

# 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

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**Unvarnished truth must be spoken, in leaflets and pamphlets, and these must be scattered like the leaves of autumn. (Ellen White, *Testimonies for the Church*, vol. 9, p. 230.4)**



The Greek word translated *deceive* in Matthew 24 is from *πλανῶ* (*planaō*). It literally means “to cause to wander, to wander” (Robert L. Thomas, *New American Standard Hebrew-Aramaic and Greek Dictionaries: Updated Edition*). From *planaō* we get our word *planet*, for, unlike the fixed stars which held their relative position in the sky, the planets would move, or wander, on what we today call the elliptic. From this concept, we understand that those who are deceived are wandering and not able to stay fixed on the truth. Webster defines deceive as:

1. To mislead the mind; to cause to err; to cause to believe what is false, or disbelieve what is true; to impose on; to delude. Take heed that no man deceive you. Matthew 24:4. (Webster)

Notice that Webster uses Matthew 24:4 as an illustration.

Satan uses two different plans, usually in combination with each other, to deceive the elect. Firstly, he wants us to believe what is false, and secondly he wants us to disbelieve what is true. Satan used both in the Garden of Eden (Genesis 3:1–5). Eve disbelieved God’s true word and believed Satan’s false words, and the results are a catastrophe.

God and Lucifer stand in antithesis to each other in many ways, but perhaps the one fundamental point they mostly differ in is *reality*. God deals in *truth and reality*, while Satan deals in *falsehood and fiction*. The God of heaven is a God of truth:

He is the Rock, his work is perfect: for all his ways are judgment: a God of truth and without iniquity, just and right is he. (Deuteronomy 32:4)

Jesus, the Son of God, the one who is the “the express image of” the Father’s person, is the “the way, the truth, and the life . . .” (Hebrews 1:3; John 14:6).

God wants believers to know the truth because it will sanctify them (John 17:17), but error will cause them to be confused.

Error is never harmless. It never sanctifies, but always brings confusion and dissension. It is always dangerous. (Ellen White, *Testimonies for the Church*, vol. 5, p. 292.2)

In his love and kindness to his people, God, therefore, sends messages of warning to keep them from deadly error!

There are many sources of deception. Let us begin by considering deception from without. At the head of this we find Satan and the world. This we can expect. The Christian should be aware of Satan’s direct deceptions through spiritualism and the things of the world, including “the lust of the flesh, and the lust of the eyes, and the pride of life” (1 John 2:16). But Satan realizes that for

the elect he must be more subtle, and so he uses righteous-looking deceptions to ensnare God’s remnant. Satan will even use the church and things related to the church. Jesus noted:

For many shall come in my name, saying, I am Christ; and shall deceive many. (Matthew 24:5)

And many false prophets shall rise, and shall deceive many. (Matthew 24:11)

Beware of false prophets, who come to you in sheep’s clothing but inwardly are ravenous wolves. (Matthew 7:15)

These warnings against deception from Jesus deal with matters most suited to deceive professed Christians. John also writes:

For many deceivers are entered into the world, who confess not that Jesus Christ is come in the flesh. This is a deceiver and an antichrist. (2 John 7)

This is another warning of deception about which believers should especially be watchful. At a funeral I once attended it was implied that Jesus was miraculously conceived without any genetics from Mary being involved but, rather, that she was only an incubator for the child Jesus. How could Jesus have come in true humanity in such a manner?

It is not the unchurched that preaches the false trinity doctrine. It is not the unchurched that teaches there is no final atonement in heaven. These teachings come from antichrist which masquerades as Christ.

Some of Satan’s most effective deceptions come from within the professed church leadership.

For thus saith the LORD of hosts, the God of Israel; Let not your prophets and your diviners, that be in the midst of you, deceive you, neither hearken to your dreams which ye cause to be dreamed. For they prophesy falsely unto you in my name: I have not sent them, saith the LORD. (Jeremiah 29:8–9)

God says that the deceivers are in your midst but that he has not sent them. Young translates these verses in Jeremiah this way:

For thus said Jehovah of Hosts, God of Israel, Let not your prophets who are in your midst, and your diviners, lift you up, nor hearken ye unto their dreams, that ye are causing them to dream; For with falsehood they are prophesying to you in My name; I have not sent them, an affirmation of Jehovah. (Young’s Literal Translation)

Young’s Translation is strong, stating the proclamation to be “an affirmation of Jehovah.”

Secondly, we must consider temptations and deceptions which arise from within ourselves. Paul warns:

For if a man think himself to be something, when he is nothing, he deceiveth himself. (Galatians 6:3)

One of the greatest deceptions comes from within and especially to the Laodiceans. They think that they are saved and have a relationship with Jesus despite being “wretched, and miserable, and poor, and blind, and naked” (Revelation 3:17).

There are many scriptures which warn of specific ways deception comes. Paul, writing to the Colossians, states:

And this I say, lest any man should beguile you with enticing words. (Colossians 2:4)

Here Paul speaks of *enticing words*. Other translations use *plausible arguments*, *persuasive arguments*, *fine-sounding arguments*, and *well-crafted arguments*. Error will be presented in a plausible, good-sounding way with persuasive arguments and will be accepted by those who are not well-grounded in truth. Astounding to me, I have listened to error being presented in a well-crafted manner and afterward the saints would be praising the great *light* they just heard! Let us not allow what appears to be good arguments to deceive us.

The answer to deception is found in verse 7:

Rooted and built up in him, and established in the faith, as ye have been taught, abounding therein with thanksgiving. (Colossians 2:7)

The believer must be rooted in Christ, having their spiritual nourishment coming directly from him. The believer must be established in the faith, else he/she will accept another gospel and another Christ. (See Galatians 1.)

Paul’s warning against deception in Colossians 2:4 should be enough, but going on to verse 8 we also read:

Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ. (Colossians 2:8)

Paul here mentions two points given through two channels in contrast to being in Christ. He warns against being spoiled or being taken captive. The Greek word for *spoil* comes from the idea of spoil being taken after a war or raid. The spoil is taken captive by the one who conquers. By this we understand the one deceived has his blessings and privileges removed and becomes enslaved by Satan.

We certainly do not want Satan to conquer us and make us his captives, but he definitely will, if he can use *philosophy* and *vain deceit*.

“Vain” is [from the Greek word] *kenos* (κενος), “empty, hollow.” These words were empty, hollow, without the substance of truth or reality. They were “plausi-

ble, but devoid of truth. and employed to palliate heathen vices” (Vincent). (*Wuest’s Word Studies of the New Testament*, vol. 4, p. 122)

So, though the words of the deceivers are enticing and smothered with smooth expressions, they are in reality hollow or empty without substance.

These words come through “the tradition of men, [and] after the rudiments of the world.” Traditions can be either beneficial or harmful. Paul cautions against those that are heretical, originating from human influence, rather than originating from a divine source.

Commenting on the rudiments of the world, *The Seventh-day Adventist Bible Commentary* states:

*Gr. stoicheia*, “elements” (see on Gal. 4:3). In the language of philosophy *stoicheia* assumed the technical meaning of elemental matter. Mythologically, the elements were represented by various spirits, so that *stoicheia* also came to be applied to the spirits themselves. In non-Biblical writings *stoicheia* is also applied to evil spirits, to stars, and to stellar deities. There seems to have been a well-developed *stoicheia* cult in Colossae, which through its propaganda was making inroads into the Christian community there. The exact extent of its infiltration is not known. In sounding his warning, Paul uses the terminology of the cult. (*The Seventh-day Adventist Bible Commentary*, vol. 7, p. 202)

Another verse in Colossians 2 which warns believers against deception is found in verse 18:

Let no man beguile you of your reward in a voluntary humility and worshipping of angels, intruding into those things which he hath not seen, vainly puffed up by his fleshly mind, (Colossians 2:18)

Young translates part of this verse as:

Let no one beguile you of your prize, delighting in humble-mindedness and in worship of the messengers. (Young’s Literal Translation)

Remember that the word we translate *angel* means *messenger*. While the worship of angels may not be widespread today, what about the worship of human messengers?

While direct idolatry of ministers is rare today, people can still idolize them by embracing their unbiblical teachings and ideas, promoting them simply because they come from a particular preacher. This is often done without any biblical basis.

We see from Paul’s comments in Colossians that it is through the use of speech and words that many are deceived. He also notes this is Romans:

Now I beseech you, brethren, mark them which cause divisions and offences contrary to the doctrine which ye

have learned; and avoid them. For they that are such serve not our Lord Jesus Christ, but their own belly; and by good words and fair speeches deceive the hearts of the simple. (Romans 16:17–18)

Those who caused offenses contrary to the teachings Paul had delivered were to be avoided. Paul adds that they use “good words and fair speeches to deceive the hearts of the simple.” Interestingly, the Greek word translated “good” implies *smooth* or *eloquent*. Certainly, genuinely *good* words would not deceive, but ideas disguised as good can. False teachings are often presented with smooth, eloquent language deliberately crafted to mislead.

God does not want us deceived. He wants us believing and living truth. Paul writes in Ephesians:

Let no man deceive you with vain words: for because of these things cometh the wrath of God upon the children of disobedience. (Ephesians 5:6)

Remember the story of how the Gibeonites fooled Joshua and Israel (Joshua 9:3–9)? Joshua believed the deception in part because he failed to seek counsel from God about it. His example is a lesson for us.

Now all these things happened unto them for ensamples: and they are written for our admonition, upon whom the ends of the world are come. (1 Corinthians 10:11)

When you are confronted with possible deception, do you seek counsel from God? Do you ask for his help to discern the right from the wrong?

Continuing in Ephesians 5, we read: “Be not ye therefore partakers with them [the children of disobedience]” (v. 7). “Vain words” will bring “the wrath of God” upon you and make you a child of disobedience! God straightly warns you to not be such.

Concerning end-time warnings of antichrist, we read again from Paul:

Let no man deceive you by any means: for that day shall not come, except there come a falling away first, and that man of sin be revealed, the son of perdition; Who opposeth and exalteth himself above all that is called God, or that is worshipped; so that he as God sitteth in the temple of God, shewing himself that he is God. (2 Thessalonians 2:3–4)

To avoid being deceived, we must be in Christ so that the Holy Spirit can give us discernment, but that discernment will not happen without a broad knowledge base of God’s word. We cannot expect to be able to discern good from evil, right from wrong, and truth from error without the word of God. If you believe that the Spirit of God will give you discernment without a knowledge of the

word, you are very mistaken. This is not the way God works.

If we have a deep knowledge of God’s word, maybe even have it memorized, that of itself, while vital, is not enough. We must also have a heart that is willing to obey the words we read. Jesus said:

If any man will do his will, he shall know of the doctrine, whether it be of God, or whether I speak of myself. (John 7:17)

The will must be placed on the side of God’s will. You are not able, of yourself, to bring your purposes and desires and inclinations into submission to the will of God; but if you are “willing to be made willing,” God will accomplish the work for you, even “casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.” 2 Corinthians 10:5. Then you will “work out your own salvation with fear and trembling. For it is God which worketh in you both to will and to do of His good pleasure.” Philippians 2:12, 13. (Ellen White, *Thoughts from the Mount of Blessing*, p. 142.1)

I began this study by relating a common error proclaimed at funerals. It is the same first lie given to Eve. It involves more, however, than just a misunderstanding about the state of death. It also involves a belief that you are God. We see this especially in what is called “The Word of Faith” movement. This charismatic movement is best known for its teaching on financial prosperity through prayer and that those who believe in Jesus’ death and resurrection have the right to physical health, But there is much more, and it is very dangerous. This teaching echoes Satan’s words, “You shall be like God,” to its prey.

Many *Word of Faith* teachers use phrases such as “little gods” to describe believers. E. W. Kenyon is credited by some as being the author of *The Word of Faith* movement. In his book, *The Father and His Family*, he boldly states:

Man is an Eternal Being. He belongs to the same class as God. (E. W. Kenyon, *The Father and His Family*, p. 89, 1916 edition)

He could not have been a son of God and of His nature unless he were like God, and being like God he would be eternal and in God’s class. (Ibid., p. 231)

Kenneth Hagin was a well-known *Word of Faith* preacher. He wrote:

He [God] made us in His image. He made us in His



**E. W. Kenyon**

likeness. He made us the same class of being that He is Himself. (Kenneth Hagin, *ZOE: The God-Kind of Life*, p. 36)

Kenneth Copland has stated that humans are “little Gods” and even “Gods” (<https://www.youtube.com/watch?v=f862rCv1JwA>). He also wrote:

God and man were so exactly alike that when the angels saw God and Adam together for the first time, they must have thought they were seeing double. (Kenneth Copland, *The Blessing of the LORD*, p. 34).

Copland claimed that he learned this through a “dramatic and detailed” vision that God had given him. (Ibid., p. 33)

The deceptive concept of the immortal soul and human-divinity go hand in hand. A. T. Jones noted:

You will be like the divine, and not subject to death. That was the original proposition in the original deception that brought us under sin; that was the original deception into which the race went by that “one man,” by whom came sin and death; and it is not strange that this deception of men’s thinking that they have life in themselves should be as widely disseminated as is sin. The two things came in together; and they belong together forever. (A. T. Jones, *The Review and Herald*, October 9, 1900)

But self-existence is not true of any creature: self-existence is true only of God. All persons and things are from him, and by him; and in him all things “live, and move, and have their being:” each in itself nothing, but in him something, according as his mind, his will, his purpose, is manifest therein. Thus the self-deception of a man in his thinking himself to be something, when, in absolute truth, he is nothing, is the worst and most destructive of all deceptions, because it is the deception of asserting of himself self-existence,—divinity; “showing himself that he is God,”—the only end of which is to become, indeed, absolutely nothing, in the awful consummation that is declared. “For yet a little while, and the wicked shall not be: yea, thou shalt diligently consider his place, and it shall not be.” Ps. 37:10. (Ibid., October 30, 1900)

The Bible declares that man is man, and though made in the image of God, we are not God nor divine. The partaking of the divine nature which Peter speaks about (2 Peter 1:4) is to have the character of God. Remember it was Satan who wanted the power of God but not his character. This same philosophy is the controlling principle in *The Word of Faith* movement. According to this movement, you can have power through your words! Just like when God creates by his word, you create health, wealth, and well-being by your words.

Man’s problem is not that he thinks too lowly of himself, as Copland would say, but, instead, that he thinks too highly of himself.

For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith. (Romans 12:3)

Let no man deceive himself. If any man among you seemeth to be wise in this world, let him become a fool, that he may be wise. (1 Corinthians 3:18)

Put them in fear, O LORD: that the nations may know themselves to be but men. Selah. (Psalm 9:20)

Jesus had taught his disciples:

Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak. (Matthew 26:41)

And what I say unto you I say unto all, Watch. (Mark 13:37)

And Jesus answered and said unto them, Take heed that no man deceive you. (Matthew 24:4)

A story is told about a group of men waiting to be interviewed for a job as a wireless operator. A group of applicants paid little attention to the sound of the dots and dashes which began coming over a loud speaker. Suddenly one of them rushed into the employer’s office. Soon he returned smiling. “I got it!” he exclaimed. “How did you get ahead of us?” they asked. “You might have been considered if you hadn’t been so busy talking that you didn’t hear the manager’s coded message,” he replied. “It said, ‘The man I need must always be on the alert. The first one who interprets this and comes directly into my private office will be hired.’” The lesson is clear. Too many of professed Christians are not really tuned in and listening to the Master, and so they do not hear his directives.

While we are to listen to the leading of God, we must also guard the avenues of the soul to keep out the evil with which Satan would try to fill our minds.

Our only safety is to be shielded by the grace of God every moment, and not put out our own spiritual eyesight so that we will call evil, good, and good, evil. Without hesitation or argument, we must close and guard the avenues of the soul against evil. (Ellen White, *Testimonies for the Church*, vol. 3, p. 324.2)

Without hesitation or argument, we must close and guard the avenues of the soul against evil.

It will cost us an effort to secure eternal life. It is only by long and persevering effort, sore discipline, and stern conflict that we shall be overcomers. But if we patiently and determinedly, in the name of the Conqueror who

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## And Jesus answered and said unto them, Take heed that no man deceive you. (Matthew 24:4)

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overcame in our behalf in the wilderness of temptation, overcome as He overcame, we shall have the eternal reward. Our efforts, our self-denial, our perseverance, must be proportionate to the infinite value of the object of which we are in pursuit. (Ibid., p. 324.4)

The world starts its program early. Children learn early to sin and to follow evil ways. By television, internet, and satanic music, among other devices, Satan is tightly binding deadly cords around the youth today so that many a youth are so wicked that surely they have, in what should have been their innocent youth, committed the unpardonable sin and are of the same nature of the Amalekite children which God said must be destroyed (1 Samuel 15).

I heard a story of a little boy who was lost during the Christmas-shopping rush. He was standing in an aisle of the busy department store, crying "I want my mommy." People kept passing by, giving the unhappy youngster nickels and dimes. Finally a floorwalker came over to him and said, "I know where your mommy is, son." The little boy looked up and said, "So do I. Just keep quiet!"

May godly parents not slack from their duty to train their children "in the nurture and admonition of the Lord" (Ephesians 6:4).

How we need to obey the injunction of Peter:

But sanctify the Lord God in your hearts: and be ready always to give an answer to every man that asketh you a reason of the hope that is in you with meekness and fear: (1 Peter 3:15)

The author of deception will soon be done and will never tempt the righteous again. Revelation 20 tell us his end is sure, but we do not have to share his fate. If you have erred, if you have been deceived, there is hope and help in Jesus Christ.

If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. (1 John 1:9)

Maybe you have heard of the late Pastor Bob Habenicht. As a young Adventist minister in 1957, he was tuned into what the conference taught him to believe. Knowing that the Seventh-day Adventist Church was the remnant of God, how could he do otherwise? So when the book *Seventh-day Adventists Answer Questions on Doctrine* was published and he was told by his superiors what a great book it was and how it was going to help Adventists

remove the label *cult* from the church, Pastor Bob was excited. He filled his little Volkswagon Beetle full of books to be sure all of his church members could get a copy. Sadly, he learned later *Questions on Doctrine* was not the book he was led to believe it was. He learned that it taught a false view of the atonement and the incarnation. He learned that it compromised our views on many things, and years later he learned that it was also very wrong about God and his Son.

Pastor Bob was heartbroken. It would be impossible to go back to each member and confess his error, but he did what he could, including writing a small book entitled, *Pastor Bob's Confession*, in which he confessed his error and then presented the truth about God. Pastor Bob admitted he had been deceived, but because he quit trusting in man and began trusting in the word of God alone, he changed his way and, in doing so, helped others to see the truth.

Beloved, our time before Jesus returns is short. We must not be deceived at this late time. There are so many winds of doctrine, even within the one-true-God movement today. We hear about the lunar Sabbath, sacred names, the necessity to keep the feasts, that God does not destroy, that there is no final atonement, and many other such teachings that have no foundation in the Bible and cannot be seen among us during the first fifty years of our movement. We were told long ago:

In the future, deception of every kind is to arise, and we want solid ground for our feet. We want solid pillars for the building. Not one pin is to be removed from that which the Lord has established. The enemy will bring in false theories, such as the doctrine that there is no sanctuary. This is one of the points on which there will be a departing from the faith. Where shall we find safety unless it be in the truths that the Lord has been giving for the last fifty years? (Ellen White, *The Review and Herald*, May 25, 1905, par. 28)

The truths of the first fifty years did not include any of the earlier-mentioned deceptions. Let us cling to our Bibles and as it says in 2 Chronicles 20:20, "Believe in the LORD your God, so shall ye be established; believe his prophets, so shall ye prosper."

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)



# Health Matters

By Sheri Stump

**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**

I joined a food co-op in my mid-twenties and started learning about healthy eating. In November of 1992, at only thirty-six years of age, I had been working in a beauty-salon environment for almost twenty years. This included the two years of my cosmetology training. One evening after a very long day of work in my beauty salon, I became very sick and was hospitalized. After being bedridden for four months with a low-grade fever and all-over body aching, the doctors concluded that the chemicals I used in the salon had injured my lungs.

I was a guest at Uchee Pines Lifestyle Center in Alabama four months later in 1993. The session lasted twenty-one days. When I arrived I could only walk about twenty feet, and that was slow and laborious. My lungs were heavy, and breathing was painful. I had very little strength and energy. After only one week of their natural treatments and daily prayer, I was able to walk pain-free for one mile!

Uchee Pines is a Bible-based health center. While at the Lifestyle Center, I was assigned a Lifestyle counselor. She was responsible to supervise my natural treatments and to make sure I was responding well. The doctors saw me daily, where they evaluated my progress and prayed with me. We had group Bible studies and also read through the book *Steps To Christ* by Ellen White. Although the leaders and doctors were Seventh-day Adventists, this belief was not pushed. The Bible was the source book for the spiritual instruction offered at the center. The love of God was evident in each doctor and leader at Uchee Pines. I responded to the godly love and natural treatments so well that at the end of the twenty-one days I felt like a new person physically and spiritually. I was sent home with a program of natural principles to continue the healing that had begun at the center.

I have since been a guest at over five different health recovery centers. I was not seriously ill. I enjoyed learning about health and wanted to see how they helped others. This turned out to be very important when I was asked to be the director of Living Springs Lifestyle Center which was in the construction stage. I supervised the completion of the building and worked with the doctors at Uchee Pines Lifestyle Center to set up the natural treatments that would be used.

Several years ago I was certified as a Health Educator in the state of California. I took this health course in person at Living Light Culinary Institute in Fort Bragg, California.

In this and in future “Health Matters” articles, I will share information about general health principles—spiritual, physical and emotional. I have studied health and practiced natural health principles for over forty years.

Today we have increasing health challenges. Many have serious health issues, and many of these health issues can be successfully treated or improved with simple lifestyle changes.

Consider this quote by Ellen White:

Through appetite, Satan controls the mind and the whole being. Thousands who might have lived, have passed into the grave, physical, mental, and moral wrecks, because they sacrificed all their powers to the indulgence of appetite. (Ellen White, *Christian Temperance and Bible Hygiene*, p. 37.1)

And here is another quote by the same author:

Diet exerts a powerful influence upon the health. Some have never made a determined effort to control the appetite, or to observe proper rules in regard to diet. They eat too much, even at their meals, and some eat between meals whenever the temptation is presented. If those who profess to be Christians desire to solve the questions so perplexing to them, why their minds are so dull, why their religious aspirations are so feeble, they need not, in many instances, go farther than the table; here is cause enough, if there were no other. (Ellen White, *Christian Education*, p. 184.1)

So, let's take a closer look at what we eat and when we eat. Both of these aspects of food consumption are very important.

## What we eat

In the first book of the Bible and the first chapter, we read about God's creation of the earth and everything on earth. It makes perfect sense that the creator of the human body would know best what food is best for his creation. In Genesis 1:29, God tells us what humans should eat:

And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. (Genesis 1:29)

What are herbs? Herbs are green plants and vegetation, such as grasses and seed-bearing vegetation. Here is a list of ten herbs: wheat, paddy rice, cabbage, tomato, mustard, radish, sunflower, spinach, carrot, ginger, and turnip. The banana is an herb distinctly related to ginger.

God designed the human body to thrive on the fruit of every tree yielding seed. This would include fruits, such as apples, oranges, lemons, avocados, peaches, and much more. Nuts are included here. So, we could summarize God's eating plan for man as herbs, fruits, grains, and nuts.



God said that these are the foods best fitted for the newly created human being. God said “to you it shall be for meat.” The word *meat* used here simply means food.

The Bible has some very clear health standards. In the Old Testament we read about the standards of food consumption given by God to the children of Israel. These are found in the story of the children of Israel when they were delivered from Egyptian bondage. During their bondage in Egypt they ate a diet high in meat and fat. They ate both meats that were called unclean and meats classified as clean. God instructed them to avoid the unclean foods.

And the Lord spake unto Moses and to Aaron, saying unto them, Speak unto the children of Israel, saying, These are the beasts which ye shall eat among all the beasts that are on the earth. Whatsoever parteth the hoof, and is clovenfooted, and cheweth the cud, among the beasts, that shall ye eat. (Leviticus 11:1-3)

Here is a simple, non-comprehensive list of clean meats for your consideration: antelope, bison (buffalo), caribou, cattle (beef, veal), chicken, deer (venison), elk, gazelle, goat, moose, ox, reindeer, and sheep (lamb, mutton).

The Bible also gives a general way to understand foods which are not clean or not good to eat, as well as mentioning some specifically. We read about those in Leviticus 11:

Nevertheless these shall ye not eat of them that chew the cud, or of them that divide the hoof: as the camel, because he cheweth the cud, but divideth not the hoof; he is unclean unto you. And the coney, (daman or rock badger) because he cheweth the cud, but divideth not the hoof; he is unclean unto you. And the hare, (rabbit) because he cheweth the cud, but divideth not the hoof; he is unclean unto you. And the swine, (this includes; pig, hog, pork, sausage, pepperoni, bacon, lard) though he divide the hoof, and be clovenfooted, yet he cheweth not the cud; he is unclean to you. Of their flesh shall ye not eat, and their carcass shall ye not touch; they are unclean to you. (Leviticus 11:4-8)

Concerning water creatures, we read the simple principle:

These shall ye eat of all that are in the waters: whatsoever hath fins and scales in the waters, in the seas, and in the rivers, them shall ye eat. (Leviticus 11:9)

Here is a non-comprehensive list of common clean fish: bass, bluegill, carp, cod, halibut, herring, king mackerel, kingfish, perch, and salmon.

Prohibited fish without fins or scales would include catfish, swordfish, eel, and all seafood, such as clam, crab, crayfish, lobster, mussel, shrimp, scallops, and oysters, to name some of the more common ones.

According to Leviticus 11:10-32 and 41-47, most creeping creatures, such as bugs, spiders, and the like are unclean, as are bats, owls, eagles, and vultures.

Many people enjoy eating swine flesh. Here is a statement from Ellen White that is helpful. It is not because God is arbitrary and likes to make rules simply to be restrictive. There are good reasons for God's instruction on clean and unclean foods.

A diet lacking in the proper elements of nutrition brings reproach upon the cause of health reform. We are mortal and must supply ourselves with food that will give proper nourishment to the body. God did not prohibit the Hebrews from eating swine's flesh merely to show his authority, but because it is not a proper article of food for man. God never created the swine to be eaten under any circumstances. It is impossible for the flesh of any living creature to be healthful when filth is its natural element, and when it feeds upon every detestable thing. (Ellen White, *Christian Temperance and Bible Hygiene*, p. 48.1)

Continuing our study of foods that are clean and unclean, we need to look at a story in the book of Acts. Here we find the account of Peter when God gave him a vision to prepare him to receive a centurion named Cornelius. Cornelius was one of a group of people the Jews called unclean. He was a Gentile. Gentiles were not of Jewish blood and, therefore, considered unclean by Jews. Many take this account in Peter's life to be permission to eat anything they want. Clean or unclean. But is this really the message God is giving us in this story?

At Caesarea there was a man named Cornelius, a centurion of what was known as the Italian Cohort, a devout man who feared God with all his household, gave alms generously to the people, and prayed continually to God. About the ninth hour of the day he saw clearly in a vision an angel of God come in and say to him, “Cornelius.” And he stared at him in terror and said, “What is it, Lord?” And he said to him, “Your prayers and your alms have ascended as a memorial before God. And now send men to Joppa and bring one Simon who is called Peter. He is lodging with one Simon, a tanner, whose house is by the sea.” When the angel who spoke to him had departed, he called two of his servants and a devout soldier from among those who attended him, and having related everything to them, he sent them to Joppa. The next day, as they were on their journey and approaching the city, Peter went up on the housetop about the sixth hour to pray. And he became hungry and wanted something to eat, but while they were preparing it, he fell into a trance and saw the heavens opened and something like a great sheet descending, being let down by its four corners upon the earth. In it were all kinds of animals and reptiles and birds of the air. And there came a voice to him: “Rise, Peter; kill and eat.” But Peter said, “By no means, Lord; for I have never eaten anything that is common or unclean.” And the voice came to him again a second time, “What God has

made clean, do not call common.” This happened three times, and the thing was taken up at once to heaven. (Acts 10:1–16)

Did you notice that Peter did not eat the unclean food? The unclean food was not left with him. Also, Peter denied the invitation to eat that unclean food. God gave a clear message to Peter; “What God has cleansed, that call not thou common or unclean”.

Now while Peter doubted in himself what this vision which he had seen should mean, behold, the men which were sent from Cornelius had made inquiry for Simon’s house, and stood before the gate, And called, and asked whether Simon, which was surnamed Peter, were lodged there. While Peter thought on the vision, the Spirit said unto him, Behold, three men seek thee. Arise therefore, and get thee down, and go with them, doubting nothing: for I have sent them. (Acts 10:17–20)

The men Cornelius had sent arrived at the exact time when Peter’s vision of the unclean food ended and right after God speaks to him saying, “What God has cleansed, that call not thou common or unclean.” Peter is presented with Gentiles at his door, right at the exact time when Peter is pondering what the vision meant. It is obvious that Peter immediately understood the meaning of the vision. These are men who are considered by the Jews to be unclean. Peter, as a Jew, is not to touch these people and certainly not at liberty to enter their homes. But these men are asking Peter to do something forbidden by the Jews. They invite Peter to come with them to the home of Cornelius.

Then Peter went down to the men which were sent unto him from Cornelius; and said, Behold, I am he whom ye seek: what is the cause wherefore ye are come? And they said, Cornelius the centurion, a just man, and one that feareth God, and of good report among all the nation of the Jews, was warned from God by an holy angel to send for thee into his house, and to hear words of thee. Then called he them in, and lodged them. And on the morrow Peter went away with them, and certain brethren from Joppa accompanied him. And the morrow after they entered into Caesarea. And Cornelius waited for them, and had called together his kinsmen and near friends. And as Peter was coming in, Cornelius met him, and fell down at his feet, and worshipped him. But Peter took him up, saying, Stand up; I myself also am a man. And as he talked with him, he went in, and found many that were come together. And he said unto them, Ye know how that it is an unlawful thing for a man that is a Jew to keep company, or come unto one of another nation; but God hath shewed me that I should not call any man common or unclean. (Acts 10:21–28)

There is no mystery here. Peter himself defines the meaning of his vision in verse 28. “God has shown me that I should not call any man common or unclean.” Peter did

not say God has now shown me that we can now set aside the Old Testament teaching of clean and unclean food. Peter did not say that they can now eat swine’s flesh or fish without fins and scales or meat from animals that do not both chew the cud and have a split hoof.

God got Peter’s attention by shocking him with the vision of unclean meats and then revealed to Peter that God was referring to Gentiles. Peter states the meaning of the vision very clearly. We must allow the Bible to explain itself. The understanding Peter gives of this vision is in perfect harmony with what God stated in the first book of the Bible was the best food for human consumption.

We are living in the last days. These are the final days of this earth, days just prior to the Lord’s return. Since we do not possess the health of Adam in the Garden, we need to pay special attention to this counsel. We have suffered many generations of health decline.

In the beginning God gave man the perfect diet but because of sin man had to leave the garden. Outside the garden, man had to toil and fight weeds and insects to grow food. After the flood when all vegetation was destroyed, God allowed man to eat clean meats, but God’s perfect diet for man was still the same. We now live in the antitypical Day of Atonement.

Here is a quote from an *Old Paths* article entitled; “When Flesh Eating Becomes Sin” written by Pastor David Sims about the antitypical Day of Atonement. I highly recommend reading the entire article.

It [the antitypical Day of Atonement] was to be a day set apart to do the work of self examination that is outlined in the following Scripture:

Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates? (2 Corinthians 13:5) . . .

The apostle Peter spoke of the antitypical Day of Atonement as the time for the blotting out of sins (Acts 3:19). In Jesus’ letter to the church representing those living shortly before the antitypical Day of Atonement, he promises to the overcomer that his name will not be blotted out (Revelation 3:5). The Hebrews rightfully regarded the Day of Atonement as signifying the day of judgment.

The antitype of this day, then, would be the real time of judgment, when, as the record books are examined, either our sins or our names will be blotted out. The sins blotted out are only those that have been confessed, repented of and put away. How important, then, that we have clear minds to discern sin in our lives, and participate in the work mentioned previously of afflicting the soul, of examining ourselves. (David Sims, “When Eating Flesh Becomes Sin,” *Old Paths*, February 2019; ac-

cessed at [https://archive.smyrna.org/op/2019/february/op19\\_02.html#FLESH](https://archive.smyrna.org/op/2019/february/op19_02.html#FLESH) or with this QR code)



Concerning the meaning of this day-of-atonement fast for us today, Seventh-day Adventist pioneer Stephen Haskell observed:

The antitypical day of atonement covers a period of years. In the type there was a fast of twenty-four hours required. During this one day there was to be complete control of the appetite; and it was a type of the self-control to be exercised during the antitypical period of years. God designs that His people shall be masters of their appetites, and keep under the body. Satan would give loose rein to the appetite, and let it control the person. (S. N. Haskell, *Christ In His Sanctuary*, p. 223; 1914)

In closing, please consider this quote from Ellen White about what we should eat in the last days. This quote makes it clear what kind of food God would have us eat so that we will be overcomers and prepared to stand firm in these last days:

Again and again I have been shown that God is trying to lead us back, step by step, to his original design,—that man should subsist upon the natural products of the earth. Among those who are waiting for the coming of the Lord, meat-eating will eventually be done away; flesh will cease to form a part of their diet. We should ever keep this end in view, and endeavor to work steadily toward it. I cannot think that in the practice of flesh-eating we are in harmony with the light which God has been pleased to give us. All who are connected with our health institutions especially should be educating themselves to subsist on fruits, grains, and vegetables. If we move from principle in these things, if we as Christian reformers educate our own taste, and bring our diet to God's plan, then we may exert an influence upon others in this matter, which will be pleasing to God. (Ellen White, *Christian Temperance and Bible Hygiene*, p. 119.1)

Next month we will continue with what the Bible says about when we eat food.

For now, I leave you with this verse:

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



“Be Ready” continued from page 19

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

James says that “the engrafted word . . . is able to save your souls” (James 1:21). You must have God’s word in you, engrafted into your being, and not simply try to exist as a surface reader. We must not only know the Bible, but we must believe the Bible is the word of God.

While studying in the Holy Land, a seminary professor met a man who claimed to have memorized the entire Old Testament—in Hebrew! Naturally, the astonished professor asked for a demonstration. A few days later, they sat together in the man’s home. “Where should we begin?” the man asked. “Psalm 1,” said the professor, an avid student of the Psalms. The man began reciting Psalm 1:1 from memory, while the professor followed along in his Hebrew Bible. For two hours, the man recited every word flawlessly, leaving the professor in silent amazement, but the most surprising revelation came afterward—the man was an atheist. Despite knowing the Scriptures better than most Christians ever would, he didn’t believe in God at all.

As we study the Bible, the use of proper methodology, or hermeneutics, is vital. One classic text is found in Isaiah:

For it is precept upon precept, precept upon precept, line upon line, line upon line, here a little, there a little. (Isaiah 28:10)

One must take all the Bible has to say on a subject and put it together to get the best picture of what the Bible is saying on that subject.

Another point is to read all the Bible and be familiar with it as a whole, down to each book, chapter, and verse. Jesus spoke of “the law of Moses, and . . . the prophets, and . . . the psalms” (Luke 24:44) which were the three main divisions of the Old Testament in that time.

Martin Luther, the great reformer, illustrated his desire to understand all of the Bible:

I study my Bible like I gather apples. First, I shake the whole tree that the ripest may fall. Then I shake each limb, and when I have shaken each limb, I shake each branch and every twig. Then I look under every leaf. I search the Bible as a whole like shaking the whole tree. Then I shake every limb—study book after book. Then I shake every branch, giving attention to the chapters. Then I shake every twig, or a careful study of the paragraphs and sentences and words and their meanings. (Martin Luther; accessed at <https://bible.org/illustration/gathering-apples>)

## Prayer

Prayer for the soul has been compared to breathing physically for the Christian. Keeping open communion between the soul and God is as vital to our soul as breathing is physically. Just as we cannot live long, even more than a few minutes, without breathing, so we need to be in constant prayer. We are told to “pray without ceasing” (1 Thessalonians 5:17). Paul also wrote to the Romans:

Rejoicing in hope; patient in tribulation; continuing instant in prayer; (Romans 12:12)

Prayer is simply communion with God. Usually we think of God communicating to us through the Bible, and we communicate with him through prayer. That is true but is not the whole story. When we are in prayer, God can speak to our hearts and impress upon us scriptures which reveal his will to us. For him to do this, we have to be still and listen.

Prayer is the opening of the heart to God as to a friend. Not that it is necessary in order to make known to God what we are, but in order to enable us to receive Him. Prayer does not bring God down to us, but brings us up to Him. (Ellen White, *Steps to Christ*, p. 93.2)

Prayer goes hand in hand with study. George Müller noted how prayer or a lack of it will affect our future prayer life:

In order to enjoy the Word, we ought to continue to read it, and the way to obtain a spirit of prayer, is, to continue praying; for the less we read the Word of God, the less we desire to read it, and the less we pray, the less we desire to pray. (<https://www.georgemuller.org/quatable-quotes.html>)

Prayer helps bring us closer to God and further away from sin. J. C. Ryle who was an English evangelical Anglican bishop stated “Praying and sinning will never live together in the same heart. Prayer will consume sin, or sin will choke prayer” (<https://www.goodreads.com/quotes/119725-praying-and-sinning-will-never-live-together-in-the-same>).

Jesus gave a model prayer to his disciples as recorded by Luke:

And he said unto them, When ye pray, say, Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done, as in heaven, so in earth. Give us day by day our daily bread. And forgive us our sins; for we also forgive every one that is indebted to us. And lead us not into temptation; but deliver us from evil. (Luke 11:2-4)

Did Christ mean we are to repeat this prayer verbatim? Ellen White comments on this:

Christ did not give this prayer for men to repeat as a form. He gave it as an illustration of what our prayers should be—simple, earnest, and comprehensive. Neglect prayer, and you cannot come to the light. This is the only way by which we can approach God, and every other way is not the way of the Lord. God’s way and will must be done. True prayer, offered in faith, is a power to the petitioner. By prayer, whether offered in the public assembly, or at the family altar, or in the desert, man places himself directly in the presence of God. (Ellen White, *Letters and Manuscripts*, vol. 14, Ms 23, 1899, par. 2)

Charles Spurgeon was a 19<sup>th</sup> century English preacher and pastor of the New Park Street Chapel in London, England, later named the Metropolitan Tabernacle. The church held five thousand people and was what we might today call the first megachurch.

With no sound system, it was said that his voice could be heard by all the congregation. A group of young ministers called on him one day to see the large sanctuary. After showing them his massive sanctuary, Spurgeon offered to show them his “boiler room.” The guests declined, but the pastor insisted.

Spurgeon led them to the basement. There they found about one hundred people in prayer. “This,” Spurgeon said with a smile, “is my boiler room.” Whenever Spurgeon was asked the secret of his ministry, he always replied, “My people pray for me.”

Wouldn’t it be wonderful if every church had a “boiler room” or at least people praying for its minister and mission?

Today we are living in the antitypical day of atonement. There is no doubt we are certainly in the last days, and the admonition of Peter is needful today:

But the end of all things is at hand: be ye therefore sober, and watch unto prayer. (1 Peter 4:7)

People often stumble in private long before their failures become visible to the world. They drift away from their commitment to God in secret, long before their backsliding is seen by others. Like Peter, they first ignore the Lord’s call to to be watchful in prayer, and then, when faced with temptation, they find themselves without the strength to resist and ultimately deny him. The world sees their fall and mocks them, but it remains unaware of the deeper, unseen cause behind it.

Another element of good prayer is thanksgiving. Our prayers should be mingled with thanksgiving:

Continue in prayer, and watch in the same with thanksgiving; (Colossians 4:2)

Finally, an important condition to have our prayers answered is to be obedient to the law of God. Solomon declared:

He that turneth away his ear from hearing the law, even his prayer shall be abomination. (Proverbs 28:9)

## Witnessing

Witnessing for the soul has been compared to physical exercise for the Christian. When limbs are not exercised, the muscles atrophy and the joints become stiff and, if left unused, can become so rigid that they cannot be moved.

As Christians we are to share the good news with others. Jesus commanded his disciples:

And he said unto them, Go ye into all the world, and preach the gospel to every creature. (Mark 16:15)

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven. (Matthew 5:16)

Paul speaks of the necessity of sharing the gospel:

How then shall they call on him in whom they have not believed? and how shall they believe in him of whom they have not heard? and how shall they hear without a preacher? And how shall they preach, except they be sent? as it is written, How beautiful are the feet of them that preach the gospel of peace, and bring glad tidings of good things! (Romans 10:14–15)

Whom we preach [Christ in you], warning every man, and teaching every man in all wisdom; that we may present every man perfect in Christ Jesus: (Colossians 1:28)

For Christ did not send me to baptize but to preach the gospel, and not with words of eloquent wisdom, lest the cross of Christ be emptied of its power. (1 Corinthians 1:17)

If at first you feel timid about sharing the gospel, remember the great promise:

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. (2 Timothy 1:7)

The Greek word for *fear* in this text is not φοβέω (*phobeō*) but, rather, δειλία (*deilia*) which means *cowardice* or *timidity*. God is not the one who makes us timid when trying to witness. God has given no such thing; instead, he has given us “power (Gr. *dunamis*), and of love (Gr. *agapē*), and of a sound mind [discipline or self control].”

As you continue to share the gospel, you will find it easier to continue to share and encourage others to follow the Lord. It is not necessary to go to a mission field to witness. After one of Dwight L. Moody’s meetings, a locomotive engineer came forward and said he had

decided to become a missionary to a foreign country. Moody asked him if his fireman were a Christian. “I don’t know,” was the reply, “I’ve never asked him.” “Well,” said Moody, “why don’t you start with your fireman?”

You can start witnessing within your family and neighbors to win souls for the Master.

Further, the Lord has been a high reward up for those who obey his command to take the gospel to the world.

Whosoever therefore shall confess me before men, him will I confess also before my Father which is in heaven. But whosoever shall deny me before men, him will I also deny before my Father which is in heaven. (Matthew 10:32–33)

True Seventh-day Adventism is the giving of the three angels’ messages through a vibrant witnessing church. The first angel’s message declares that it will be preached!

And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people, Saying with a loud voice, Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters. (Revelation 14:6–7)

God says that we are his “witnesses, saith the LORD, and my servant whom I have chosen: . . .” (Isaiah 43:10).

We are certainly to proclaim the good news by our voices and pens as well as our daily lives. Paul writes that:

You yourselves are our letter of recommendation, written on our hearts, to be known and read by all. And you show that you are a letter from Christ delivered by us, written not with ink but with the Spirit of the living God, not on tablets of stone but on tablets of human hearts. (2 Corinthians 3:2–3 ESV)

Happy indeed is that church whose members not only desire to reach heaven themselves, but desire also to take others with them. (J. C. Ryle: <https://sermonquotes.com/honest/16182-happy-indeed-is-that-church-whose-members-not-only-desire-to-reach-heaven-themselves-but-desire-also-to-take-others-with-them-j-c-ryle.html>)

## Summation

As we strive to be ready for the times of trouble ahead and make physical preparations, within reason, let us not forget that all will be to no avail and eternity will be lost if we do not spiritually prepare by abiding in Christ through diligent biblical study, fervent prayer, and active witnessing for our faith.



# *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 share Chapter 10 and part of Chapter 11)

## **“After Many Days”**

“Cast thy bread upon the waters: for thou shalt find it after many days.” Eccl. 11:1.

(A Remarkable Experience Told in Four Chapters)

### **CHAPTER I**

A humble pioneer colporteur, at work in Hamburg, Germany, stepped into the workshop of a tailor, and in the usual manner gave his canvass for one of the large subscription books. The tailor became interested, and wished to purchase the book; but work was very slack, and he feared to invest the necessary amount of money. The colporteur then suggested that, as he was needing a suit of clothes, he might place an order with the understanding that the price of the book would be deducted from the bill. To this the tailor gladly consented. The colporteur still further suggested that he would be glad to help turn some business his way, and thought it probable that he might do so, as he came in contact with the seamen coming into that port from all over the world.

It was not many weeks before the colporteur brought to the tailor a captain and a sailor, both of whom ordered suits, and later other customers came. Such courtesy was, of course, greatly appreciated, and considered quite unusual. But the colporteur improved his opportunity to interest the tailor in other books, and the result was the placing of five subscription books in his home.

### **CHAPTER II**

On account of the rapidly growing business of the tailor, he found it desirable to seek more convenient quarters. Naturally a very close friendship had developed between the tailor and the colporteur, and they decided to rent a house conjointly and accordingly selected a suitable place for the tailor and his family and the colporteur and his wife and one little son. Both the colporteur and his wife were eager to engage in selling books, and “as one good turn deserves another,” the tailor would frequently care for the little son of the couple while they were at work. While the tailor plied away industriously with his needle, the little

boy, seated on the worktable, spent many happy hours playing with spools and buttons.

### **CHAPTER III**

There came a day when the tailor decided to move to America. Among the worldly possessions with which he did not wish to part were the five books purchased from his friend, the colporteur. He had read but little in the books, and the truths taught had failed to make any radical change in his life; but he knew they were good books because of the wonderful things his friend had told him about them and also because his friend was such a good man. So he intended to give all thorough study sometime, and brought them to America with him.

### **CHAPTER IV**

Thirty years passed by. The lad who spent so many playful hours on the tailor’s bench had grown to manhood, accompanied his parents to the United States, and following the example of his godly father, had dedicated his life to the sale of truth-filled literature. In the capacity of a field missionary secretary, he had gone to a certain city for the purpose of arranging for locating his family.

The housing problem was perplexing; there was nothing within renting price to be obtained. Through the aid of a kindly brother, a house was found which seemed suited to the family needs, provided the necessary repairs were made. The owner, it was learned, lived in a city some miles away, and letters were written, asking for terms of lease, etc., but no reply came. The field secretary then decided that he would go and see the owner personally, and took an early train for the city. Finding the place, he knocked at the door, which was opened by the lady of the house. On introducing himself and making known his mission, she quickly replied:

“Oh, you are the man who has been writing to us, wanting us to rent the house. No, we don’t want to rent it any more. We have had it almost ruined by irresponsible renters. There is no use to talk about it; we will not rent it!”

“Well,” said the visitor, “my return train does not leave for some time; may I step in and wait awhile?”

To this the woman consented, and the conversation continued in a friendly manner. A young man, of about twenty years, sitting by and hearing the conversation, said:

“Mother, let me call dad.”

“No,” replied the mother, “he is resting, and does not like to be disturbed; and it will do no good anyway.”

But the boy insisted and soon brought in the father, who was not long in confirming his wife’s decision regarding the empty house. He was cordial and friendly, however, and inquired concerning the nature of the work in which the visitor was engaged. On being told that it was the dissemination of gospel literature, and given some idea as to the nature of the literature, the man said:

“Why, those books are put out by Seventh-day Adventist people, are they not?” On being answered in the affirmative, he continued: “They are good people,” and then he went on to tell of his acquaintance with a Seventh-day Adventist man and his wife, when he lived in the old country, and spoke of the fact that these people spent their time selling books. Quickly stepping to his bookcase, he brought out five large books, and said, “These are the books I bought of this man when I lived in Hamburg, Germany, thirty years ago.”

By this time a keen interest had developed on the part of the visitor, and curiosity became aroused. Personal inquiry soon revealed that the acquaintance of thirty years before—the Seventh-day Adventist colporteur who sold the five books in hand—was the father of the present applicant for renting the premises in the adjoining town. Then deeper mutual interest sprang up.

“What is your name?” asked the man of his visitor.

“Emanuel,” was the reply.

“Yes, that is it! And I can see the expression that was in the eyes of the little boy who sat on my table and played with the buttons. I have never forgotten the man who sold me those books, and now I am indeed glad for an opportunity to do a favor to his son. You may occupy that house as long as you want to, free of charge, and I will make such repairs as you call for.”

The time of departure for the train had arrived, and the field secretary hurried away; but not without promising to return soon for a further visit, and to explain more fully the truths which the old tailor had carried about in the books with a sacred regard, but which had failed to find entrance to his heart.

## SEQUEL

Bible studies have been conducted in the home of the tailor and his family, resulting in deepened interest and conviction and every indication that they will take a full stand and unite with the people of God—the fruitage of seed sown on friendly soil more than thirty years before.

## The Miracle of the Fragments of Truth-Filled Literature

“My word shall not return unto Me void.”—Jesus.

“In the miracle of feeding the multitude with a few loaves and fishes, the food was increased as it passed from Christ to those who received it. Thus it will be in the distribution of our literature. God’s truth, as it is passed out, will multiply greatly. And as the disciples, by Christ’s direction, gathered up the fragments, that nothing might be lost, so we should treasure every fragment of literature containing the truth for this time. None can estimate the influence that even a torn page containing the truths of the third angel’s message may have upon the heart of some seeker after truth.”—Mrs. E. G. White, in *Southern Watchman*, Jan. 5, 1905.

As examples of the power attending the printed page, of truth found in obscure and unexpected places, the following experiences are related:

### IN A PILE OF RUBBISH

“A wonderful experience came to my attention,” writes a colporteur. “It was told by a lady as I was giving her a canvass for my book. She said that some months previous she was searching for a house to live in, and as she was examining the premises of a prospective house, she spied a book in a rubbish pile. Her curiosity was aroused. She pulled out the book, scraped off the dirt, and found it to be a copy of ‘Bible Readings for the Home Circle.’

“At first she thought the book was published by the Baptist people, but later discovered that it was a publication of the Seventh-day Adventists. In reading and studying this book, she became convinced that it contained truth on many subjects concerning which she had been ignorant, one of the subjects being the true Sabbath; and when the light came to her, **she was ready** to walk in the light, and had been keeping the Sabbath as best she knew how, and rejoicing in the hope of a soon-coming Saviour.

“We had prayer together, and the occasion was one of great joy and blessing to us both. To me it was a wonderful demonstration of how God reaches hearts with the message of truth through most unexpected channels.”

### THE PAPER ON THE WALLS

In the home of a Seventh-day Adventist family, the walls of the summer kitchen were covered with pages of our denominational papers and magazines, as an economical emergency plan. In due process of time, the family moved to another house, and the family that succeeded them in the former home were struck by the unique appearance of the walls of the summer kitchen, and became interested in reading, at spare moments, the printed columns so

conveniently at hand for reference. But the odd wall paper spoke forth its message in no uncertain tones. Column after column gave a connected chain of Bible teaching, and the result was that the family were led into a full knowledge and acceptance of truth.

### **PICKED UP ON THE RAILROAD TRACK**

“I have part of a book found on the railroad track,” writes an inquirer to the publishing house mentioned on the back leaf. “The title of the book is ‘The Other Side of Death.’ Please send me a catalogue of other literature on Bible subjects, so that I can order more books.”

### **IN THE WASTE PAPER AT THE PAPER MILL**

“At one of the homes where I was canvassing, the lady showed me a copy of ‘Bible Readings’ the covers of which were completely torn off. She explained that her husband got the book out of the waste paper at the paper mill, and had brought it home to help them in the study of the Bible. As I turned the pages of this old and dilapidated book, and saw that the date of purchase was April 15, 1889,—about thirty-five years ago—I could but feel that the manner in which our literature gets into the homes of some people seems to be nothing short of a miracle.”

### **WRAPPED AROUND BUNDLES**

A young man working in a general store in South America found the message of truth while wrapping bundles in the store. In this store it was customary to use old papers for wrapping purposes, and one of these old papers was a copy of *The Signs of the Times* in Spanish. Through the reading of this paper, God’s Spirit touched his heart. He sent to the publishers for more literature, and is now rejoicing in the truth. Truly God watches over the tiny seed of truth, and in strange and various ways places it in good soil for bringing forth much fruit.

### **BROUGHT FROM THE TRASH HEAP**

“I am too poor to buy the book,” said a Catholic lady to the canvasser, and it was evident that she was speaking the truth. She said that above everything else she would like to have a Bible of her own, but that she did not have enough money to pay for it. The colporteur assured this lady that he would see that she had a Bible free of charge, if she would promise to read it; to which she gladly agreed.

The Bible was delivered, and some time later the colporteur returned to inquire how she was getting on in the study of the Bible. He found her greatly interested, and eager to ask questions about many things which she did not understand. She also brought forth a book, saying, “Here is a book which I would like to have you look at and tell me if it is all right to read. It seems to be like a Bible, and it tells about the true Sabbath.” The book proved to be an old edition of “Bible Readings,” which a neighbor had found in a trash heap and had given to this truth-seeking



**Colporteurs work on the front lines each day.**

Catholic woman. The result of continued study was a full and joyful acceptance of present truth.

### **TRADED FOR A REVOLVER**

A man purchased a truth-filled book, but in some way became bitterly prejudiced and refused to have the book in his house. Consequently he was glad to find an opportunity to trade the book to a young man for a revolver. This proved to be an excellent exchange, for the young man who took the book read it with interest, found the truth which it contained, and not only he himself, but the entire family of ten members began keeping the Sabbath. Two of the sons in this family became colporteurs.

### **UNDER THE AUCTIONEER’S HAMMER**

A young man attended an auction sale, and among the many articles put up was a fine leather-bound book. The auctioneer tried repeatedly to get a bid, but failed. It was a nice-appearing book, and the young man thought it would at least be worth: 1 quarter, so he called out, “Twenty-five cents!” The bid was accepted. Taking the book in his hands, the young man read the title, “Bible Readings for the Home Circle.” As he was a Lithuanian Austrian, and a member of the Greek Catholic Church, this title was void of meaning to him: but concluding it had something to do with the home circle, carried it away to his home.

Some time later this young man had a peculiar dream, in which it seemed that the whole world was passing through some great change, and the perplexity which he seemed to be in was, “Where shall I be when this change is completed?” For days the thought troubled him, and he decided he would study the Bible. But never having been taught that this was a book intended for him, he did not know how to read the Bible, or how to understand what he did read. His mind then turned to the leather-bound book which he had bought at auction, and hunting it up, he found that it was just what he needed at that time.

Not long after this, one of our colporteurs came in contact with this young man, and left some tracts with him. From these tracts he learned the address of the office



of a conference of Seventh-day Adventists, and to this address he wrote asking for more literature, and expressing his desire to sell the literature, so his people could learn the truth as he had found it.

Then he made a personal visit to the conference office, and purchased a large supply of books and tracts. A few months later he entered a Seventh-day Adventist academy for the purpose of securing the necessary preparation for entering the colporteur work. His parents and a brother and sister are keeping the Sabbath. All this came about as the result of the copy of "Bible Readings" being placed on the auctioneer's block.

### USED AS THEATER ADVERTISING

The manager of a theater advertised that he would give a book to every person attending his show on a specified night. This brought a large crowd to the theater, and before the show was over each person in that crowded hall received a copy of a Seventh-day Adventist book. Such an unusual proceeding attracted attention, and the Seventh-day Adventist minister residing in the city called on the theater manager, and asked him how he secured the books which he had been able to distribute so freely.

The manager told the minister that at a certain place which he had recently left, the officers of the railroad company offered him a case of "unclaimed" books at such a very low price that he decided to procure them for advertising purposes. He explained to the minister that he found four kinds of books in the case, bearing the following titles: "Satan," "What Is Coming?," "Our Lord's Return," and "The Shadow of the Bottle," and that he considered them of such an interesting character that he had kept a set for his personal library.

Thus were scattered broadcast many seeds of truth, to be cultivated and watered by the minister, the colporteur, and the faithful lay members. We should keep in mind the assurance given in the following words:

"Our literature is to be distributed everywhere. The truth is to be sown beside all waters; for we know not which shall prosper, this or that. In our erring judgment we may think it unwise to give literature to the very ones who would accept the truth most readily. We know not what may be the good results of giving away a leaflet containing present truth."—Mrs. E. G. White in *Southern Watchman*, Jan. 5, 1904.

(To Be Continued)



# Hid in My Heart

By Sheri Stump

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

There is a lady named Susan Heck. She has memorized the entire New Testament and is currently working on memorizing the Old Testament. She memorizes one verse per day. Her husband, Doug, introduced her to scripture memorization when they were dating over twenty-six years ago. With his encouragement and instruction in the method he uses, she began. With the New Testament memorized, she is now working on memorizing the Old Testament.

I will share in this article her method and some tips that have helped her memorize, along with the review method she uses so she retains the verses.

1. When Susan begins a new book of the Bible, she begins by using a recording app on her cell phone. She recorded the entire book of the Bible in that app. Today many apps will read the Bible to you, but either way you can listen to the Bible book while walking, working around the house, on airplanes, and while driving in a car. Susan disciplines herself to listen to the same Bible book over and over everyday. Memorizing scripture takes discipline and effort. Her husband, Doug, instructed her to listen to the Bible book a little faster than normal speed. He said that it is claimed that when you listen to something a bit faster you retain it better. I am not sure this would work for everyone, but you may want to give it a try.

2. Review. Susan reviews the books she has memorized by continuing to listen to the book a full thirty days after she has memorized the book. She and her husband claim that if you do not review the book a full thirty days after memorizing it, you will quickly forget it. As you learn, you are building neuron pathways and the more you review something, the thicker and stronger the neuron pathway becomes.

3. Carry a Copy. Take a photocopy of the page you are currently memorizing from your own Bible and carry that copy with you. This accomplishes two things. It is a visual aid. We remember better what we hear and see. Also, it helps Susan reference the verses better. Rather than saying out loud John chapter 1 and verse 3, John chapter 1 and verse 4, John chapter 1 and verse 5, she simply memorizes in order, and she basically imprints in her brain where each verse is located on each page in her Bible. That way she can quickly locate the verse when she needs it.

4. Meditate. Susan considers what each verse means and contemplates how to apply each verse into her life. This is meditation used correctly.

5. Sing It. If and when she comes to a verse that is difficult to memorize, she often puts the verse to music.

6. Accountability Partner. Susan began memorizing with an accountability partner. This was a person she would meet with weekly to recite that week's memory verses. She claimed it was motivation she needed at the beginning. She does not have an accountability partner now. She is self-motivated. She loves memorizing God's Word and does not need the accountability partner at this time.

7. Always Use the Same Translation. Susan recommends staying with the same translation of the Bible. She uses the King James Version. She claims it has a rhythm, or cadence, that other Bible translations don't have.

Wow! Susan has motivated me! What a wonderful way to "meditate on the word day and night."

What I am sharing here is not memorizing entire books of the Bible, although I highly recommend it. What we are trying to accomplish is the ability to give an answer for our faith in these last days. We are memorizing scattered verses that apply to specific Bible teachings. However, many of the memorization methods that Susan uses will apply to our scripture memorization.

We can record our verses and listen to them throughout the day, while driving in our cars, flying on airplanes, walking for exercise, and cleaning our houses.

We certainly would benefit from a thirty-day review of those verses so we do not forget them.

We could carry the verses with us in written form so we can take advantage of good memorization times when we are waiting in a doctor's office, or perhaps picking up our children or grandchildren at school, or anytime we have to wait.

Contemplating each verse and considering how we can apply the verse in our daily life is very good and biblical, as in the scripture I referred to earlier in this article—meditate on the word "day and night" Psalm 1:2.

Having an accountability partner is a great idea. It will motivate us and, hopefully, our accountability partner.

Staying with the King James Version of the Bible is also good.

If you are motivated to begin memorizing entire books of the Bible, Susan said the book of John was the first book she memorized and was the easiest.

I hope you have been memorizing the verses about God being our Father.

Here are the November verses. These verses reveal Jesus as God's Son.

1. "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). (First initial code: FGsltw,thghobS,twbihsnp,bhel.J3:16)

2. "And lo a voice from heaven, saying, This is my beloved Son, in whom I am well pleased" (Matthew 3:17). (First initial code: Alavfh,s,TimbS,iwIawp.M3:17)

3. "Who is he that overcometh the world, but he that believeth that Jesus is the Son of God" (1 John 5:5)? (First initial code: Wihtotw,bhtbtJitSoG?1J5:5)

4. "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). (First initial code: WialbhtdtJitC? Hia,tdtFatS.1J2:22)

5. "Who hath ascended up into heaven, or descended? Who hath gathered the wind in his fists? Who hath bound the waters in a garment? Who hath established all the ends of the earth? What is his name, and what is his son's name, if thou canst tell" (Proverbs 30:4)? (First initial code: Whauh,od? Whgtwihf? Whbtwiag? Wheateote? Wihn,awihsn,itct?P30:4)

There are many good verses on this topic. Here are a few more you may consider. I encourage you to memorize more!

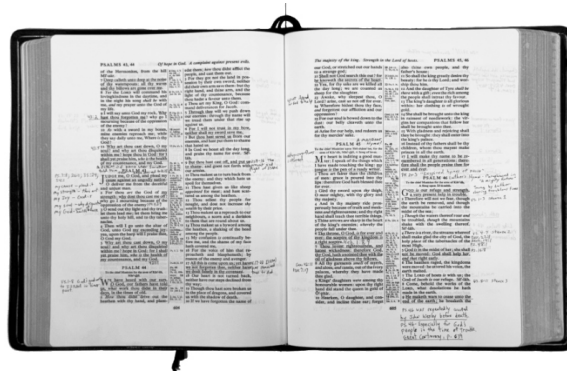
But these are written, that ye might believe that Jesus is the Christ, the Son of God; and that believing ye might have life through his name. (John 20:31)

And straightway he preached Christ in the synagogues, that he is the Son of God. (Acts 9:20)

While he yet spake, behold, a bright cloud overshadowed them: and behold a voice out of the cloud, which said, This is my beloved Son, in whom I am well pleased; hear ye him. (Matthew 17:5)

Please let me know if you are memorizing with me at [sheri1844@icloud.com](mailto:sheri1844@icloud.com).

Build a wall of scriptures around you, and you will see that the world cannot break it down. Commit the scriptures to memory, and then throw them right back upon Satan when he comes with his temptations, 'it is written.' This is the way that our Lord met the temptations of Satan, and resisted them. (Ellen White, *The Review and Herald*, April 10, 1888)





## Experiencing the Blessings of Camp Meeting All Year

By Allen Stump

The theme of the 2024 1889 HSDA camp meeting was “Be Ready.” Because of a very busy work load, we have been delayed in editing and posting the camp meeting videos. Finally, however, we are now able to announce that they are all available. You may access the playlist at this address: [https://www.youtube.com/playlist?list=PLsE-5c918fZEpHY\\_zMUTr4ZTWLJO4mq6y](https://www.youtube.com/playlist?list=PLsE-5c918fZEpHY_zMUTr4ZTWLJO4mq6y) or by scanning this QR code.



Often at the end of a camp meeting, we hear comments like “I wish camp meeting were not over” or “I wish camp meeting could continue all year.” While that might not be possible in a physical way, we want to provide articles that will carry the theme of camp meeting—“Be Ready”—through the year. We will begin this month with an article on being ready spiritually. This being the main theme of the camp, we will not spend detailed time on it, but in the following months we will move to other areas of being ready, such as:

- ☞ Home Readiness
- ☞ Individual Readiness
- ☞ Testimonies on Being Ready
- ☞ Healing Herbs
- ☞ Growing Your Food
- ☞ Preserving Your Food
- ☞ Preserving Health
- ☞ Leaving the Cities if at All Possible
- ☞ What To Do if You Can't Leave
- ☞ Financial Preparedness
- ☞ Being Prepared to Leave It All Behind

While being ready in physical ways is important, nothing physical matters if we are not spiritually prepared for the times ahead. We could have a house totally off the

grid, stocked with food for years to come and with natural provisions for healing and health, and, yet, if we are not in Christ, it will all be in vain.

The presentations from the camp meeting, which you may view online, are precious and valuable. They offer far more detail than we can put in this short article, and we encourage you to study through each one, but for this study we want to look at three basic principles of Christian readiness and growth.

### Biblical study

Biblical study for the soul has been compared to eating physically for the Christian. You may be able to go a meal, a day, or even a week without eating physically, but you will certainly grow weak. When we fail to eat of the word of God, we will certainly grow weak spiritually and be less able to live the victorious life of faith, for faith comes by the word of God (Romans 10:17).

The Bible should shape our lives and give us strength to live day by day in this sinful world. The study of the Bible is vital to our existence as believers.

And that from a child thou hast known the holy scriptures, which are able to make thee wise unto salvation through faith which is in Christ Jesus. All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: (2 Timothy 3:15–16)

The word of God is able to make us wise unto salvation and is what we need for direction in life, even for correction. But it must be studied to help us. Paul commanded Timothy:

Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth. (2 Timothy 2:15)

Through the word of God abiding in us we can live the life of faith.

Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word. (Psalm 119:9)

*Continued on page 11, column 2*

# The Herb Garden

By Winnifred Anderson

Parsley is a flowering plant, native to Greece, Morocco, and the former Yugoslavia. It is bright green in appearance. Parsley is a biennial plant, producing seeds the second year. There are three cultivars: (1) flat leaf parsley, (2) curly leaf parsley, and (3) root parsley, which closely resembles the parsnip. (<https://en.wikipedia.org/wiki/Parsley>)

Parsley is one of the most useful and most used herb. The leaves are packed with flavor, as well as nutrition. It grows well in pots, and it makes an attractive edging plant.

As was mentioned, the herb blooms in the second year, thus producing seeds, but the seeds need to be sown every spring to produce plants in succession.

Parsley likes rich, well drained soil, and prefers a sunny or partially shaded spot. The soil should be enriched in mid-summer with compost.

Parsley can be used in stocks, salads, soups, and is very commonly used as a garnish. Just chop parsley and add it to your salad, blitz it into a sauce, or stir it into a grain bowl. Make a compound butter with parsley, then add it to roasted vegetables. It tastes good in couscous. Parsley can be frozen and will last for several months in the freezer. Just chop the leaves, then place them in a container, using them as needed.

As we mentioned earlier, parsley is one of the most versatile and widely used herbs. It serves often as a garnish, and frequently is an ingredient in both smoothies and pestos. When smoothies and pestos are made, often times the ingredients are composed of what is immediately at hand. So, be adventurous. Experiment! Explore! Give yourself a surprise!! Try it - you just might like it.

## PERSILLADE

- 3 tbsp finely chopped parsley
- 1 or 2 garlic cloves, crushed
- Sea salt to taste



Mix parsley with garlic. Season with salt and stir lightly into stews and casserole after you have taken the dish off the heat.

For a gratin dish, stir 3 tbsp fresh bread crumbs into persillade, sprinkle over the gratin, then drizzle with olive oil. Continue to bake for 10 to 15 minutes. (*The Cook's Herb Garden*, Jeff Cox and Marie-Pierre Moine, DK Publishing, page 137)



# Obituary Notices

**Catherine Mesa:** Sister Catherine was born in Petaluma, California, and came to the Lord when she was young. She began to keep the Sabbath after her son, Pastor Daniel Mesa, was born. She learned the truth about God with Daniel early in 2015 and was the first person to read the three hundred seven biblical verses Pastor Daniel had gathered about the relationship between the Father and his Son. She said, "This is going to get us into trouble!"

Sister Catherine co-labored as the ministry treasurer and general helper with Pastor Daniel in his ministry, *RevelationWithDaniel*, as soon as Daniel began fulltime with that work in May of 2019. She was the first treasurer for the 1889 HSDA Church in the United States and served even while she was battling the cancer which finally took her life. Sister Catherine loved to explore different places and things. She was a researcher and loved animals and to read. Sheri and I were privileged to visit her shortly before her death to try to encourage her, but we were the ones who left encouraged! That was Sister Catherine. She certainly will be missed by her family, by all who knew her, and by the 1889 HSDA Church family.



**Janet Cox:** We also sadly announce the death of our longtime sister in the faith, Janet Cox of Heath, Ohio. Janet was a true, one-true-God believer for many years. She and her husband, Don, took their stand for the truth over forty years ago. She leaves behind a wonderful legacy as a strong biblical student and a mother of Israel. We remember Janet's love, friendliness, and help with the youth at many past West Virginia camp meetings. She certainly will be missed by her local church as well, as by the church at large.



*Allen Stump*

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