not only a belief in God's word, but a submission of the will to Him; where the heart is yielded to Him, the affections fixed upon Him, there is faith—faith that works by love and purifies the soul. (Ellen White, *Steps to Christ*, p. 63.2)

Practical Christianity beyond theological knowledge must be in the lives of all who will be ready for the last days, and foundational truth is essential.

The world needs evidences of sincere Christianity. Professed Christianity may be seen everywhere; but when the power of God's grace is seen in our churches, the members will work the works of Christ. Natural and hereditary traits of character will be transformed. The indwelling of His Spirit will enable them to reveal Christ's likeness, and in proportion to the purity of their piety will be the success of their work.

Let us honor our profession of faith. Let us adorn our lives with beautiful traits of character. Harshness of speech and action is not of Christ, but of Satan. Shall we, by clinging to our imperfections and deformities, make Christ ashamed of us? His grace is promised to us. If we will receive it, it will beautify our lives. . . . Deformity will be exchanged for goodness, perfection. Our lives will be adorned with the graces that made Christ's life so beautiful. . . .

A true, lovable Christian is the most powerful argument that can be advanced in favor of Bible truth. Such a man is Christ's representative. His life is the most convincing evidence that can be borne to the power of divine grace. (Ellen White, *God's Amazing Grace*, p. 263.3–.5)

Two young missionaries from Africa, Robert Wieland and Donald Short, had been studying the writings of Jones and Waggoner and came to the conclusion that the church was off the track of truth from the most precious message sent by the Lord in 1888. As they discussed this with the brethren, they were asked to write down their concerns which became the manuscript, *1888 Re-Examined*.⁸ In that manuscript, they stated:

Absolutely nothing which does not bear the test of truth will be triumphant in the Judgment. (Wieland and Short, *1888 Re-Examined*, 1950 ed, p. 2; omitted in the 1987 edition).

How poignantly true! We need to have more than a knowledge of the truth. We must be in submission to the truth that will be triumphant in the judgment.

It is because of the life-changing value of truth that Satan hates the truth so much. He wants you lost and knows that Jesus said:

And ye shall know the truth, and the truth shall make you free. (John 8:32)

Satan's war against the truth

In the early days of Christianity, Satan fought to bring in counterfeits for the truth, especially the truth about God, the truth about the Sabbath, and the truth about the church.

The doctrine of the trinity is one of Satan's greatest deceptions. It is universally accepted and considered orthodox. To deny it is considered to be heresy; yet, one Catholic apologist has stated:

Every single Christian in the world believes that the Catholic Church has the authority to teach. Every Christian who believes in the Trinity, That God is Father, Son, and Holy Spirit, co-equal, co-eternal, believes that because of the authority of the Catholic Church, because the Church came together in the Council of Nicaea and declared this, that this is the interpretation of the text. ("Catholic Church History" channel on YouTube)

Daniel Chapter 7 tells of the rise of the papal power and that in its rise it would uproot three kingdoms:

I considered the horns, and, behold, there came up among them another little horn, before whom there were three of the first horns plucked up by the roots: and, behold, in this horn were eyes like the eyes of man, and a mouth speaking great things. (Daniel 7:8)

And the ten horns out of this kingdom are ten kings that shall arise: and another shall rise after them; and he shall be diverse from the first, and he shall subdue three kings. (Daniel 7:24)

Who were these three kings (kingdoms)? We usually list the Heruli, Ostrogoths, and Vandals as these three kingdoms. The Ostrogoths were the last of these to be put down in AD 538, but there is another date of prophecy of which Daniel speaks—AD 508. What happened then?

Clovis, king of the Franks, came to the zenith of his power in AD 508, when he fought the "decisive battle of Poitiers" in which Alaric II, king of the Visagoths, was slain and his army defeated.

8. The original manuscript can be downloaded at: https://smyrna.org/wp-content/uploads/2024/03/1888_re-examined.pdf.

Alaric II and the rest of the Visagoths **were** Arians, and Clovis was to champion the Catholic cause. Thus, the first religious war for Christianity was fought and won over the truth about God! The remaining Visagoths were forced to convert to Catholicism. (It is interesting to note that some Adventists use this date as the time when *paganism* was taken away. Mark 4:9.)

But what does the Bible say about God? Is God a trinity or a triune being?

Paul writes:

But to us there is but one God, the Father, of whom are all things, and we in him; and one Lord Jesus Christ, by whom are all things, and we by him. (1 Corinthians 8:6)

The one God is not Father, Son, and Holy Spirit, a unity of three co-eternal persons, but God the Father. Period. He is the source “of whom are all things.” Jesus knew this and declared:

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

Jesus knew the Father is the supreme being in the universe and that he, himself, was sent by God. Jesus claimed to be the only begotten Son of this God!

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)

We noted from the Catholic apologist that “every single Christian in the world believes that the Catholic Church has the authority to teach.”

This is almost but not fully true. Almost all churches, including the Seventh-day Adventist Church, has accepted the doctrine of the trinity, even though:

The mystery of the Trinity is the central doctrine of the Catholic Faith. Upon it are based all the other teachings of the Church. (*Handbook for Today's Catholic*, p. 16)

The truth is that Adventism was distinctly non-trinitarian until after Ellen White died. Our pioneers knew their Bibles well. Not one taught or believed in the Trinity, but we are told that Ellen White believed in the Trinity and slowly taught the church this. She spoke out about eating unclean foods and unhealthy habits, but, we are told, she waited over fifty years to teach the church about God!

This cannot be, for in 1881 she wrote:

It is as certain that we have the truth as that God lives; and Satan, with all his arts and hellish power, cannot change the truth of God into a lie. While the great adversary will try his utmost to make of none effect the

word of God, truth must go forth as a lamp that burneth. (Ellen White, *Testimonies for the Church*, vol. 4, p. 595.4)

Please note that she wrote, “It is as certain that **we** have the truth as that God lives.” We means the writer and others. She did not say *I have the truth, and the brethren have most of the truth or part of the truth*. If the church was in such error, how could she honestly and truthfully write this? She wrote in 1904 the following:

Many of our people do not realize how firmly the foundation of our faith has been laid. My husband, Elder Joseph Bates, Father Pierce, Elder Edson, and others who were keen, noble, and true, were among those who, after the passing of the time in 1844, searched for the truth as for hidden treasure. I met with them, and we studied and prayed earnestly. Often we remained together until late at night, and sometimes through the entire night, praying for light and studying the word. Again and again these brethren came together to study the Bible, in order that they might know its meaning, and be prepared to teach it with power. When they came to the point in their study where they said, “We can do nothing more,” the Spirit of the Lord would come upon me, I would be taken off in vision, and a clear explanation of the passages we had been studying would be given me, with instruction as to how we were to labor and teach effectively. Thus light was given that helped us to understand the scriptures in regard to Christ, His mission, and His priesthood. **A line of truth extending from that time to the time when we shall enter the city of God, was made plain to me, and I gave to others the instruction that the Lord had given me.** (Ellen White, *Special Testimonies*, Series B, no. 2, p 56.4; bold emphasis supplied)

It is the testimony of Jesus, not simply that of an uninspired woman, that gave a line of truth to the Advent people early in their experience that would take them into the kingdom. That truth did not include the central doctrine of the beast power! Can a people be ready to give the loud cry if they believe in the central doctrine of the beast? Of course not.

Closely associated with the trinity is **Sunday sacredness**, for Sunday is the day dedicated to the worship of the Trinity.

In AD 321, the first Sunday law was enacted. It was done by a civil power.

In AD 325, the year of the Council of Nicaea, Pope Sylvester officially named Sunday the Lord's Day.

In AD 338, Eusebius, the court bishop of Constantine, wrote, “All things whatsoever that it was the duty to do on the Sabbath [the seventh day of the week] we [Constantine, Eusebius, and other bishops] have transferred to the Lord's Day [the first day].”

In AD 364, the Sunday law was officially confirmed by the Roman papacy. The Council of Laodicea decreed, “Christians shall not Judaize and be idle on Saturday but shall work on that day; but the Lord’s day they shall especially honour, and, as being Christians, shall, if possible, do no work on that day.”

The Bible, however, never even hints at the sacredness of Sunday any more than it hints at the trinitarian doctrine. The Sabbath was established in Eden:

And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made. (Genesis 2:2–3)

God blessed the seventh day, not simply a sabbath, so there would never be confusion. People will say the Sabbath was changed to Sunday, but it was the seventh day of the week that was blessed. Further, in the Ten Commandments we have a direct command to keep the seventh day holy:

Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it. (Exodus 20:8–11)

God calls the Sabbath, “my holy day” (Isaiah 58:13), and Jesus claims to be Lord of the Sabbath (Mark 2:28).

As the crisis will come upon the people of the earth, it will be said to Seventh-day Adventist leaders: *We all believe in the same God, the Trinity. We should all worship him on the day dedicated to him!* The leadership will tell the people at that time, just like during the Covid crisis: *We must do this for the common good of others!*

Some claim that the *Adventist trinity* is different than the Catholic trinity. Most say this because they are really tritheists, people who believe “the concept that there are three equal, independent and autonomous beings in the Godhead.”⁹ But make no mistake; the corporate church believes in the orthodox teaching of the trinity and declares that tritheism is dangerous.¹⁰

We are told to “call rebellion by its right name and apostasy by its right name” (Ellen White, *Selected Messages*, bk. 2, p. 393.2). The fact is that the apostasy within the cor-

porate church today has reached beyond simply being in a state of apostasy to the place where the system has become apostate and so apostate that she accepts the very teaching which makes the papal power antichrist. The trinitarian teaching has brought the Adventist Church to the place where they deny the identity of the true antichrist because doing so would cause them to identify themselves also!

John writes about antichrist but never in the context of the Sabbath/Sunday issue. It is always over the issue of who Christ is:

Who is a liar but he that denieth that Jesus is the Christ? He is antichrist, that denieth the Father and the Son. (1 John 2:22)

The issue is not in acknowledging God and Jesus but in their relationship of being a father and a son. The trinitarian doctrine acknowledges God and Jesus but not as a father and as a son. According to the trinitarians, *father* and *son* are mere titles given to the supposed first and second persons of the trinity.

Can we be ready to give the loud cry, if we believe in the central doctrine of antichrist?

To give the loud cry, you have to have something to cry about. There have to be things wrong to cry out against and give a warning about!

The papal church introduced to Christianity a new god and a new *ruhetaq*. These apostate teachings certainly disqualify her from not simply being a church of Christ but from being *the* church or the the remnant church.

How can any church holding on to these pagan/papal doctrines be Christ’s church? It cannot be! The true church is not a den of sin, iniquity, and heresy. Rather, the true church holds to truth, as Paul stated, writing to Timothy:

But if I tarry long, that thou mayest know how thou oughtest to behave thyself in the house of God, which is the church of the living God, the pillar and ground of the truth. (1 Timothy 3:15)

Christ’s church is “the pillar and ground of the truth” not of error. The great truth it would be built upon was the teaching that Jesus is the Son of the living God.

And Simon Peter answered and said, Thou art the Christ, the Son of the living God. And Jesus answered and said unto him, Blessed art thou, Simon Barjona: for flesh and blood hath not revealed it unto thee, but my Father which is in heaven. And I say also unto thee, That thou art Peter, and upon this rock I will build my church; and the gates of hell shall not prevail against it. (Matthew 16:16–18)

Concerning Peter’s confession, we read: “Peter had expressed the truth which is the foundation of the church’s faith” (Ellen White, *The Desire of Ages*, p. 413.5). We also

9. Hans LaRondelle, *LaRondelle Biblical Theology Courses*, “The Biblical Doctrine of God,” p. 9

10. See *Handbook of Seventh-day Adventist Theology*, page 150.

find a parallel statement on page 412.3: “The truth which Peter had confessed is the foundation of the believer’s faith.”

Can the church of God be ready for the bridegroom, if it is holding hands with the antichrist, if it is dancing with the devil?

God’s people need truth, THE truth (John 14:6). We need the real Jesus, the Son of God, who died on Calvary for our sins, the one who blessed the seventh day, and the one who set up his church on the truth that he is the Son of the living God.

The invitation of Jesus is:

Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light. (Matthew 11:28–30)

All that the Father giveth me shall come to me; and him that cometh to me I will in no wise cast out. (John 6:37)

Jesus Christ, not Donald Trump nor Kamala Harris, is the Saviour, and neither is the corporate church nor 1889 HSDA our saviour. We must look to Jesus.

Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds. (Hebrews 12:2–3)

At this late stage in the history of the earth, there are too many compromisers and apostates. The United States is on the verge of repeating the history of Nazi Germany. Dare we stand against the charismatic leaders and the majority of the people? God is calling for men and women and young folks, too, who will stand firm:

The greatest want of the world is the want of men—men who will not be bought or sold, men who in their inmost souls are true and honest, men who do not fear to call sin by its right name, men whose conscience is as true to duty as the needle to the pole, men who will stand for the right though the heavens fall. (Ellen White, *Education*, p. 57.3)

Will you be one such person? Will you give up organization and structure, if need be, to follow truth? Will your devotion hold firm in the end, and it can be said of you that there is no guile in your mouth? May God grant us grace, abundant grace, whereby we may be faithful unto death!

(*This study was presented at the 2024 HSDA camp meeting.*
Editor)



The Herb Garden

Winnifred Anderson

Rosemary is native to the Mediterranean area. They are perennials that come in different sizes and shapes, from tall upright ones to the low growing plants that hug the ground. The flowers are edible and can be blue, pink, and sometimes (rarely) white. All rosemary plants have needle-like aromatic leaves.

Rosemary, though native to the Mediterranean area, now is grown widely in other areas of the world. To grow the plants, simply sow the seed or plant cutting into pots or into the garden in the spring. Rosemary will tolerate poor, dry soil but thrives in good soil. However, do not overwater, as it will die in boggy or wet soil. To harvest, just cut off the outer stems and pick the flowers as needed.

For cooking, chop the leaves or use them whole in casseroles, on potatoes, in rice, and in breads. Rosemary can be infused into oils and butter. Flowers have a milder flavor and look good in ice cubes.

We are in the harvest season of the year, and drying rosemary is an ideal way to preserve this herb (as well as any herb with a woody stalk). There are various ways to dry these herbs:

Drying flat

Individual leaves, fronds, and small spriglets can be dried flat. Cheesecloth works well for this. Lay the leaves out flat on your drying cloth, then place them in a sunlit, dry, airy room for at least two weeks until the herb becomes slightly brittle.

Hanging herbs

This is personally my favorite way to dry herbs. Air circulates around the herbs easily when you hang them to dry. To make a hanging posie, take three to four stems of a single herb (do not mix your herbs) and tie the bundles together at the cut end with kitchen string. Hang a few strips of unwaxed orange or lemon peel along with the herbs. Their flavors mix well with the herbs when cooking. Again, let dry for at least two weeks until the herb is brittle. Hang the bundles out of direct sunlight. After being dried, store in sealed jars for four to six months.

Rosemary is also used for fragrance in soaps and cosmetics. Traditionally, rosemary has been used medicinally to (1) improve memory, (2) relieve muscle pain and spasms, (3) stimulate hair growth, and (4) support the circulatory and nervous systems. However, almost none of these uses have been studied scientifically in humans (mountsanai.org/health).

Potato recipes with rosemary and more next month!





“Your words were found, and I ate them, and Your word was to me the joy and rejoicing of my heart!” (Jeremiah 15:16)
Too much on your plate?! **OLD TESTAMENT** *Ingo Sorke, PhD*

✂ **Judges 20:26, 27** “Then all the children of Israel, and all the people, went up, and came unto the house of God, and wept, and sat there before the LORD, and fasted that day until even, and offered burnt offerings and peace offerings before the LORD. And the children of Israel enquired of the LORD.” [Benjamites vs Israel]


✂ **1 Samuel 7:6** “And they gathered together to Mizpeh, and drew water, and poured it out before the LORD, and fasted on that day, and said there, We have sinned against the LORD. And Samuel judged the children of Israel in Mizpeh.” [Philistines vs idolatrous Israel]

† **1 Samuel 31:13** “And they took their bones, and buried them under a tree at Jabesh, and fasted seven days.”

† **2 Samuel 12:16** “David therefore besought God for the child; and David fasted, and went in, and lay all night upon the earth.”

† **1 Kings 21:9, 12** Jezebel: “Proclaim a fast, and set Naboth on high among the people . . . 12 They proclaimed a fast, and set Naboth on high among the people.”


✂ **2 Chronicles 20:3** “And Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a fast throughout all Judah.”

✂ **Ezra 8:21, 23** “Then I proclaimed a fast there, at the river of Ahava, that we might afflict ourselves before our God, to seek of him a right way for us, and for our little ones, and for all our substance. . . . So we fasted and besought our God for this: and he was intreated of us.” 

✂ **Ezra 9:5** “And at the evening sacrifice I arose up from my heaviness; and having rent my garment and my mantle, I fell upon my knees, and spread out my hands unto the LORD my God.” [apostate intermarriage]

♥ **Nehemiah 1:3–4** “And they said unto me, The remnant that are left of the captivity there in the province are in great affliction and reproach: the wall of Jerusalem also is broken down, and the gates thereof are burned with fire. And it came to pass, when I heard these words, that I sat down and wept, and mourned certain days, and fasted, and prayed before the God of heaven.”

♥ **Nehemiah 9:1** “Now in the twenty and fourth day of this month the children of Israel were assembled with fasting, and with sackclothes, and earth upon them.”

† **Esther 4:3, 16** “And in every province, whithersoever the king’s commandment and his decree came, there was great mourning among the Jews, and fasting, and weeping, and wailing; and many lay  in sackcloth and ashes.” . . . 16 “Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish.”

⚡ **Psalms 35:13** “But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting; and my prayer returned into mine own bosom.”

⚡ **Psalms 69:10** “When I wept, and chastened my soul with fasting, That was to my reproach.”


⚡ **Psalms 109:24** “My knees are weak through fasting; And my flesh faileth of fatness.”


♥ **Isaiah 58:3–6** “Wherefore have we **fasted**, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your **fast** ye find pleasure, and exact all your labours. 4 Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not **fast** as ye do this day, to make your voice to be heard on high. 5 Is it such a **fast** that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a **fast**, and an acceptable day to the LORD? 6 Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?”


† **Jeremiah 14:12** “When they fast, I will not hear their cry; and when they offer burnt offering and an oblation, I will not accept them: but I will consume them by the sword, and by the famine, and by the pestilence.”

✂ **Jeremiah 36:6, 9** “Therefore go thou, and read in the roll, which thou hast written from my mouth, the words of the LORD in the ears of the people in the


LORD's house upon the fasting day: and also thou shalt read them in the ears of all Judah that come out of their cities. . . . And it came to pass in the fifth year of Jehoiakim the son of Josiah king of Judah, in the ninth month, that they proclaimed a fast before the LORD to all the people in Jerusalem, and to all the people that came from the cities of Judah unto Jerusalem."


 **Daniel 6:18** "Then the king went to his palace, and passed the night fasting: neither were instruments of musick brought before him: and his sleep went from him."



 **Daniel 9:3** "And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes."


 **Joel 1:14** "Sanctify ye a fast, call a solemn assembly, Gather the elders and all the inhabitants of the land Into the house of the LORD your God, And cry unto the LORD,"



NEW TESTAMENT


 **Matthew 4:4** ". . . Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."


 **Matthew 6:16–17** "Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. 17 But thou, when thou fastest, anoint thine head, and wash thy face,"


  **Matthew 9:14–15** ". . . Then came to him the disciples of John, saying, Why do we and the Pharisees fast oft, but thy disciples fast not? 15 And Jesus said unto them, Can the children of the bridechamber mourn, as long as the bridegroom is with them? but the days will come, when the bridegroom shall be taken from them, and then shall they fast."


 **Matthew 17:21** "Howbeit this kind goeth not out but by prayer and fasting." [Textus Receptus exclusive]


  **Luke 2:37** "And she was a widow of about fourscore and four years, which departed not from the temple, but served God with fastings and prayers night and day."


 **Luke 18:12** "I fast twice in the week, I give tithes of all that I possess."


 **Joel 2:12** ". . . Turn ye even to me with all your heart, And with fasting, and with weeping, and with mourning:"


 **Jonah 3:5** "So the people of Nineveh believed God, and proclaimed a fast, and put on sackcloth, from the greatest of them even to the least of them."


 **Zechariah 7:5** "Speak unto all the people of the land, and to the priests, saying, When ye fasted and mourned in the fifth and seventh month, even those seventy years, **did ye at all fast unto me, even to me?**"


 **Zechariah 8:19** "Thus saith the LORD of hosts; The fast of the fourth month, and the fast of the fifth, and the fast of the seventh, and the fast of the tenth, shall be to the house of Judah joy and gladness, and cheerful feasts; therefore love the truth and peace."


 **Acts 10:30** "And Cornelius said, Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing,"


 **Acts 13:2** "As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them."

 **Acts 14:23** "And when they had ordained them elders in every church, and had prayed with fasting, they commended them to the Lord, on whom they believed."

 **Acts 27:9** "Now when much time was spent, and when sailing was now dangerous, because the fast was now already past, Paul admonished them," [Day of Atonement/Yom Kippur]

 **1 Corinthians 7:5** "Defraud ye not one the other, except it be with consent fr a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency."

 **2 Corinthians 6:5** "In stripes, in imprisonments, in tumults, in labours, in watchings, in fastings;"

 **2 Corinthians 11:27** "In weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness."



“Your words were found, and I ate them, and Your word was to me the joy and rejoicing of my heart!” (Jeremiah 15:16)
Too much on your plate? **“Man shall not live by bread alone”** *Ingo Sorke, PhD*

Power of Appetite “its indulgence so fearful that the Son of God subjected himself to such a test, how important that we feel the necessity of having appetite under the control of reason. **Our Saviour fasted nearly six weeks, that he might gain for man the victory upon the point of appetite. How can professed Christians with an enlightened conscience, and Christ before them as their pattern, yield to the indulgence of those appetites which have an enervating influence upon the mind and heart?** It is a painful fact that habits of self-gratification at the expense of health, and the weakening of moral power, is holding in the bonds of slavery at the present time a large share of the Christian world. Many who profess godliness do not inquire into the reason of Christ’s long period of fasting and suffering in the wilderness. His anguish was not so much from enduring the pangs of hunger as from his sense of the fearful result of the indulgence of appetite and passion upon the race. **He knew that appetite would be man’s idol, and would lead him to forget God, and would stand directly in the way of his salvation.**” (*R&H*, September 1, 1874, par. 2–3)

Warfare Christ “was insensible to hunger. Engaged in constant prayer to His Father for a preparation to resist the adversary, Christ did not feel the pangs of hunger. He spent the time in earnest prayer, shut in with God. It was as if He were in the presence of His Father. He sought for strength to meet the foe, for the assurance that He would receive grace to carry out all that He had undertaken in behalf of humanity. The thought of the warfare before Him made Him oblivious to all else, and His soul was fed with the bread of life, just as today those tempted souls will be fed who go to God for aid. He ate of the truth which He was to give to the people as having power to deliver them from Satan’s temptations. He saw the breaking of Satan’s power over fallen and tempted ones. He saw Himself healing the sick, comforting the hopeless, cheering the desponding, and preaching the gospel to the poor,—doing the work that God had outlined for Him; and He did not realize any sense of hunger until the forty days of His fast were ended.” (*5BC*, p. 1080.2) . . . “He told

Satan that in order to prolong life, **obedience to God’s requirements was more essential than temporal food.** To pursue a course of deviation from the purpose of God, in the smallest degree, would be more grievous than hunger or death.” (*Redemption*, p. 48; *5BC*, p. 1083.2)

Anguish “As soon as Christ entered the wilderness of temptation His visage changed. The glory and splendor which were reflected from the throne of God and His countenance when the heavens opened before Him, and the Father’s voice acknowledged Him as His Son in whom He was well pleased, were now gone. The weight of the sins of the world was pressing His soul, and His countenance expressed unutterable sorrow, a depth of anguish that fallen man had never realized. He felt the overwhelming tide of woe that deluged the world. He realized the strength of indulged appetite and unholy passion which controlled the world and had brought upon man inexpressible suffering.” (*Confrontation*, p. 36)

Appetite “The indulgence of appetite had been increasing and strengthening with every successive generation since Adam’s transgression, until the race was so feeble in moral power that they could not overcome in their own strength. **Christ, in behalf of the race, was to overcome appetite by standing the most powerful test upon this point.** He was to tread the path of temptation alone, and there must be none to help Him, none to comfort or uphold Him. Alone He was to wrestle with the powers of darkness. As in his human strength man could not resist the power of Satan’s temptations, Jesus volunteered to undertake the work and to bear the burden for man, and overcome the power of appetite in his behalf. In man’s behalf He must show self-denial, perseverance, and firmness of principle paramount to the gnawing pangs of hunger. He must show a power of control stronger than hunger and even death.” (*Ibid.*, pp. 36, 37)

🍌 “He went to the wilderness to be alone, to contemplate His mission and work. **By fasting and prayer He was to brace Himself for the blood-stained path He must travel.**” (*The Desire of Ages*,

p. 114) . . . “With Christ, as with the holy pair in Eden, appetite was the ground of the first great temptation. **Just where the ruin began, the work of our redemption must begin. As by the indulgence of appetite Adam fell, so by the denial of appetite Christ must overcome.** . . . From the time of Adam to that of Christ, self-indulgence had increased the power of the appetites and passions, until they had almost unlimited control. Thus men had become debased and diseased, and of themselves it was impossible for them to overcome. In man’s behalf, Christ conquered by enduring the severest test. For our sake He exercised a self-control stronger than hunger or death.” (Ibid., p. 117) . . . “Weak and emaciated from hunger, worn and haggard with mental agony, ‘His visage was so marred more than any man, and His form more than the sons of men.’ Isa. 52:14. Now was Satan’s opportunity. Now he supposed that he could overcome Christ.” (Ibid., p. 118)

Obedience “Often the follower of Christ is brought where he cannot serve God and carry forward his worldly enterprises. Perhaps it appears that obedience to some plain requirement of God will cut off his means of support. Satan would make him believe that he must sacrifice his conscientious convictions. **But the only thing in our world upon which we can rely is the word of God.** [Matt. 6:33 quoted]. Even in this life it is not for our good to depart from the will of our Father in heaven. **When we learn the power of His word, we shall not follow the suggestions of Satan in order to obtain food or to save our lives.** Our only questions will be, What is God’s command? and what His promise? Knowing these, we shall obey the one, and trust the other.” (Ibid., p. 121)

⚠️ **“Fasting or prayer** that is actuated by a self-justifying spirit is an abomination in the sight of God.” (Ibid., p. 280)

🔴 **“Fasting and prayer** will accomplish nothing while the heart is estranged from God by a wrong course of action.” (*Testimonies for the Church*, vol. 2, p. 145)

“Paul was ever on the watch lest evil propensities should get the better of him. He guarded well his appetites and passions and evil propensities.” (Letter 27, 1906)

“In the last great conflict of the controversy with Satan those who are loyal to God will see every earthly support cut off. Because they refuse to break His law in obedience to earthly powers, they will be

forbidden to buy or sell. It will finally be decreed that they shall be put to death. See Rev. 13:11–17. But to the obedient is given the promise, ‘He shall dwell on high: his place of defense shall be the munitions of rocks: bread shall be given him; his waters shall be sure.’ Isa. 33:16. By this promise the children of God will live. When the earth shall be wasted with famine, they shall be fed. ‘They shall not be ashamed in the evil time: and in the days of famine they shall be satisfied.’ Ps. 37:19. [Hab. 3:17, 18 quoted]. **Of all the lessons to be learned from our Lord’s first great temptation none is more important than that bearing upon the control of the appetites and passions.** In all ages, temptations appealing to the physical nature have been most effectual in corrupting and degrading mankind. Through intemperance, Satan works to destroy the mental and moral powers that God gave to man as a priceless endowment. Thus it becomes impossible for men to appreciate things of eternal worth. Through sensual indulgence, Satan seeks to blot from the soul every trace of likeness to God. The uncontrolled indulgence and consequent disease and degradation that existed at Christ’s first advent will again exist, with intensity of evil, before His second coming. Christ declares that the condition of the world will be as in the days before the Flood, and as in Sodom and Gomorrah. Every imagination of the thoughts of the heart will be evil continually. **Upon the very verge of that fearful time we are now living, and to us should come home the lesson of the Saviour’s fast.** Only by the inexpressible anguish which Christ endured can we estimate the evil of unrestrained indulgence. **His example declares that our only hope of eternal life is through bringing the appetites and passions into subjection to the will of God.** In our own strength it is impossible for us to deny the clamors of our fallen nature. Through this channel Satan will bring temptation upon us. Christ knew that the enemy would come to every human being, to take advantage of hereditary weakness, and by his false insinuations to ensnare all whose trust is not in God. **And by passing over the ground which man must travel, our Lord has prepared the way for us to overcome.** It is not His will that we should be placed at a disadvantage in the conflict with Satan. He would not have us intimidated and discouraged by the assaults of the serpent. ‘Be of good cheer,’ He says; ‘I have overcome the world.’ John 16:33. Let him who is struggling against the power of appetite look to the Saviour in the wilderness of temptation. See Him in His agony upon the cross, as He ex-

claimed, 'I thirst.' He has endured all that it is possible for us to bear. **His victory is ours.** Jesus rested upon the wisdom and strength of His heavenly Father. . . . [Isa. 50:7–10; John 14:30 quoted]. There was in Him nothing that responded to Satan's sophistry. **He did not consent to sin. Not even by a thought did He yield to temptation. So it may be with us.**" (*The Desire of Ages*, pp. 121, 122, 123)

All-Night Prayer! "When . . . most fiercely beset by temptation, He ate nothing. He committed Himself to God and, through earnest prayer and perfect submission to the will of His Father, came off conqueror. **Those who profess the truth for these last days, above every other class of professed Christians, should imitate the great Exemplar in prayer.**" (*Testimonies for the Church*, vol. 2, p. 202)

🔗🔗🔗 When the world is tested on present truth, "minds will be exercised by His Spirit to search the Scriptures, even with fasting and with prayer, until link after link is searched out and united in a perfect chain. Every fact which immediately concerns the salvation of souls will be made so clear that none need err or walk in darkness." (*Ibid.*, p. 692)

Fever? "... abstinence from food for a short time will lessen the fever and make the use of water more effectual." (*Ibid.*, p. 384)

"**There are some who would be benefited more by abstinence from food for a day or two every week than by any amount of treatment or medical advice.** To fast one day a week would be of incalculable benefit to them." (*Testimonies for the Church*, vol. 7, p. 134; also see *Counsels on Health*, p. 477)

Piece of Pie Indulgence on meat · highly seasoned gravies · rich cakes · preserves? People "cannot immediately relish a plain, wholesome, and nutritious diet. Their taste is so perverted they have no appetite for a wholesome diet of fruits, plain bread, and vegetables. They need not expect to relish at first food so different from that which they have been indulging themselves to eat. If they cannot at first enjoy plain food, they should fast until they can. **That fast will prove to them of greater benefit than medicine,** for the abused stomach will find that rest which it has long needed, and real hunger can be satisfied with a plain diet." (*Counsels on Health*, p. 148)

Ministers "of Christ . . . Will you, **through fasting and prayerful effort,** attain to the completeness and consistency of Christian character?" You should make straight paths for your feet, lest the lame be turned out of the way. A close connection with God will bring to you in your labor that vital power which arouses the conscience, and convicts the sinner of sin, leading him to cry: "What shall I do to be saved?" (*Testimonies for the Church*, vol. 4, pp. 400–401)

"**Fasting and fervent prayer to God have moved the Lord to unlock His treasuries of truth to their understanding.** Wily opponents and boasting Goliaths have had to be met, sometimes face to face, but more frequently with the pen. Satan has urged men on to fierce opposition, to blind the eyes and darken the understanding of the people. The few who had the interest of the cause and truth of God at heart were aroused to its defense. They did not seek for ease, but were willing to venture even their lives for the truth's sake." (*Testimonies for the Church*, vol. 2, p. 650)

"All was lost when Adam yielded to the power of appetite. The Redeemer, in whom was united both the human and the divine, stood in Adam's place, and endured a terrible fast of nearly six weeks. **The length of this fast is the strongest evidence of the extent of the sinfulness and power of debased appetite upon the human family.**" (*R&H*, August 4, 1874, par. 5)

". . . humanity by being united to divinity withstood the fiercest test of temptation in the wilderness. . . . the plan of God, devised for the salvation of man, provided that Christ should know hunger, and poverty, and every phase of man's experience. He withstood the temptation, through the power that man may command. **He laid hold on the throne of God, and there is not a man or woman who may not have access to the same help through faith in God.** Man may become a partaker of the divine nature; not a soul lives who may not summon the aid of Heaven in temptation and trial. Christ came to reveal the source of His power, that man might never rely on his unaided human capabilities." (*Selected Messages*, bk. 1, p. 408)

"**There is need of fasting, humiliation, and prayer over our decaying zeal and languishing spirituality.**" (*Testimonies for the Church*, vol. 4, p. 535)

Health Matters

By Sheri Stump

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. (3 John 2)

Moses, the first historian, gives quite a definite account of social and individual life in the early days of the world's history, but we find no record that an infant was born blind, deaf, crippled, or an imbecile. Not an instance is recorded of a natural death in infancy, childhood, or early manhood.

Notice the longevity in the following verses.

And all the days that Adam lived were nine hundred and thirty years: and he died. And Seth lived an hundred and five years, and begat Enos: And Seth lived after he begat Enos eight hundred and seven years, and begat sons and daughters: (Genesis 5:5-7)

Obituary notices in the book of Genesis run thusly:

And all the days of Seth were nine hundred and twelve years: and he died. (Genesis 5:8)

Then Abraham gave up the ghost, and died in a good old age, an old man, and full of years; and was gathered to his people. (Genesis 25:8)

When did health begin to decline? There is no mention of Adam having any health problems in the Garden of Eden. In fact, it was so rare for a son to die before his father, that such an occurrence was considered worthy of record:

And Haran died before his father Terah in the land of his nativity, in Ur of the Chaldees. (Genesis 11:28)

The patriarchs from Adam to Noah, with few exceptions, lived nearly a thousand years. After the flood, the average length of life began to decrease rapidly.

We are told:

At the time of Christ's first advent, the race had already so degenerated that not only the old, but the middle-aged and the young, were brought from every city to the Saviour, to be healed of their diseases. Many labored under a weight of misery inexpressible. (Ellen White, *Christian Temperance and Bible Hygiene*, p. 8.1)

What is the overall health of the United States today? According to the National Institutes of Health, the biggest health challenges citizens of the United States face are heart disease and strokes, cancer, opioid addictions, infectious diseases, and diabetes. (<https://www.nih.gov/about-nih/what-we-do/nih-turning-discovery-into-health/our-biggest-health-challenges>; accessed August 15, 2024)

Many people find it hard to believe the United States of America performs poorly on most measures of health compared to other high-income countries. But the truth is, study after study supports the same conclusions. In the United States there is very high spending on health care and yet poor overall health compared to other countries.

Whether you measure health spending on a per capita basis or as a percentage of gross domestic product, the United States spends more than two times the average of comparable countries.

In fact, the United States spends more on health care but has worse health outcomes than comparable countries around the globe. This holds true across age and income groups.

We can understand why there is a decline in health from the following statement found in the book, *Christian Temperance and Bible Hygiene*;

The violation of physical law, with its consequent suffering and premature death, has so long prevailed that these results are regarded as the appointed lot of humanity; *but God did not create the race in such a feeble condition*. This state of things is not the work of Providence, but of man. *It has been brought about by wrong habits,—by violating the laws that God has made to govern man's existence. A continual transgression of nature's laws is a continual transgression of the law of God*. Had men always been obedient to the law of the ten commandments, carrying out in their lives the principles of those precepts, the curse of disease now flooding the world would not exist. (Ibid., p. 8.2; emphasis supplied.)

Please notice the emphasis in this quote. God did not create the race in such a feeble condition. God created man perfect. According to this quote, the problem began as a result of "wrong habits." And notice the fourth sentence: "A continual transgression of nature's laws is a continual transgression of the law of God." Could it be that in our health practices we may be transgressing the law of God? This is very serious. Some say that what we eat is not a salvational issue, but is it? I have found that when I have health, I have more energy to serve the Lord. When I have health, my mind is clear, and I can think and reason and resist evil better. When I have health, I am happier and reflect a joyful countenance.

Is there something we can do to improve our health today? Yes!

Let's consider some of the changes that have occurred in the last one hundred years. The many violations of good health practices are overwhelming our physical, mental, emotional, and spiritual wellness. Our homes have

changed dramatically. In most cases both parents need to work to meet the basic needs of today's family. Our jobs are primarily sedentary and involve high stress and pressure. Neglect of exercise as well as the other basic laws of health are prevalent.

Please notice our responsibility in the following quote:

When men take any course which needlessly expends their vitality or beclouds their intellect, they sin against God; they do not glorify him in their body and spirit, which are his. (Ibid., p. 8.3)

In the book of Romans we see that we have a duty to God. We are to present our bodies to God, a living sacrifice. The word *sacrifice* reminds us of the sacrificial service of the sanctuary. The offering brought before the Lord was to be without spot or blemish. A perfect animal. We are instructed to bring our bodies to God, a living sacrifice. We are to take care of our bodies and keep them holy and acceptable for the service of God.

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. (Romans 12:1)

Here are some basic laws of health we will consider. They include:

- Partaking of good **nutrition**
- Regular **exercise**
- Drinking and bathing in fresh **water**
- A moderate exposure to **sunshine**
- Temperate** use of good products and the elimination of every harmful substance
- Breathing **fresh air**
- Resting** at appropriate times, both mentally and physically
- Trusting in God** and leaving our stressful burdens at his feet, while practicing benevolence and maintaining a grateful spirit

When we practice these basic health laws, we will find our energy improving and our minds clear to contemplate and practice the spiritual standards so necessary during our final days on this earth prior to Jesus' return.

Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? for ye are bought with a price; therefore glorify God in your body and in your spirit, which are God's. (1 Corinthians 6:19)

The knowledge that man is to be a temple for God, a habitation for the revealing of His glory, should be the highest incentive to the care and development of our physical powers. Fearfully and wonderfully has the Creator wrought in the human frame, and He bids us make it our study, understand its needs, and act our part in preserving it from harm and defilement. (Ellen White, *The Ministry of Healing*, p. 271.1)

This series of health articles will include healthful living information designed to motivate and inspire you to practice a healthy lifestyle.

We have an adversary in this world. He wants to destroy the image of God in man. His plan for your life is revealed in John 10:10.

The thief cometh not, but for to steal, and to kill, and to destroy; But I am come that they might have life, and that they might have it more abundantly. (John 10:10)

I want the abundant life offered by Jesus, and I'm sure you do, too.

When we make healthy choices we often face a negative reaction from our family and close friends, just as this excerpt from the following letter states:

Our views differ widely from the world in general. They are not popular. The masses will reject any theory, however reasonable it may be, if it lays a restriction upon the appetite. The taste is consulted instead of reason and health. All who leave the common track of custom, and advocate reform, will be opposed, will be accounted mad, insane, radical, let them pursue ever so consistent a course. (Ellen White, *PH101* 3.2, October 25, 1868)

I pray that you will courageously evaluate your lifestyle and embrace healthy practices so you can enjoy a vibrant life and have abundant energy as you serve God and man.



Youth's Corner—On the Trail of the Colporteur Evangelist—A Story of Miracles and Providences

(On the Trail of the Colporteur Evangelist was compiled by the General Conference Publishing Department of Seventh-day Adventists. We are sharing Chapter 8 this month.)

Dreams Prepare the Way for the Colporteur

God speaketh once, yea twice, yet man perceiveth it not. In a dream, in a vision of the night, when deep sleep falleth upon men, in slumberings upon the bed; then He openeth the ears of men." "Lo, all these things worketh God oftentimes with man, to bring back his soul from the pit, to be enlightened with the light of the living. Job 33:14–16, 29, 30.

Times almost without number the colporteur evangelist is greeted by all classes of people in the following manner: "You are the man I saw in my dream a few nights ago!" or, "I dreamed about this very book that you are showing me," and similar expressions. So universal is this experience, and so uniform the character of the statements and the reception of the printed page of truth, that there is no place for doubt in the assertion that God is sending His angels before His messengers, preparing the hearts and minds of the people of this generation for enlightenment with divine truth, and that "He openeth the ears of men," "when deep sleep falleth upon" them, through a dream.

The following experiences are narrated as evidence of the silent work of divine agencies operating in behalf of the gospel colporteur:

"In the middle of a canvass which I was giving, the man stopped me, saying, 'You are the very man I saw in a dream, who I thought came to my home and talked about a book which he had, and also about the Bible. You look exactly like the man whom I saw in the dream.' An order for 'Daniel and the Revelation' was secured."

"That is the very book I have been dreaming about for fifteen nights, and you are the very man I have seen in my dreams," said a man to the colporteur. The book presented was "Our Day in the Light of Prophecy." [Another experience:] "This week the Lord led me to the home of a German family, and I presented the book, 'Our Day,' in the German language. The wife became very much interested in the subject of the soon coming of Christ, and she asked her husband, who was sitting by the window absorbed in a newspaper, if she might subscribe for the book. The hus-

band replied by saying that they had a Bible, and that was enough. I kept on talking about the value of the book, and the wife asked the second time if they should not order a copy, but the husband gave the same answer. It is not my habit to be unduly insistent, but somehow I felt impressed to go over once more the reasons why she should have the book. She then spoke to her husband the third time. He looked over his glasses at me, and remarked: "You seem to be in earnest! How much is the book?" On being told the price, he said, "Oh, all right; order it if you want to."

"Then the lady smiled, and said, 'I am glad to get that book, because last night I had a strange dream. I thought some one came here with a book, and that the book made me very happy. Can you explain why I should dream of something that has come true like this?'"

"I told her that the Lord often used this means in preparing the way for those who were selling the printed page of truth. Somehow the look she gave me, and the realization of God's presence, brought the tears to my eyes. I tried to hide my emotions, but these two German people quickly recognized that the sale of the book meant more to me than the commercial value, and were very appreciative of the personal interest in their spiritual condition."

"That is a fulfillment of my dream a short time ago. I dreamed that a book was opened before me, and special texts of Scripture pointed out for me to read. I cannot refuse to order such a book as that."

"Oh, that makes me think of my dream," said a lady as she listened to the canvass for "Daniel and the Revelation."

"Tell me your dream," said the colporteur.

"Wait until you get through telling me about the book," she said, "so as not to break into the story."

Frequently, during the canvass, the lady would interrupt by saying, "There, I saw that picture in my dream." At the close of the canvass, she told the colporteur of what she had dreamed, and said, "I believe that the dream was given to me to cause me to have a special interest in that book. Of course I will order one."

"I know you are engaged in a good work," said a man to the colporteur, "because I saw you in my dream last night. You stood right where you do now, and offered me a book which you said would enable me to go to a very bright

and beautiful place, where I saw many other people were going.”

“At the first place at which I called on Monday morning, the door was opened by two young girls, who invited me in and said they would call their mother. When the mother came in, I told her I was engaged in gospel work, not mentioning the sale of books. To my amazement, she said:

“Well, before you explain to me what your line of work is, I want to tell you of a dream I had last night, for you make me think of the man I saw in my dream. I dreamed that a man came to my door carrying three different books in a bag, each book of a different color. After he had showed them to me, I wanted the largest one, with the best binding, but being unable to pay the price, I took the same book in a cheaper binding.”

“The three books which I had with me were ‘The Return of Jesus,’ ‘Best Stories,’ and ‘Steps to Christ.’ The bindings of these books were of different colors, just as she mentioned she saw in her dream; and when this woman saw the books, she was deeply impressed that God had prepared her mind for my coming. She ordered the largest book, for delivery within a few days, and I went on my way rejoicing and praising God for the wonderful way in which He prepares the soil for the gospel seed.”

The colporteur missed his train, and while waiting for the next train, decided to improve the time by going in search of honest souls. He called at a near-by home, and gave a canvass for “Our Day in the Light of Prophecy.” At the conclusion of the canvass, the woman said, “I had a dream last night, and in the dream I saw a man with a great book in his hand, and he told me to search the Scriptures. This is the very book I saw, for I remember seeing the man pointing to two words which stood out plainly—‘OUR DAY.’ Bring me the book as soon as you can.”

A lady colporteur says:

“As soon as the lady came to the door, she invited me in, and as I began to explain the book to her, she said, ‘I am compelled to take this book!’ I inquired why she felt that way, and she said, ‘A few days ago I had a dream, in which I saw a woman (whom you represent in every particular) who came to me and handed me an open Bible. I believe God sent you here, and I must have that book.’”

Two colporteurs called at a house and one of them proceeded to give the canvass. He had not gone far, until the woman stopped him by saying:

“A few nights ago I had a strange dream, which I want to tell you about. It seemed that my husband, two children, and myself were sailing in a boat, and all of a sudden the boat began to sink. While I seemed to be able to reach a

place of safety, there seemed to be no one to rescue my husband and children. A terrible feeling came over me as I thought my loved ones would be lost, and I determined to die with them.

“Just then the scene changed. I saw two men coming to me with a book, the presentation of which caused happiness and peace in my soul. And you are the very men I saw in the dream, and this book, ‘Patriarchs and Prophets,’ is what I saw. I know that you are men of God, sent to me with this good book, which will save me and my family.”

She further explained how she had been praying for the salvation of her husband and children, and felt that her prayers were being answered. The two colporteurs had not been in the habit of working together, but by a mere “chance” as they at first considered it, they decided to work together that particular day. Truly another evidence of providential leading.

“I have had three dreams in the past fortnight,” said a lady to one of our colporteurs, “which brought to view Christ’s coming and the judgment. I saw a trumpet, from which there came a great sound, there was a separation between the good and the evil, and Christ appeared in the heavens. Can you explain it?” she asked. The colporteur knew that here was another heart touched by the Spirit of God.

“I met a man out in the cotton field, and before I had had opportunity to tell him about the work in which I was engaged, he said, ‘I saw you in a dream a few days ago.’ I was interested, and asked him to explain about the dream. Then he told me of the man he had seen in the dream, and of the business of the man, as he recalled it, and it was an exact description of my work, although I had not had opportunity to tell him about it.

“I had a similar experience a few days later, when the woman whom I was canvassing asked, ‘How tall are you?’ When I told her, she said, ‘That’s right — just as I remember it. Now turn around that I may see how you look.’ Then she explained by saying, ‘The other night I had a dream, in which I saw you dressed as you are now, and I was impressed by the fact that you were six feet tall. The man I saw in my dreams came to explain the Sabbath to me. I have been praying to know which day is the Sabbath, and now I know that you have been sent to teach me.’ I found that she already had a copy of ‘Bible Readings for the Home Circle,’ and we had prayer and Bible study together, and I left her rejoicing in the Lord.”

“This morning I came to a home and gave my canvass as usual. The lady told me that she had seen me and another young man, in a dream, and it seemed that I was doing the talking and selling a book which told about the rich man

that came to Jesus. She ordered a copy of ‘The Great Controversy,’ and could hardly wait until the book could be delivered.”

“Wishing to reach a home as quickly as possible, I cut across the field, climbed over the barnyard fence, walked past the well and through the back yard around to the front door. When I knocked, the lady of the house came to the door and invited me in. On starting to show her the book, ‘Daniel and the Revelation,’ she listened for a few minutes, then said:

“You need not show me any more of the book; I will take one. For a long time I have wanted to understand the meaning of those symbols, and last Sunday, while reading my Bible, I prayed that if there was any one in the world who could explain these things, God would send him to me. That night I dreamed that a young man came to my home. I watched him coming, and I saw him walk across the field, by the barn and well, and through the back yard. Last night I had the same dream again. And now I recognize your face as the one I saw in the dream; so I know the Lord sent you in answer to my prayer.”

“I explained to the lady that I had reached her door by that very route, and we both marveled at the leading of God. The book was delivered, and the woman is a Sabbath keeper and has been put in touch with the conference to be fully established in present truth.”

“I canvassed a man and his family for ‘The Great Controversy.’ The man himself could not read, but the Lord had given him a dream in regard to the coming of Christ, and he said that I made him think of the dream. It was not difficult to get his order for the book.”

“I prayed that the Lord would give me a sign whereby I might surely know that I should enter the colporteur work and that the angels were preparing the way before me. I was still undecided about the matter, but the next day I thought I would start out in the work and see if the Lord would in some way indicate to me what my final decision should be.

“A man was fixing a gate down near the road, and as I passed by I thought I would canvass him. I introduced myself, but he did not pay much attention at first, so intent was he on putting the gate together. When I mentioned that I was engaged in Christian work, he turned and looked at me closely. Then he said, ‘Why, you are the man I saw in my dream last night, and you are selling a book telling about the Bible.’ He then invited me to come into the house, and listened eagerly to what I had to say. It was no trouble at all to secure his order. I was astonished to have the man say that he had seen me in his dream, and could not help but recognize the answer to my prayer for a definite sign that the angels would go before and prepare the way for me.”

(To be continued)



Camp Meeting Report

Allen Stump

The 2024 annual 1889 HSDA camp meeting was held August 6–10 at Fall Creek Falls State Park. The theme of the meetings was “Be Ready,” taken from Matthew 24:44, “Therefore be ye also ready: for in such an hour as ye think not the Son of man cometh.”

The time at the camp was a mixture of preaching and studying with fellowship and restoration. While the accommodations were rustic and the weather hot, God provided a rich blessing to all who sought it.

There were two incidents associated with the camp for which we request your prayer. While traveling to the camp on the 6th, Brother Michael Woodward’s car was totaled after being hit from behind by a driver not properly prepared to stop at a traffic signal. While he and his passenger seem to be fine, he needs help seeking another vehicle. The second incident involved Sister Lydia Johnson breaking her hip on Friday evening. Paramedics were called, and she was taken to the nearest hospital with orthopedic care. There she had surgery for the broken hip. Sheri and I stopped after the camp and visited Sister Johnson. She was of good courage and ready to begin rehabilitation. Please keep her healing in prayer.

Another point not directly related to the camp concerns Sister Catherine Mesa, Daniel Mesa’s mother. Sister Mesa is terminally ill with cancer, and as Daniel shared some stories about his mother and her willingness to rest, it was a tear-filled hall. Please pray for her and Daniel and his wife, Julie, as they minister to her in her last days. After camp, Sheri and I had a short visit with Sister Mesa, and her courage and faith was a ministry to us!

One real treat was having Dr. Ingo Sorke with us, and his first two presentations were on fasting. You can find outlines of his presentations on pages 9–13.

We were also blessed to have Dr. Glenn Waite sharing in one of the break-out sessions on health evangelism and on how to set up training to be health coaches.

If you missed camp this year, the meetings were all recorded and will be posted on our YouTube channel just as soon as we can finish post production on them, but nothing is the same as being present in person. We already have a tentative date for next year. It is August 19–24, 2025, at the same location, so plan now, if time lasts, to be there.

We are sharing a few pictures from the camp to help give you a taste of how those who attended were blessed.





Pastor Daniel Mesa preaching



Listening in the cool of the evening from outside



Sister Ulett sharing with her usual enthusiasm



Brother Rob Chisum praying



The bell choir



Baptism Sabbath afternoon



**Pastor Mesa
before the
congregation
on Friday
evening**



Sisters Dimeris, Sheri, and Jennifer



Camp choir



Todd Brown preaching



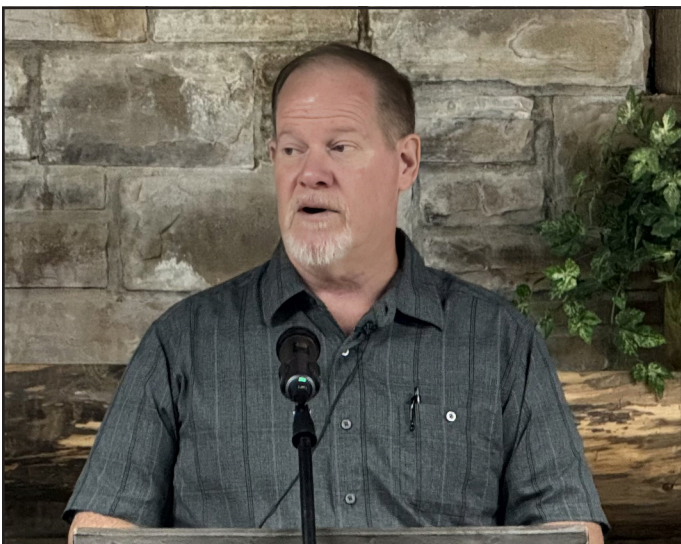
Sister Anna Marie Woodward and her daughter, Raquel, share a mission report from Peru.



Going to view the falls



Sister Rhonda teaching a youth about popcorn-making



Pastor Martin Barlow sharing

Old Paths is a free monthly newsletter/study-paper published by Smyrna Gospel Ministries, 750 Smyrna Road, Welch, WV 24801-9606 USA. The paper is dedicated to the propagation and restoration of the principles of truth that God gave to the early Seventh-day Adventist pioneers. Duplication is not only permitted but strongly encouraged. This issue, with other gospel literature we publish, can be found at our website. The url is: <http://www.smyrna.org>. Phone: 1-304-732-9204.

Editor Allen Stump—editor@smyrna.org
Associate Editor Onycha Holt—onycha@smyrna.org