

Sabbath Remnant VOICE

Nov-Dec 2017

Striving to be among the remnant of her seed

The Laodicean Church—Part 4

Advent Review and Sabbath Herald, October 7, 1873

The people upon the mountain prostrate themselves in terror and awe before the unseen God. They cannot look upon the bright, consuming fire sent from Heaven. They fear that they will be consumed in their apostasy and sins. They cry out with one voice, which resounds over the mountain, and echoes to the plains below them with terrible distinctness, "The Lord, he is the God; the Lord, he is the God."¹ Israel is at last aroused and undeceived. They see their sin and how greatly they have dishonored God. Their anger is aroused against the prophets of Baal. With fearful terror, Ahab and Baal's priests witnessed the wonderful exhibition of Jehovah's power. Again is heard, in startling words of command, the voice of Elijah to the people, "Take the prophets of Baal; let not one of them escape."² And the people were ready to obey the word of Elijah. They seized the false prophets who had deluded them, and brought them to the brook Kishon, and there Elijah, with his own hand, slew these idolatrous priests.

The judgments of God have been executed upon the false priests; the people have confessed their sins, and have acknowledged their fathers' God; and now the withering curse of God is to be withdrawn, and he will again refresh the earth with dew and rain, renewing his blessings unto his people.

Elijah addressed Ahab, "Get thee up, eat and drink, for there is a sound of abundance of rain."³ While Ahab went up to feast, Elijah went up from the fearful sacrifice to the top of Mount Carmel to pray. His work of slaying the pagan priests did not unfit him for the solemn exercise of prayer. He had performed the will of God. After he had, as God's instrument, done what he could to remove the cause of Israel's apostasy, in slaying the idolatrous priests, he could do no more. He then intercedes in behalf of sinning, apostate Israel. In the most painful position, he bowed with his face between his knees, and most earnestly supplicated God to send rain. Six times successively he sent his servant to see if there was any visible token that God had heard his prayer. He would not become impatient and faithless because the Lord did not immediately give the token that his prayer was heard. He continued in earnest prayer, sending his servant seven times, to see if God had granted any signal. His servant returned the sixth time from his outlook toward the sea, with the discouraging report that there was no sign of clouds forming in the brassy heavens. The seventh time he informed Elijah that there was a small cloud to be seen, about the size of a man's hand. This was enough to satisfy the faith of Elijah. He did not wait for the

heavens to gather blackness, to make the matter sure. In that small, rising cloud, his faith hears the sound of abundance of rain. Elijah's works are in accordance with his faith. He sends a message to Ahab by his servant, "Prepare thy chariot, and get thee down, that the rain stop thee not."⁴

Elijah's Humility

Here Elijah ventured something upon his faith. He did not wait for sight. "And it came to pass in the meanwhile, that the heaven was black with clouds and wind, and there was a great rain. And Ahab rode, and went to Jezreel. And the hand of the Lord was on Elijah; and he girded up his loins, and ran before Ahab to the entrance of Jezreel."⁵

Elijah had passed through great excitement and labor through the day; but the Spirit of the Lord came upon him because he had been obedient, and had done his will in executing the idolatrous priests. Some would be ready to say, What a hard, cruel man Elijah must have been! And any one who shall defend the honor of God at any risk, will bring censure and condemnation upon himself from a large class. The rain began to descend. It was night, and the blinding rain prevented Ahab from seeing his course. Elijah, nerved by the Spirit and power of God, girded his coarse garment about him, and ran before the chariot of Ahab, guiding his course to the entrance of the city. The prophet of God had humiliated Ahab before his people. He had slain his idolatrous priests, and now he wished to show to Israel that he acknowledges Ahab as his king. As an act of special homage, he guided his chariot, running before it to the entrance of the gate of the city.

Here is a lesson for young men who profess to be servants of God, bearing his message, who are exalted in their own estimation. There is nothing remarkable they can trace in their experience, as could Elijah, yet they feel above performing duties which appear to them menial. They will not come down from their ministerial dignity to do needful service, fearing they are doing the work of a servant. All such should learn from the example of Elijah. His word locked the treasures of heaven, the dew and rain, from the earth, three years. His word alone was the key to unlock heaven, and bring showers of rain. He was honored of God as he offered his simple prayer in the presence of the king and the thousands of Israel, and, in answer, fire flashes from heaven, and kindles the fire upon the altar of sacrifice. His hand executed the judgment of God in slaying eight hundred and fifty priests of Baal; and yet, after the exhausting toil of the day, he who could bring down fire from heaven, and bring the clouds and the rain, after a day

4. 1Kings 18:44

1. 1Kings 18:39

5. 1Kings 18:45,46

2. 1Kings 18:40

3. 1Kings 18:41

of most signal triumph, was willing to perform the service of a menial, and run before the chariot of Ahab in the darkness, and wind, and rain, to serve the sovereign he had not feared to rebuke to his face because of his crimes and sins. The king passed within the gates. Elijah wrapped himself in his mantle and lay upon the bare earth.

After Elijah had shown such undaunted courage in contest between life and death, after he had triumphed over the king, priests, and people, we would naturally suppose that he would never give way to despondency, or be awed into timidity.

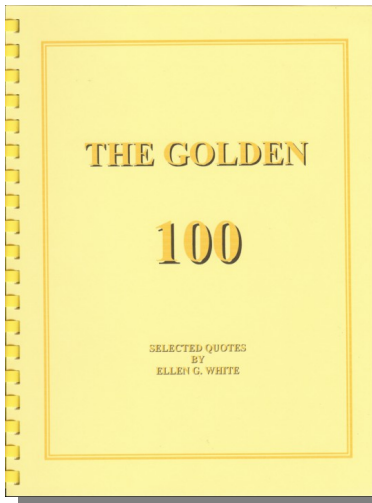
After his first appearance to Ahab, denouncing upon him the judgments of God because of his and Israel's apostasy, God directed his course from Jezebel's power to a place of safety in the mountains, by the brook Cherith. He honored Elijah by sending food to him morning and evening, by an angel of Heaven. Then as the brook became dry he sent him to the widow of Sarepta and wrought a miracle daily, to keep the widow's family and Elijah in food. After he had been blessed with evidences of such love and care from God, we would suppose Elijah would never distrust God. But the apostle tells us he was a man of like passions as we, and subject, as we are, to temptations.

Ahab related to Jezebel the wonderful events of the day, and the wonderful exhibitions of the power of God, showing that Jehovah, the Creator of the heavens and the earth, was God, and that Elijah had slain the prophets of Baal. This woman was hardened in sin, and she became infuriated. Jezebel, bold, determined, and

defiant in her idolatry, declared to Ahab that Elijah should not live.

That night a messenger aroused the weary prophet, and delivered the word of Jezebel, in the name of her pagan gods, that she would, in the presence of Israel, do to Elijah as he had done to the priests of Baal. Elijah should have met this threat and oath of Jezebel with an appeal for protection to the God of Heaven, who had commissioned him to do the work he had done. He should have told the messenger that the God in whom he trusted would be his protector against the hatred and threats of Jezebel. But the faith and courage of Elijah seemed to forsake him. He starts up from his slumbers bewildered. The rain is pouring from the heavens, and darkness is on every side. He loses sight of God. He flees for his life as though the avenger of blood was close behind him. He leaves his servant behind him, on the way, and in the morning, he is far from the habitation of man, upon a dreary desert alone.

"And when he saw that, he arose, and went for his life, and came to Beer-sheba, which belongeth to Judah, and left his servant there. But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree; and he requested for himself that he might die; and said, It is enough; now, O Lord, take away my life; for I am not better than my fathers. And as he lay and slept under a juniper tree, behold then an angel touched him, and said unto him, Arise and eat. And he looked, and, behold, there was a cake baken on the coals, and a cruse of water at his head. And he did eat and drink, and laid him down again. And the angel of the Lord came again the second time, and touched him, and said, Arise and eat; because the journey is

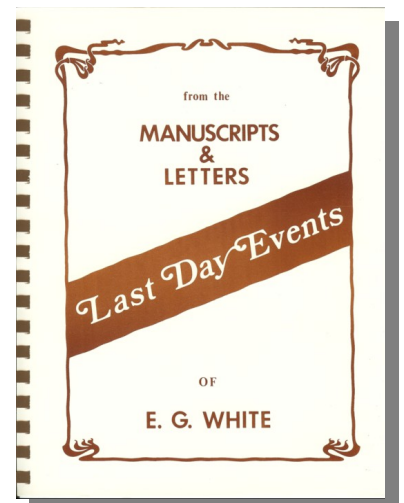


THE GOLDEN 100

The SRPA has a book available entitled "The Golden 100." It consists of 100 selected quotes by Ellen G. White. Its focus is on the apostasy in the SDA church and defining our position as the Remnant people of God. It is spiral bound, is about thirty pages, and is formatted with a 16 point font, so it will make a handy reference for mission workers in the field. We are asking a suggested donation of \$7.50 for each copy.

LAST DAY EVENTS
(non-conference edition)

In this spiral bound book you will find over 200 pages of unpublished letters and manuscripts of E.G. White concerning the last days. **English & Spanish** versions available! Suggested donation of \$13.00 per copy.



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too great for thee. And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horab the mount of God. And he came thither unto a cave, and lodged there; and, behold, the word of the Lord came to him, and he said unto him, What doest thou here, Elijah?"⁶

Elijah should have trusted in God who had warned him when to flee, and where to find an asylum from the hatred of Jezebel, secure from the diligent search of Ahab. The Lord had not warned him, at this time, to flee. He had not waited for the Lord to speak to him. He moved rashly. God would have shielded his servant, and would have given him another signal victory in Israel, in sending his judgments upon Jezebel, had he waited with faith and patience.

Weary and prostrate, Elijah sat down to rest. He was discouraged, and felt like murmuring. He said, "Now, O Lord, take away my life; for I am not better than my fathers."⁷ He feels that life is no more desirable. He expected, after the signal display of God's power in the presence of Israel, that they would be true and faithful to God. He expected that Jezebel would no longer have influence over the mind of Ahab, and that there would be a general revolution in the kingdom of Israel. When the threatening message which has come from Jezebel is delivered to him, he forgets that God is the same all-powerful and pitiful God that he was when he prayed to him for fire from Heaven, and it came, and for rain, and it came. God had granted every request; yet Elijah is a fugitive, far from the homes of men, and wishing never to look upon man again.

How did God look upon his suffering servant? Did he forsake him because despondency and despair had seized him? Oh! no. Elijah was prostrated with discouragement. All day had he toiled without food. When he guided the chariot of Ahab, running before it to the gate of the city, he was strong of courage. He had high hopes of Israel, that, as a nation, they would return to their allegiance to God, and again be reinstated in his favor. But the reaction which frequently follows elevation of faith, marked and glorious success, was pressing upon Elijah. He was exalted to Pisgah's top, to be humiliated in the lowliest valley in faith and feeling. But God's eye is still upon his servant. He loves him no less while he is feeling broken-hearted and forsaken of God and man, than when, in answer to his prayer, the fire flashed from Heaven, illuminating Carmel.

Those who have not borne weighty responsibilities, who have not been accustomed to feel very deeply, cannot understand the feelings of Elijah, and be prepared to give him the tender sympathy he deserves. God knows, and can read, the heart's sore anguish under temptation and severe conflict. As Elijah slept under the juniper tree, a soft touch and pleasant voice aroused him. He starts at once in his terror, as if to flee, as though his enemy, in pursuit of his life, had indeed found him. But in the pitying face of love bent upon him, he sees not the face of an enemy, but a friend. An angel of God has been sent with food from Heaven to sustain the faithful servant of God. His voice says to Elijah, "Arise and eat."⁸ After Elijah had partaken of the refreshment prepared for him, he again slumbered. The second time the angel of God ministers to the wants of Elijah. He touches the exhausted, weary man, and in

9. 1Kings 19:7

6. 1Kings 19:3-9

10. 1Kings 19:9

7. 1Kings 19:4

11. 1Kings 19:10-14

8 1Kings 19:5

pitying tenderness says to him, "Arise and eat; because the journey is too great for thee."⁹ Elijah was strengthened, and pursued his journey to Horeb. He was in a wilderness. He lodged in a cave for protection at night from the wild beasts.

Here God met with Elijah through one of his angels, and inquired of him, "What doest thou here, Elijah?"¹⁰ I sent thee to the brook Cherith, I sent thee to the widow of Sarepta, I sent thee to Samaria with a message to Ahab, but who sent you this long journey into the wilderness? And what errand have you here? Elijah mourns out his bitterness of soul to the Lord. "And he said, I have been very jealous for the Lord God of hosts; for the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away. And he said, Go forth, and stand upon the mount before the Lord. And, behold, Lord passed by, and a great and strong wind rent the mountains, and break in pieces the rocks before the Lord; but the Lord was not in the wind: and after the wind an earthquake; but the Lord was not in the earthquake: and after the earthquake a fire; but the Lord was not in the fire: and after the fire a still small voice. And it was so, when Elijah heard it, that he wrapped his face in his mantle, and went out and stood in the entering in of the cave. And, behold, there came a voice unto him, and said, What doest thou here, Elijah? And he said, I have been very jealous for the Lord God of hosts; because the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away."¹¹

Then the Lord manifests himself to Elijah, showing him that quiet trust, and firm reliance upon him, will ever find him a present help in time of need.

The servant of God may have courage, knowing that he has a pitying Heavenly Father who reads the motives and understands the purposes of the soul. Those who stand in the front of the conflict, who are reined up by the Spirit of God to do a special work for him, will frequently feel the reaction, when the pressure is removed, and despondency may press them hard, and shake the most heroic faith, and weaken the most steadfast minds. God understands all our weaknesses. He can pity and love when the hearts of men may be as hard as flint. To wait patiently and trust in God when everything looks dark, is the lesson his servants must learn more fully. God will not fail them in integrity.

—Conclusion
—Ellen G White

**Christ died because
the law was transgressed,
that guilty man might be saved
from the penalty of his enormous guilt.
But history has proved
that it is easier to destroy the world
than to reform it;
for men crucified the Lord of Glory,
who came to unite earth with heaven,
and man with God.
Review and Herald, Aug. 26, 1890.**

Editorial—Seven Days of Creation

Do you remember reading the first chapters of Genesis in your Bible studies? Do you remember what God created on each day? Most of us learned about creation in childhood, but let's take a different sort of look now at each of God's creations today.

Satan has been doing everything in his power to deface and corrupt everything good that God has made. He's been at it for millennia. We see it clearly in what he has done with the seventh-day Sabbath and trying to deceive people into worshiping on Sunday instead, but let's go through each creation day and see what he has done with everything else.

On the first day God created light. Light is what allows us to see the beautiful things that God made for us. When we walk into a dark place, the first thing we want to do is turn on the light. It shows us the truth, and keeps us safe. But we are told that Satan's work is the work of darkness. He wants to keep us from turning on that light. He does his best work in the shadows, in secret, covering things up so we won't see them clearly, putting obstacles in our path for us to stumble over in the dark. He tries to convince us to keep ourselves in the dark so we won't see his works for the real evil that they are.

On the second day God made the firmament to separate it from the waters. Those waters help plants, and animals and humans live and grow things to eat. But water today has become unsafe to drink in many parts of the world, so full of waste and pollution and other toxic results of men's greed and the disrespect for life that Satan encourages.

On the third day, God separated the land the and sea, and caused the earth to bring forth herbs and fruit trees. We see what man has done to the earth and agriculture today, genetically modifying plants and foods, spraying pesticides and deadly gasses, cutting down forests and turning farmland into desert, manufacturing drugs instead of using natural herbs to treat illness, and even to trying to control and manipulate the weather! And this is just the tip of what is happening.

On the fourth day, God made the sun, moon and stars to rule the sky and separated the day and the night. Satan has been unable to change the day to night cycle, but over time man has devised many ways to change calendars and clocks to try to control when people think day and night truly begin. We think of a new day starting now at midnight, when it really begins at sunset.

On the fifth day, God brought forth the flying creatures, and the sea animals. Man under Satan's influence has done all kinds of horrible things to animals. Many species have gone extinct now due to being slaughtered for their fur or other body parts. Men cross-breed animals for fashion and to use as experiments, and are even crossing the human and animal boundaries in the name of science. Sister White referred to this as amalgamation. She also says in the last days the corruption of man would be worse than in Noah's day, and the evil things men did with animals in those days were unspeakable. Men do everything in their power to try to control the breeding and behavior and purpose of animals.

On the sixth day God created land animals and man as the crowning act of His

creation. He gave man dominion over the earth, and He made them male and female. Now as we look around we can see what effect Satan has had on the minds and affections of men and women in society today. Marriage is not highly thought of anymore, gender is something that many think to change, and it is very common and worldly acceptable for men to go with men, and women with women, and much more. I need not go into detail, as I am sure you are already aware of this.

Then on the seventh day, God rested. The Sabbath is a very special and holy day to each of us and we know how Satan has tried for many years to make man think that Sunday is the true Sabbath instead. But we know that Satan's attempt to destroy every part of God's creation, and particularly the Sabbath, means that our time on this earth is almost done! Let us keep this in mind as we study and take care not to be trapped in Satan's darkness or swayed by the changes in the world around us. Let us be a part of God's creation that Satan will have no power to corrupt and destroy.

And the nations were angry, and thy wrath is come, and the time of the dead, that they should be judged, and that thou shouldest give reward unto thy servants the prophets, and to the saints, and them that fear thy name, small and great; **and shouldest destroy them which destroy the earth.** Rev. 11:18

The great wickedness of the people before the flood had reached unto Heaven.

And the Lord made known to Noah that he would destroy man, whom he had created, from off the earth by the waters of the flood, because of their continual transgression of his law.

Noah warned the people. He believed the word of God, and faithfully preached to that sinful generation, and made every effort to turn them from transgression to obedience.

But he was unsuccessful. Only his own family at last received his message.

The terrible judgments of God in their destruction should have been sufficient warning to all who should afterward live upon the earth, that God will surely punish those who disregard his law.

But as the people multiplied upon the earth, men became bold in their transgression of God's law.

Idolatry existed and increased to a fearful extent, until the Lord left the hardened transgressors to follow their evil ways, and he chose Abraham from an idolatrous family, and made him the depository of his law for future generations.

RH, April 29, 1875 par. 9

Children's Story—*A Persimmon Picnic*

A PERSIMMON PICNIC.

WILLIE and his little sister Fannie wished very much to go to the woods for some persimmons. When they asked their mother if they might go, she said, "Yes, if you can get Cousin Robert to go with you and take care of You."

Cousin Robert was quite willing to go with them; and as he was several years older than they, he made the walk very pleasant by telling them about the different trees, flowers, and animals they came across as they searched the woods for a persimmon tree.

At last Cousin Robert called the attention of Willie and Fannie to a tree having a very rough bark on three sides, and entirely stripped of bark on the fourth side.

"This," said he, "is a good persimmon tree, because, you see, the squirrels have scraped all the bark off from one side running up and down it."

The children were very glad to see this tree, and stationed themselves beneath it, so that they might be all ready to pick up the persimmons when Cousin Robert shook the tree. Pretty soon the persimmons began rattling about their ears, and the excited children began to pick up, as fast as they could, the soft pink balls.

"Take care, youngsters; wait until I come down. Be sure not to eat any except those that are very soft and juicy!"

But the warning came too late; for just then Fannie could not help laughing to see Willie jump up and down, snapping his fingers.

Those of my readers who have never visited the South, and have never seen persimmons, will not understand Willie's discomfort unless I explain the reason. Persimmons are something like plums, only they are pink; and they contain five seeds the shape and size of pumpkin seeds. When fully ripe, and fit to eat, they are so soft that the slightest touch will crush them to a jelly, but if eaten before they have reached this state which the children call "mushy" they pucker the lips, tongue, and throat so badly that the unfortunate person does not care to taste persimmons again, for that day at least.

Poor little Willie! His fun was spoiled for a while, because he was in too great a hurry. Cousin Robert gave him a piece of candy, which consoled him a little, but he did not take much interest in the persimmons that afternoon.

When they returned home, and Fannie had related the incidents of their pleasure trip, their mother told the children that a good lesson had been taught them that afternoon.

"You will find all through life, my dear children, that it is not wise to be in too great a hurry to taste its pleasures. Many seeming joys prove as disagreeable as the unripe

persimmon was to Willie's mouth."

"I don't quite understand," said Fannie.

"I will try to explain more fully then.

when Willie saw that large plump persimmon lying at his feet, he thought, Oh, how nice that will taste, and put it in his mouth, only to find out that it tasted very bad, and puckered his mouth sadly. So when a boy sees a glass of wine or whiskey, and thinks it will taste so good, he finds out before a great while that such drinks leave a dreadful taste in the mouth and a terrible mark upon the soul.

"There are many vices which at first sight seem quite harmless, many sinful pleasures which appear very attractive. Be careful, pray constantly to God, asking Him to watch over you and keep you from falling into sin. Never have anything to do with pleasures that are doubtful, that you are not quite sure are right. Let all such alone; there are plenty about which there can be no question. Never do anything that you are not quite sure is right, no matter how pleasant it may seem to you. Sooner or later the disagreeable part will come, making you so unhappy that you will wish you had let the questionable thing alone. Be sure your persimmon is fully ripe."

—Youth's Instructor April 4, 1883

Recipe—Skillet Lasagna

Ingredients:

1 bag of Morningstar griller crumbles
1-2 Tablespoons Italian seasoning or to taste
2 cups water
2 cups uncooked pasta, such as penne or bow tie
1 28 ounce jar of your favorite pasta sauce
1/2 cup of better than sour cream from the Tofutti company
1 cup soy cheese

Directions:

Heat a medium skillet over medium heat. Add the griller crumbles with the Italian seasoning. Add the water and pasta. Bring to a boil and reduce heat to medium low. Cover and cook 10 minutes, until pasta is tender. Add the sauce, stir in the cheeses and heat through. Serve and enjoy!

Additional Notes:

This is a very basic recipe and it can be made several different ways as one has ideas. It can be made with the Light Life Crumbles, it can even be made with a can of Vegeburger, you could also add some ground up onion and saute it with the burger before adding the pasta. Use what ever pasta you have on hand, if you only have vermicelli break it up in short pieces and add it or cook it separately. The Tofutti Ricotta Cheese can be used also, once you try the recipe then add and subtract ingredients to suit your own taste.

Health Nugget—What Are Macadamia Nuts Good For?

Macadamia Academia

Botanical name: *Macadamia integrifolia*

When you think of macadamia nuts, Hawaii might come to mind, but this nut is actually native to the continent Down Under, which explains why the fruit is also known as the Australian or Queensland Nut. From the Proteacea family of plants, evergreen macadamia trees can reach 40 feet in horizontal as well as vertical spread.

These are some of the most sought-after nuts in the world, so they can be expensive. This has driven up commercial production in other balmy areas like South Africa and Central America where the trees thrive if there's sufficient water. Introduced in Hawaii in 1881 and soon afterward in California, Hawaii is now the world's largest exporter. A 10-year-old macadamia tree might produce up to 50 pounds and increase indefinitely.

Besides being a food source, the husks are composted for mulch or for fertilizer, and in Japan, the oil is used in the cosmetic industry to make soaps, shampoos, and sunscreens. The remainder can be used in animal feed.

Macadamias are a tough nut to crack, as the saying goes. Containing at least 72 percent oil, they're encased in a leathery, green husk that splits open as the nut matures. Harvest comes when they fall from the tree, which is when the husk is removed and the nuts are dried. The shell can then be removed using a nutcracker. A handful of these nuts makes a crunchy snack, but they're also great in cookies, breads and pastries, fruit salads, and garden salads.

Health Benefits of Macadamia Nuts

As a natural, whole food, macadamia nuts, specifically, contain antioxidants, vitamins, and minerals with significant health-boosting potential. They contain high amounts of vitamin B1 and magnesium, and just one serving nets 58 percent of what you need in manganese and 23 percent of the recommended daily value of thiamine.

Raw nuts contain a number of nutrients along with a healthy amount of monounsaturated fat. Macadamias, with their own unique nutritional profile, are relatively low in carbs and protein (containing two percent per one-ounce serving), high in oleic acid and omega-9 monounsaturated fatty acid, the same fatty

acid found in olive oil. In fact, of the 21 grams of fat found in macadamia nuts, only three grams are saturated fat.

There's sometimes a disconnect in the understanding of which foods contain good fats (HDL) and which have the bad kind (LDL). According to the American Heart Association:¹

LDL cholesterol is considered the 'bad' cholesterol because it contributes to plaque, a thick, hard deposit that can clog arteries and make them less flexible. This condition is known as atherosclerosis. If a (blood) clot forms and blocks a narrowed artery, heart attack or stroke can result. Another condition called peripheral artery disease can develop when plaque buildup narrows an artery supplying blood to the legs.

HDL cholesterol is considered 'good' cholesterol because it helps remove LDL cholesterol from the arteries. Experts believe HDL acts as a scavenger, carrying LDL cholesterol away from the arteries and back to the liver, where it is broken down and passed from the body. One-fourth to one-third of blood cholesterol is carried by HDL. A healthy level of HDL cholesterol may also protect against heart attack and stroke, while low levels of HDL cholesterol have been shown to increase the risk of heart disease."

When choosing fats that you should and should not eat, it's important to note that it's the type of fat that matters, not the amount. Not all saturated fatty acids are the same. If you eliminate them all, you'll suffer serious health consequences. Healthy saturated fats are found in animal products like butter, cheese, whole milk, ice cream, and fatty meats. They're also found in some tropical plants and vegetable oils such as coconut oil, palm, and palm kernel oil.

Then you have trans fats, which form when vegetable oil hardens, a process called hydrogenation. This can raise your LDL and lower HDL, which is not good for your health, especially your heart. Trans fats have a direct link to heart disease, type 2 diabetes, and even Alzheimer's disease. In fact, Mayo Clinic names nuts as one of the five foods that can protect your heart health by lowering your cholesterol. Just make sure they're not coated with sugar or salt and that you keep the serving size to around 1.5 ounces.

Peanuts excluded, raw nuts like

macadamias have been proven to help trim waistlines rather than pack on pounds. A review of 31 clinical and university trials showed that when people included extra nuts or nuts in their diets or substituted for other foods, over five weeks, they lost rather than gained about 1.4 pounds and half an inch from their waists. Although that may seem to be a small amount, over time it makes a difference.

So, if you're watching your weight, a handful of nuts like macadamias or almonds is a much a better snack choice than a bran muffin. With about 60 percent monounsaturated fat oleic acid—the same amount as in olives—they provide the highest amount of healthy fat while being on the low end of the carb spectrum.

Macadamia Nut Nutrition Facts

Serving size: One oz. (28 grams) whole macadamia nuts

	Amt. Per Serving
Calories	203
Carbohydrates	4 g
Sugar	1 g
Fiber	2.4 g
Protein	2 g
Sodium	1 mg

Studies Done on Macadamia Nuts

Clinical trials and studies demonstrated that the fatty acid profile of macadamia nuts beneficially affect serum lipids/lipoproteins, resulting in a lowered risk of cardiovascular disease.²

Additionally, a Journal of the American College of Nutrition study found that people who ate nuts benefitted in other ways, including:

Lower systolic blood pressure

Less likelihood of having two of the risk factors for metabolic syndrome: high blood pressure and low HDL (good) cholesterol (for nut consumers)

Less likelihood of having four risk factors for metabolic syndrome: abdominal obesity, high blood pressure, high fasting glucose, and a lower prevalence of metabolic syndrome.

Another reason why nuts are beneficial is that many of them, such as walnuts, hazelnuts, pecans, Brazil nuts, almonds, cashews and peanuts, contain the amino acid l-arginine, which offers multiple vascular benefits to people with coronary heart

disease. Nut consumption is also associated with a reduced incidence of diabetes in women, gallstones in both men and women, and beneficial effects on oxidative stress, inflammation, and vascular reactivity.³

It's also important to note that macadamia nuts are toxic for dogs and can cause weakness, vomiting, loss of coordination, tremors, and hyperthermia.⁴

Macadamia Nut Fun Facts

Macadamia trees were named by the director of Australia's Royal Botanical Gardens, Baron Ferdinand von Mueller, to honor his friend and colleague, chemist Dr. John MacAdam. Ironically, MacAdam died onboard ship while en route to taste the nut that was named for him.

Summary

One of the healthiest nuts, raw or otherwise, macadamia nuts originated in Australia, with the highest production coming from Hawaii. Today, they're grown in a number of continents with moderate sun and plenty of water. Like many other nuts, they have a high "fat" content, but it's the good fat—HDL, not LDL—that your body needs, to fight heart disease and lower your stroke risk. Other healthy nutrients in macadamia nuts include the amino acid l-arginine, vitamin B1, and magnesium, and they're an excellent source of manganese and thiamin while being low in carbohydrates. Try them roughly chopped in a green salad.

Other sources:

<http://www.crfg.org/pubs/ff/macadamia.html>
<http://rfcarchives.org.au/Next/Fruits/Nuts/Macadamia7-91.htm>
<https://www.aspc.org/pet-care/virtual-pet-behaviorist/dog-behavior/foods-are-hazardous-dogs>
http://www.extento.hawaii.edu/kbase/crop/crops/i_macada.htm
<http://www.macnut.co.nz/history.htm>

References:

1 http://www.heart.org/HEARTORG/Conditions/Cholesterol/AboutCholesterol/Good-vs-Bad-Cholesterol_UCM_305561_Article.jsp?appName=MobileApp Good Vs. Bad Cholesterol
2 <http://www.ncbi.nlm.nih.gov/pubmed/> A macadamia nut-rich diet reduces total and LDL-cholesterol in mildly hypercholesterolemic men and women .
3 <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3257681> Health Benefits of Nut Consumption
4 <http://www.ncbi.nlm.nih.gov/pubmed/10670081> Weakness, tremors, and depression associated with macadamia nuts in dogs.

—Mercola.com

The inhabitants of the world at this time are represented by the dwellers upon the earth at the time of the flood.

The wickedness of the antediluvians is plainly stated: "And God saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually." God became weary of this people, whose thoughts were only of sinful pleasure and indulgence. They sought not the counsel of him who had created them, nor cared to do his will. The rebuke of God was upon them, because they followed the imagination of their own hearts; and there was violence in the land. "And it repented the Lord that he had made man on the earth, and it grieved him at his heart. . . . And God looked upon the earth, and, behold, it was corrupt; for all flesh had corrupted his way upon the earth. And God said unto Noah, The end of all flesh is come before me; for the earth is filled with violence through them; and, behold, I will destroy them with the earth."

In his teachings, Christ referred to this: "But as the days of Noe were," he said, "so shall also the coming of the Son of man be. For as in the days that were before the flood they were eating and drinking, marrying and giving in marriage, until the day that Noe entered into the ark, and knew not until the flood came, and took them all away; so shall also the coming of the Son of man be."

Look at the picture which the world presents today. Dishonesty, fraud, and bankruptcies, violence and bloodshed, exist on every hand. The widows and the fatherless are robbed of their all. Plays, horse-races, and amusements of every kind occupy the mind. In the church, sins have become fashionable. They are glossed over and excused. The right hand of fellowship is given to the very men who bring in false theories and sentiments. Thus the discernment and sensibilities have become deadened as to what constitutes right principles. Conscience has become insensible to the counsel and reproofs which have been given. The light given, calling to repentance, has been shut out by the thick cloud of unbelief and opposition brought in by human plans and human inventions.

RH, August 2, 1898 par. 13-15

The Government of God—Part 1

Democracy, Dictatorship or Republic?

Part 1—The Forms of Government

Late on a September day in 1787, an old man stepped out of the door of a large and grand building in Philadelphia, Pennsylvania. As he left the building, along with the thirty or forty other delegates to the constitutional convention, a woman stepped up to him.

“Dr. Franklin,” said Mrs. Powell. “What kind of government have you given us?”

Benjamin Franklin, at 81, the oldest and most revered delegate to the convention, looked at Mrs. Powell solemnly before replying, “A republic, if you can keep it.”

A republic? Yes, the founding fathers created a republic, but we have not kept it. Today we are told by virtually everyone that the United States is a democracy, and, it is added, that this is what the founding fathers intended. The United States is currently at war in more than 76 countries of the world. The purpose of these wars, we are told, is to protect our freedom and democracy and to spread the democracy of our founding fathers to the rest of the world.

But anyone who believes that the the founding fathers were pro-democracy or that they created a democratic republic is woefully ignorant of history and the writings and beliefs of these men. The fact is that the founding fathers were unanimous in condemning democracy.

James Madison, often thought of as the “father of the Constitution,” wrote in the Federalist Papers No. 10 “(D)emocracies have ever been spectacles of turbulence and contention; have ever been found incompatible with personal security or the rights of property; and have in general been as short in their lives as they are violent in their deaths.”
http://thomas.loc.gov/home/histdox/fed_10.html

Alexander Hamilton agreed. In a speech given in June of 1788 he said, “The ancient democracies in which the people themselves deliberated never possessed one good feature of government. Their very character was tyranny; their figure deformity.”
<http://memory.loc.gov/cgi-bin/ampage?collId=llcd&fileName=002/llcd002.db&recNum=264>

During the 1787 Constitutional Convention, Edmund Randolph said, “...that

in tracing these evils to their origin every man had found it in the turbulence and follies of democracy.”

<http://www.americantraditions.org/Articles/Why%20Our%20Founders%20Feared%20a%20Democracy.htm>

John Adams, the second president of the United States, said, “Remember, democracy never lasts long. It soon wastes, exhausts, and murders itself. There was never a democracy yet that did not commit suicide.”

<http://www.americantraditions.org/Articles/Why%20Our%20Founders%20Feared%20a%20Democracy.htm>

Chief Justice John Marshall wrote, “Between a balanced republic and a democracy, the difference is like that between order and chaos.”

<http://www.americantraditions.org/Articles/Why%20Our%20Founders%20Feared%20a%20Democracy.htm>

Thomas Jefferson, the third president, said “The majority, oppressing an individual, is guilty of a crime, abuses its strength, and by acting on the law of the strongest breaks up the foundations of society.”

<http://www.matrixbookstore.biz/tobacco6.htm>

Fisher Ames, a member of Congress during the eight years that George Washington was president, wrote an essay called “the Mire of Democracy.” In it, he said that the framers of the Constitution “intended our government should be a republic, which differs more widely from a democracy than a democracy from despotism.” Peter S. Field, *The Crisis of the Standing Order*, page 86.

These are just some of the statements that exist from the founders of the United States proving their abhorrence of democracy. Why were they so opposed to democracy? Is not a republic and a democracy the same thing? No, they are very different and we would do well to consider the differences.

A democracy is rule by the majority, in a true democracy the people themselves debate the issues and create the laws as well as execute the punishments. Democracy can become a free for all with confusion reigning. Whatever the majority wants is the law. This means that the minority is not heard and has no voice. If the majority decides a person is worthy of death, that person dies. This implies confidence in the inherent goodness of man and that the majority is always right. There is enormous potential for abuse in this

system and the individual who disagrees with the majority is suppressed, degraded, and treated as dirt, because the majority disagrees with him. In a Democracy the majority is the law, the majority is supreme. A democracy is a dictatorship of the majority.

Always in history a democracy has descended rapidly into a dictatorship. A dictatorship is rule by a single individual, or a single group of individuals, or it can be a single party. Even a true democracy is a dictatorship. A monarchy, a diarchy, a triumvirate, or an oligarchy, are all forms of a dictatorship. A country under martial law is a dictatorship of the military. In a dictatorship the dictator is the law. While most dictatorships have written laws in their lands, this law is subject to the ruler or rulers and can be changed at will. The dictator is supreme. If the dictator says a person is worthy of death, that person dies. The individual loses all dignity in this system and becomes a dispensable pawn to the whim of the ruler. The people are the slaves of the government.

A true republic is different. The power is with the people. A republic is ruled by representatives elected by the people to represent them. The law is supreme and all, even the leaders, are subject to it. A republic does not let the majority rule. Minorities are protected and have a voice. Criminals are tried according to the law and are judged by a jury of their peers. A republic protects the rights of all and the rulers govern by the consent of the governed.

I think Walter E. Williams says it best in his article *Democracy Versus Liberty*. “What’s the difference between republican and democratic forms of government? John Adams captured the essence when he said, ‘You have rights antecedent to all earthly governments; rights that cannot be repealed or restrained by human laws; rights derived from the Great Legislator of the Universe.’ That means Congress does not grant us rights; their job is to protect our natural or God-given rights... Contrast the framers’ vision of a republic with that of a democracy. Webster defines a democracy as ‘government by the people; especially: rule of the majority.’ In a democracy, the majority rules either directly or through its elected representatives. As in a monarchy, the law is whatever the government determines it to be. Laws do not represent reason. They represent

force. The restraint is upon the individual instead of government. Unlike that envisioned under a republican form of government, rights are seen as privileges and permissions that are granted by government and can be rescinded by government.”
<http://www.creators.com/conservative/walter-williams/democracy-versus-liberty.html>.

When you understand that a democracy, and even a democratic republic, is truly a dictatorship, then we really only have two basic forms of government, dictatorship and republic. One gives absolute power to one individual or group, while the other guarantees freedom and justice to all. The problem comes when these forms of government are not clearly defined and their definitions become mixed. The founders of the United States differentiated between them clearly, but today the terms republic and democracy have become mixed up and the law is whatever the majority thinks it should be.

If you look at the definition of the word democracy in a modern dictionary you will find that it lists democracy and republic as meaning the same thing. This is the definition we find in the 1913 Webster’s dictionary “Democracy (1): Government by the people; a form of government in which the supreme power is retained and directly exercised by the people. (2): Government by popular representation; a form of government in which the supreme power is retained by the people, but is indirectly exercised through a system of representation and delegated authority periodically renewed; a constitutional representative government; a republic. (3): Collectively, the people, regarded as the source of government. (4): The principles and policy of the Democratic party, so called.”

But when we look at the 1828 edition of Webster’s we find a radically different definition. “Democracy, Government by the people; a form of government, in which the supreme power is lodged in the hands of the people collectively, or in which the people exercise the powers of legislation. Such was the government of Athens.”

Looking up the word republic in the 1828 edition of Webster’s, we see a clear distinction of definition. “A commonwealth; a state in which the exercise of the sovereign power is lodged in representatives elected by the people. In modern usage, it differs from a democracy or democratic state, in which the people exercise the powers of sovereignty in person. Yet the democracies of Greece are often called republics.”

When we look up the definition in a modern dictionary we find republic and democracy listed as synonyms. But when you consider the statements we quoted earlier,

from the founders of the United States, it is clear that they saw a decided difference between the two. For some reason our definitions have become muddled, so we don’t know what we are talking about anymore.

The ancient city of Athens, in Greece, had a democracy at one time. But it only lasted for about 20 years. Those were twenty very turbulent years for Athens, with much unrest and disturbance from the classes who were in the minority and felt that they had no voice in their government. After 20 years of unrest and riots, a dictator from the popular party, took control, and ruled the city with supreme power. But after 30 years the dictatorship became so oppressive that the people rebelled and overthrew it. This time they established a republic, which, confusingly, was also called a democracy. This is why the cities of Greece are often called republics and democracies interchangeably. This republic was stable and lasted 170 years until Alexander the Great’s father conquered the Greek cities in 338 BC.

Bolshevik and Soviet Communism are examples of party dictatorship. Stalin, of course, became an individual dictator under Soviet Communism. What is ironic is that all the communist block, dictatorship, countries called themselves republics. However, the state, controlled by the communist party, determined what the law was and what the rights of the citizens were. For this reason, it is not the names we call these forms of government that are important, it is their definitions. The majority of governments throughout this world’s history have been dictatorships of one form or another.

So what did the founders of the United State think of when they used the term republic? A republic is a government that rules by the consent of the people who are being governed. The government of a republic is run by elected representatives. One of the most important differences between a republic and a democracy or dictatorship, is the supremacy of law. In a republic, the individual is valued and has right that cannot be violated by the government, the minority have a voice that is heard.

One of the principles of the republic of the United States was the right to trial by jury. This means that a person accused of a crime is judged by a panel of twelve of his peers. These are people from similar circumstances, who would be better able to understand the situation and influences that would cause the accused to act as he did. The judge simply presides over the trial to keep order and inform the jury of the applicable law in the case. In the case of a Federal crime the accused is judged by a grand jury of sixteen to twenty-three- people, unless he

waves his right to trial by jury.

A republic recognizes the dignity and intelligence of the individual. It appeals to reason, right and justice. It elevates man to a position of respect and responsibility and recognizes the ability of people to govern themselves and to be reasonable. However, the founders of the United States also recognized that man possesses a fallen nature and will grab power if he can. This is why they created checks and balances in the government to limit the ability of one person to grab dictatorial power.

In order to govern themselves effectively the people must be educated in how the government system works and how to utilize it in the best way to protect the rights of all under the law. For this reason education was a cornerstone of the United States republic.

So, why are we discussing secular government systems in an article on the government of God? It is simply to define our terms and understand the forms of government that exist. Admittedly, in actual usage in history these terms are not as clearly and distinctly defined as we have made them here. It seems that almost all governments have been a mix of republic and dictatorship. But this has always been Satan’s tactic, to mix the right and the wrong, the truth and the error, the light and the dark.

The pioneers of the Seventh-day Adventist church recognized that the United States was a republic and they recognized it’s republicanism as a divine principle akin to protestantism. We see this understanding in their interpretation of the two horns of the beast in Revelation 13. They recognized these two horns to be republicanism and protestantism. They understood these to be the principles of civil and religious liberty on which the United States had been founded.

We read in the book “The United States in the Light of Prophecy,” by Uriah Smith, “A republican form of government is one in which the power rests with the people, and the whole machinery of government is worked by representatives elected by them. And here, again, we see the fitness between the symbol and the government which is symbolized; for the horns of the two-horned beast have no crowns upon them as do the horns of the dragon and leopard beast, showing that the government which it represents cannot be monarchical, but is one in which the power is vested in the hands of the people. This is a sufficient guarantee of civil liberty.” The United States In the Light of Prophecy, page 73.

“Here, then, are two great principals standing prominently before the people: Republicanism and Protestantism. And what can be more just, and innocent, and lamb-like, than these? And here, also, is the secret

of our strength and power.” The United States In the Light of Prophecy, page 77.

We find in inspiration the same idea of the two horns representing these two principles. “The lamb-like horns indicate youth, innocence, and gentleness, fitly representing the character of the United States when presented to the prophet as ‘coming up’ in 1798. The Christian exiles who first fled to America, sought an asylum from royal oppression and priestly intolerance, and they determined to establish a government upon the broad foundation of civil and religious liberty. The Declaration of Independence sets forth the great truth that ‘all men are created equal,’ and endowed with the inalienable right to ‘life, liberty, and the pursuit of happiness.’ And the Constitution guarantees to the people the right of self-government, providing that representatives elected by the popular vote shall enact and administer the laws. Freedom of religious faith was also granted, every man being permitted to worship God according to the dictates of his conscience. Republicanism and Protestantism became the fundamental principles of the nation. These principles are the secret of its power and prosperity. The oppressed and down-trodden throughout Christendom have turned to this land with interest and hope. Millions have sought its shores, and the United States has risen to a place among the most powerful nations of the earth.” The Great Controversy, 1888 edition, page 441.

The United States was not a perfect republic, but it was founded on a pure principle. We read in the Testimonies, “These brethren cannot receive the approval of God while they lack sympathy for the oppressed colored race and are at variance with the pure, republican principles of our Government. God has no more sympathy with rebellion upon earth than with the rebellion in heaven, when the great rebel questioned the foundation of God’s government and was thrust out with all who sympathized with him in his rebellion.” Testimonies Vol. 1, page 533.

While the founders of the United States understood the principles of republican government and the purity of it, they did not fully adopt those principles. Not recognizing the new testament principle that there is “neither bond nor free, there is neither male nor female,” Galatians 3:28, they kept half the population in subjection by allowing only men to vote, and kept the enslaved black race tied to their bonds and excluded from the rights of citizenship. This fatal error on the part of the founders led, years later, to the civil war and the beginning of the usurpation of dragon like power by the federal government.

Revelation speaks of this lamb like beast changing it’s gentle profession and speaking as a dragon. The dragon represents Rome in it’s pagan form. What type of government did Rome possess? For a time it was a republic but it degenerated into a dictatorship under the Caesars. This was the reason for Benjamin Franklin’s comment, “if you can keep it.” No one knew better than the founders of the United States how hard it is to keep a republic. This was why they set up checks and balances in the system.

Today we are taught that the United States is and was intended to be a democracy. A democracy is but one step removed from a despotic dictatorship. In the last thirty years the Protestant Evangelicals have gained control in the government and they have systematically removed all the checks and balances put in place by the founders of this country. Today the president has dictatorial powers. The power of the dragon.

We read in inspiration, “By the decree enforcing the institution of the papacy in violation of the law of God, our nation will disconnect herself fully from righteousness. When Protestantism shall stretch her hand across the gulf to grasp the hand of the Roman power, when she shall reach over the abyss to clasp hands with spiritualism, when, under the influence of this threefold union, our country shall repudiate every principle of its Constitution as a Protestant and republican government, and shall make provision for the propagation of papal falsehoods and delusions, then we may know that the time has come for the marvelous working of Satan and that the end is near. Testimonies Vol. 5, page 451.

Ironically the party being controlled by the Protestant Evangelicals, who have united with conservative Catholics, is called the republican party. But it is republican only in name. By removing checks and balances and giving the president unlimited power they have given up the very essence of their innocent and lamb-like profession. The delusion today is that the United States was intended to be a democracy, when nothing could be further from the truth.

Today the president has supreme power. He is above the law and not subject to it. He has been given the power to determine life or death for US citizens. The civil courts and the right to trial by jury have been swept aside, while their form remains. If the president has you on his list, you will die, with no chance to defend yourself. This is the essence of the dragon. This is the power of the dictator.

So, we see two basic forms of government, a dictatorship and a republic. A dictatorship creates a nation of slaves, subject to the supreme power of the dictator, be that

dictator a single person, a group of people, a party, or the majority of the populace. The principles of a true republic provide for the freedom of the individual, liberty and justice for all. Even those accused of a crime have rights in a republic.

But there is another form of government we have not discussed. This form is the theocracy. What is a theocracy? “Government of a state by the immediate direction of God; or the state thus governed. Of this species the Israelites furnish an illustrious example. The theocracy lasted till the time of Saul.” Webster’s Dictionary, 1828 Edition.

A theocracy is where the civil and religious government are united and controlled directly by God. One would assume that, being under the direct authority of God, this would be a divine dictatorship. But is this what we really find in the Bible? Which form of government is according to God’s order? Is not God sovereign dictator of all? Doesn’t He demand 100% obedience from all His creation? These are the questions we will consider in part 2.

—Rick & Virginia Markwell

“As it was in the days of Noah,” declared Christ, “so shall it be also in the days of the Son of Man.” And is it not so?
Any one who will look into the daily papers may see a long list of crimes—drunkenness, theft, robbery, embezzlement, murder. Sometimes whole families are murdered, that man’s desires to possess money or goods that do not belong to him may be gratified.
The world is indeed becoming as it was in the days of Noah, because men openly disregard God’s commands.
RH, July 13, 1897 par. 8

Letters—Kenya

Heb. 6:10-11

In closing this year 2017, a special work is being done for all classes of people hitherto neglected. God expects His messengers to take particular interest in the people whom they find in all places they reach. This is the greatest responsibility we are to accomplish for many of the families we meet, as the dawn of a new creation within hearts and the resurrection of the souls from this aged world. We planned to get away from our smallness, as independent home churches and make larger plans of gospel missionaries who must be far reaching in approach for those who are nigh, and those who are afar. (see AA pg 45)

In the years past, reasonable work was done around our neighbors and now I feel greater strides must be taken to reach other areas in distant locations rising up co-workers to enlighten the world with his glory.

Rev. 18:1-4

I believe there is a decided advance among Remnant churches, a more earnest endeavors and prayers to keep our pace with the third angel's message so that the work so lightly esteemed by our past leaders is being revived by the influence of the Holy Spirit among independent ministers as seen today. *'God designs we should be learners, first from the living oracles, and second from our associates. This is God's order. The Word of God is the great detector of error; to it we believe everything must be brought. The Bible must be our standard for every doctrine. We must study it reverentially. We are to receive no one's opinion without*

comparing it with the Scriptures. Here is divine authority, which is supreme in matters of faith.' CTr 331.2

I have been busy visiting most of the churches that agree with us to get our publishing position ready for registration as **Sabbath Remnant Alliance Publishing Association [SRAPA]** by our government; one of the institutions that would be mandated to recommend our Ministers. This will run on this address: **SRAPA P.O BOX 2389, MBALE EAST AFRICA. Tel. +256-772-263195. Email:**

srapa.remnanat@gmail.com. I have opened up a bank account with **B__B__U L__** using some funds which I received for printing of booklets and tracts mainly for the work in DRC and S. Africa. The reasoning behind this is to fulfill one of the conditions that the account runs church business on it worth \$2000 within the 3 month prior to registration and it will automatically be ready to support publishing on a scale as well as recommending ministers to different places. I am pressing on its face value as a church entity as donations will be seen flowing into it and probably it may be one of our institutions recommending documentary evidence of work being done needs to be sent out. I found out that this is going to be accomplished by registering as a company not as **NGO**.

However, we have lots of freedoms in worshipping and the government only wants to know the extra activities accomplished by our churches outside church worship. Then other properties owned by our organization

as per see. This is a local setting that will be allied to SRA worldwide. Keep us in prayer that all goes well.

I have been considering correspondences from the neighborhood afar who ask for our printed materials of present truth and inviting us visit them to help in organizing the newly established churches according to the gospel order. I am working on them, making prints ready for packaging to be sent to different location. In this respect I am working with bro. **S__M__P__** and **R__S__** of S. Africa who requested for tracts and booklets printed here because it is expensive to print them in S. Africa and **V__S__** in DRC to whom bro. **J__d__M__** sent boxes of present truth and he didn't receive them, probably due to unlevelled circumstances communication industry.

I have been formatting tracts and booklets in French so that I can print them on A4 page size for the people of DR Congo through bro. **V__** who is in contact with us. I also believe that those in **R__** are going to get some since **V__** postal address is in **R__** and not in **L__**.

I do extend my sincere appreciation to elder **J__** who is sick but is able to work with us to further the spread of the Present Truth to other African countries as he was able to send my support and some funds for printing of Present truth materials. I continue to pray for him and thank our supporters for the work in Africa and Uganda.

God bless you.

—N J

Everything in nature, from the mote in the sunbeam to the worlds on high, is under law. And upon obedience to these laws the order and harmony of the natural world depend. So there are great principles of righteousness to control the life of all intelligent beings, and upon conformity to these principles the well-being of the universe depends.

Before this earth was called into being, God's law existed.

Angels are governed by its principles, and in order for earth to be in harmony with heaven, man also must obey the divine statutes. To man in Eden Christ made known the precepts of the law "when the morning stars sang together, and all the sons of God shouted for joy" (Job 38:7).

The mission of Christ on earth was not to destroy the law, but by His grace to bring man back to obedience to its precepts...

His mission was to "magnify the law, and make it honourable" (Isaiah 42:21).

He was to show the spiritual nature of the law, to present its far-reaching principles, and to make plain its eternal obligation.

Amazing Grace p.102

Christian Service

Chapter 8 continued

The Secret of Success

The secret of our success in the work of God will be found in the harmonious working of our people. There must be concentrated action. Every member of the body of Christ must act his part in the cause of God, according to the ability that God has given him. We must press together against obstructions and difficulties, shoulder to shoulder, heart to heart.—Review and Herald, Dec. 2, 1890. {ChS 75.1}

If Christians were to act in concert, moving forward as one, under the direction of one Power, for the accomplishment of one purpose, they would move the world.—Testimonies, vol. 9, p. 221. {ChS 75.2}

Angels work harmoniously. Perfect order characterizes all their movements. The more closely we imitate the harmony and order of the angelic host, the more successful will be the efforts of these heavenly agents in our behalf. If we see no necessity for harmonious action, and are disorderly, undisciplined, and disorganized in our course of action, angels, who are thoroughly organized and move in perfect order, cannot work for us successfully. They turn away in grief, for they are not authorized to bless confusion, distraction, and disorganization. All who desire the cooperation of the heavenly messengers, must work in unison with them. Those who have the unction from on high, will in all their efforts encourage order, discipline, and union of action, and then the angels of God can co-operate with them. But never, never will these heavenly messengers place their indorsement upon irregularity, disorganization, and disorder.—Testimonies, vol. 1, pp. 649, 650. {ChS 75.3}

Timely Warning

There is need of systematic labor; but where some of you are so long in devising, and planning, and getting ready for the work, Satan preoccupies the field with bewitching fables, and the attention of men becomes absorbed in the delusions of the master deceiver.—Review and Herald, March 13, 1888. {ChS 75.4}

O how Satan would rejoice if he could succeed in his efforts to get in among this people, and disorganize the work at a time when thorough organization is essential, and

will be the greatest power to keep out spurious uprisings, and to refute claims not indorsed by the Word of God! We want to hold the lines evenly, that there shall be no breaking down of the system of organization and order that has been built up by wise, careful labor. License must not be given to disorderly elements that desire to control the work at this time.—Gospel Workers, p. 487. {ChS 75.5}

Chap. 9 - The Call to Arouse

The Summons

Let the gospel message ring through our churches, summoning them to universal action. Let the members of the church have increased faith, gaining zeal from their unseen, heavenly allies, from a knowledge of their exhaustless resources, from the greatness of the enterprise in which they are engaged, and from the power of their Leader. Those who place themselves under God's control, to be led and guided by Him, will catch the steady tread of the events ordained by Him to take place. Inspired with the Spirit of Him who gave His life for the life of the world, they will no longer stand still in impotency, pointing to what they cannot do. Putting on the armor of heaven, they will go forth to the warfare willing to do and dare for God, knowing that His omnipotence will supply their need.—Testimonies, vol. 7, p. 14. {ChS 77.1}

Let us arouse! The battle is waging. Truth and error are nearing their final conflict. Let us march under the blood-stained banner of Prince Emmanuel, and fight the good fight of faith, and win eternal honors; for the truth will triumph, and we may be more than conquerors through Him who has loved us. The precious hours of probation are closing. Let us make sure work for eternal life, that we may glorify our heavenly Father, and be the means of saving souls for whom Christ died.—Review and Herald, March 13, 1888. {ChS 77.2}

Marching Orders

The duke of Wellington was once present where a party of Christian men were discussing the possibility of success in missionary effort among the heathen. They appealed to the duke to say whether in his judgment such efforts were likely to prove a

success commensurate to the cost. The old soldier replied: "Gentlemen, what are your marching orders? Success is not the question for you to discuss. If I read your orders aright, they run thus, 'Go ye into all the world, and preach the gospel to every creature.' Gentlemen, obey your marching orders."—Gospel Workers, p. 115. {ChS 77.3}

No Time for Delay

"The great day of the Lord is near, it is near, and hasteth greatly." Zephaniah 1:14. Let us be shod with the gospel shoes, ready to march at a moment's notice.—Testimonies, vol. 9, p. 48. {ChS 78.1}

Church members... are to be ever ready to spring into action in obedience to the Master's commands. Wherever we see work waiting to be done, we are to take it up and do it, constantly looking unto Jesus... If every church member were a living missionary, the gospel would speedily be proclaimed in all countries, to all peoples, nations, and tongues.—Testimonies, vol. 9, p. 32. {ChS 78.2}

We are nearing the close of this earth's history. We have before us a great work,—the closing work of giving the last warning message to a sinful world. There are men who will be taken from the plow, from the vineyard, from various other branches of work, and sent forth by the Lord to give this message to the world.—Testimonies, vol. 7, p. 270. {ChS 78.3}

Sound an alarm throughout the length and breadth of the earth. Tell the people that the day of the Lord is near, and hasteth greatly. Let none be left unwarned. We might have been in the place of the poor souls that are in error. We might have been placed among barbarians. According to the truth we have received above others, we are debtors to impart the same to them.—Testimonies, vol. 6, p. 22. {ChS 78.4}

My brethren and sisters, it is too late to devote your time and strength to self-serving. Let not the last day find you destitute of the heavenly treasure. Seek to push the triumphs of the cross, seek to enlighten souls, labor for the salvation of your fellow beings, and your work will abide the trying test of fire.—Testimonies, vol. 9, p. 56. {ChS 78.5}

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