

The Sabbath Watchman

MARCH 1979

OUR OPPORTUNITIES

Our time here is short. We can pass through this world but once; as we pass along, let us make the most of life. The work to which we are called does not require wealth or social position or great ability. It requires a kindly, self-sacrificing spirit and a steadfast purpose. A lamp, however small, if kept steadily burning, may be the means of lighting many other lamps. Our sphere of influence may seem narrow, our ability small, our opportunities few, our acquirements limited; yet wonderful possibilities are ours through the faithful use of the opportunities of our own homes. If we will open our hearts and homes to the divine principles of life, we shall become channels for currents of life-giving power. From our homes will flow streams of healing, bringing life, and beauty, and fruitfulness where now are barrenness and death.—Ellen G. White, *The Ministry of Healing*, p. 355.

Why Be Discouraged?

ONE DAY AT A TIME

One day at a time, with its failures
and fears,
With its hurts and mistakes, with its
weakness and tears;
With its portion of pain, and its burden
of care
One day at a time we must meet, and
must bear.
One day at a time, but the day is so long
And the heart is not brave and the soul
is not strong.
Oh! Thou merciful Christ, be Thou near all
the way,
Give courage and patience and strength
for the day.
Swift cometh His answer, so clear and so
sweet;
"I will not forget Thee nor fail Thee, nor
grieve;
I will not forsake Thee, I never will
leave."
One day at a time and the day is His day,
He hath numbered its hours, though
they haste or delay;
His grace is sufficient; we walk not alone.
As the day, so the strength, that He
giveth His own.

ENCOURAGE YOUR FELLOWMEN

Discouraged, when my Father owns the
Ground on which I tread,
The air I breathe, the winds that blow,
The sunshine overhead?

Discouraged? If my Father knows, and
Heeds the sparrow's fall;
Is He not near, will He not hear
His children when they call?

Discouraged, when the clouds appear?
By Father's hands they're given;
He knows that too much sunshine here
Would wean my soul from Heaven.

He knows the oak that to the gale
Spreads out its sturdy form,
Is worth a score of puny trees
That never felt a storm.

And so the harder trials I have,
The louder I will sing;
He who fights long and hard enough
Will conquer anything.

And if death interrupts my work
Before success I get,
Please God I'll die with harness on
And face toward heaven set.

Then struggle on discouraged soul,
'Tis love that deals the blows;
The more it costs to be a man,
The bigger manhood grows.

The more we have to struggle through,
The sweeter joys we'll win;
For God does most for that brave soul,
Who does the most for Him.

—Author unknown

AS we recognize the signs of the times which declare the soon advent of our Lord, we can see the enmity of Satan against God's people becoming stronger and stronger. It is his purpose to thwart the plan of salvation and to ensnare as many people as he can. He takes advantage of the fast-moving events and continual dramatic changes, obviously using them for his purpose. The various circumstances of life, with its pressures, unending deadlines, frustrations and "hang-ups," have a detrimental effect on man. Society is saturated with a host of evils that seem to rob man of his happiness and well-being. One significant and effective skill he uses in his last work is the art of discouraging people. He is skillful at causing people to doubt God's existence. He lessens their faith and implicit trust in Him by channeling their thinking and feelings in the wrong direction.

Have you been in the "valley of discouragement" lately? Have you lost sight of your blessings? Has misfortune come your way, or has ill health taken its toll? Have you been laid off from work, with no bank account or a meager one? Have your friends forsaken you in time of need? Have you received a bad report card from school? Maybe your car won't start, the roof leaks, and the plumbing gave out in the kitchen. You know your own situation better than anyone else does.

How do you feel when things don't go the way you want them to? When you are at a low point and want to bury your head in the sand like the proverbial ostrich—don't! Listen to these words: "Fear not, neither be discouraged." Deuteronomy 1:21. Notwithstanding the seemingly bitter experiences, there is hope for everyone who is crestfallen.

Martin Luther, the great Reformer of the 16th century, had a particular experience that disheartened him. He felt as if there were no hope of salvation for him and that there was no use even trying. According to history, he had a dream of the devil coming into his room in Wartburg Castle. He had a long piece of paper that reached to the floor. On that paper was a record of all of Martin Luther's sins. Holding it up, the devil asked, "Did you commit all these sins, Brother Martin?"

Luther replied, "Yes, I committed them all."

"Then what hope is there for you?" taunted the devil.

Luther was discouraged but noticed that all the time the devil was keeping his hand over something down in the corner. At last Luther asked, "What is that under your hand? Take your hand away. Let me see it all." He made the devil take his hand away, and what do you think was written on that corner? In red ink, it said, "The blood of Jesus Christ His Son cleanseth us from all sin."

Satan has innumerable tactics to discourage souls. He will keep his hand over that verse when you are discouraged.

"Satan knows that those who ask God for pardon and grace will obtain it; therefore he presents their sins before them, to discourage them. . . .

"He points to their filthy garments, their defective characters. He presents their weakness and folly, their sins of ingratitude, their unlikeness to Christ, which has dishonored their Redeemer." —Ellen G. White, *Prophets and Kings*, pp. 586, 588.

This command is given concerning those who plead for purity of heart. "Take away the filthy garments from him. And unto him He said, Behold, I have caused thine iniquity to pass from thee, and I will clothe thee with change of raiment." Zechariah 3:4. How encouraging are these words given by the Lord! Christ Our Righteousness covers the sinner with His unspotted garments; he then stands before God undefiled and perfect. What a wonderful promise for us when we accept Him by faith!

Can anyone be discouraged regarding his spiritual condition when Christ takes an active role in his life? Too often we look to ourselves and what we can do, rather than to Christ, our Redeemer. Our fondest thoughts should be directed toward heaven and the gift of Christ. It is by thinking in the right channel that our life takes on new meaning and changes begin to take place. New thoughts may develop as one reads the Scriptures for strength and encouragement. "Their happiness, both for this life and for the life to come, depends upon their fixing their minds upon cheerful things." —Ellen G. White, *The Ministry of Healing*, p. 248.

Needless to say, our lives have some difficulties which make us despondent and gloomy. But many manufacture worries, and this darkens their outlook, feelings and behavior, rather than helping them. The Lord Jesus has given us a point to ponder. "Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof." Matthew 6:34.

It is common knowledge that today's society is in chaos, deep trouble and perplexity. No matter how much we worry about them, thereby getting discouraged, we cannot solve these world problems or its future problems.

You, personally, may be in a dilemma; but let's consider these encouraging and sobering words. "'In everything give thanks: for this is the will of God in Christ Jesus concerning you.' 1 Thessalonians 5:18. This command is an assurance that even the things which appear to be against us will work for our good. God would not bid us be thankful for that which would do us harm." —*The Ministry of Healing*, p. 255.

All of life's disappointments, griefs, sorrows and temptations have a purpose and are for our good, if we love the Lord supremely. They should bring us closer to Him and cause us to realize that Christ does not want us to be discouraged but to be encouraged. ☐

BECAUSE nearly all of the Christian churches teach that an ever-burning hell is the abode of all the wicked after death, it may undoubtedly seem odd to some to even question this general opinion. Yet history teaches that the opinion of the general populace is by no means a safe guide. The world in Noah's days perished in the false conviction that a coming flood was an utter impossibility. Likewise, Sodom's people were cremated in a fiery conflagration, unaware that they were completely mistaken. Even today the masses of humanity, caught in Buddhism, Mohammedanism, Hinduism, etc., do not prove by their numerical strength that their system of religious training is the truth. All through history we find deceptive claims and philosophical inventions and ideas which lead the masses astray. The power of suggestion in mass hypnotism attracted millions to Nazi Germany and other millions into the grip of Communism. The number of followers proves nothing, for "The heart is deceitful above all things, and desperately wicked: who can know it?" Jeremiah 17:9.

God is love

The first point, on which all may agree, is that the concept of an ever-burning hell seems to strike directly against the Christian teaching that "God is love." 1 John 4:8, 16. Love and hatred cannot dwell in the same mind; they are like fire and water. It is inconceivable that throughout the ceaseless ages God and His redeemed children should find heaven a delightful place, knowing that those whom they have loved on earth were suffering incomprehensible agonies in hell fire forever just because they were not saved. The idea is cruel and casts a rather dark reflection upon a God of love. This should cause us to think.

The popular doctrine

We are prepared to investigate the basic reasons for the ever-burning doctrine. It all condenses down to the original fallacy that engulfs millions of well-meaning Christians today; namely, that of "life after death." True, this life is not all. The Scriptures teach this emphatically. Christ Himself made it clear when He said, "... That whosoever believeth in Him [the Son of man] should not perish, but have everlasting life." John 3:16. And this is not a New Testament doctrine alone but is also found in the Old Testament.

Yet this is not the real issue. It narrows down to the more specific inquiry, "What happens when man dies?" Does a certain essence in him leave his body and float away into space, perhaps heaven or hell?

And to support such a theory, some Bible scholars use the parable of the thief on the cross to prove their point. Yet if these incidents are carefully considered, we arrive at some startling contradictions which we cannot harmonize. We have reason to believe that the discrepancy lies, not with the Holy Scriptures, but with man's interpretation.

That essence, supposedly leaving the body at death, is termed the "immortal soul" by its defenders. And to it are attributed the senses of hearing, seeing, feeling, thinking, speaking, etc.—yes, even without ears, eyes, nerves, brain, tongue, etc. To rational thinking and applied science, this is unheard of and naive. To believe such an idea *really* takes faith—blind faith.

But the Bible is our criterion. Are we Bible-believing Christians or not? If not, then we have nothing more to say. We may follow the crowd, right or wrong, and accept the risk of perishing with it.

As Bible-oriented Christians we shall now study the word of truth concerning our topic.

What is man?

How was man originally made? "And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became [not received] a living soul." Genesis 2:7. This was Adam's beginning. Two elements were active—the minerals of the earth [dust], and the breath, or quickening spirit of God. But Adam's fall brought death to the human race. "... Thou takest away their breath [the life-giving essence of God], they die, and return to their dust. Thou sendest forth Thy spirit, they are created: ..." Psalm 104:29, 30. "Then shall the dust return to the earth as it was: and the spirit shall return unto God who gave it." Ecclesiastes 12:7.

The "spirit" mentioned here is not an independently thinking or acting entity of each person as people are made to believe. Therefore, such things as so-called "spirits of the dead" that float in the air are non-existent, according to Bible teaching.

Whither bound?

Where, then, do the dead go? Job said, "For now I shall sleep in the dust. ..." "If I wait, the grave is mine house: I have made my bed in the darkness. I have said to corruption, Thou art my father: to the worm, Thou art my mother, and my sister." Job 7:21; 17:13, 14.

But are the dead completely immobilized? Let us get our answers from the inspired Word: "For in death there is no remembrance of Thee: in the grave who shall give Thee thanks?" "What profit is there in my blood, when I go down to the pit? Shall the dust praise Thee? shall it declare Thy truth?" "The dead praise not the Lord, neither any that go down into silence." "His [man's] breath goeth forth, he returneth to his earth; in that very day his thoughts perish." Psalms 6:5; 30:9; 115:17; 146:4. "For the fate of the sons of men and the fate of beasts is the same; as one dies, so dies the other. They all have the same breath, and man has no advantage over the beasts; for all is vanity. All go to one place; all are from the dust, and all return to dust again." Ecclesiastes 3:19, 20 R.S.V.

Hell Fire

By OSCAR KRAMER

"For the living know that they shall die: but the dead know not anything, neither have they anymore a reward; for the memory of them is forgotten." Ecclesiastes 9:5.

Nowhere do the Scriptures say that man continues to live on in a spirit world after he dies. In fact, he dies just as an animal does.

But one may say, "Then, is there no hope for us? I cannot believe this!" You are right. If this were the end, it would be a fatalistic view. No, there opens before us an avenue of glory undreamed of.

Hope

To the prophet Daniel God said, "But go thou thy way till the end be: for thou shalt *rest*, and stand in thy lot at the end of the days." Daniel 12:13. Jesus said, "The maid is not dead, but *sleepeth*." Matthew 9:24. "Our friend Lazarus *sleepeth*; but I go, that I may awake him out of *sleep*. . . . Howbeit Jesus spake of his death. . . ." John 11:11, 13. These are just a few examples showing that death is an unconscious sleep—not an endless sleep, but a waiting for the resurrection morning. All the dead, the righteous as well as the wicked, will one day be raised from their sleep.

Hell

With these facts established—even if they are contrary to the theological views of most churches—we can proceed to approach the "hell" theory as taught by present-day "hell-fire preachers." The church of Rome christened this child of hers—hell—as "purgatory," which means a place of everlasting torment for evildoers.

The word *hell* is translated from the Hebrew word *sheol* in the Old Testament, and from the Greek word *hades* in the New Testament, which mean simply, "the grave." The Greek word *Tartarus* means "darkness." 2 Peter 2:4. Furthermore, when the Greek word *gehenna* is used, it means a "place of burning." In the King James Bible, the word *hell* is translated from all four original words; thus it applies to (1) the grave (2) darkness, or (3) the final day of judgment by fire when the wicked shall be destroyed. Translators can do much to give a word a different coloring in harmony with their pre-conceived ideas. For instance, it says in the authorized King James version in Matthew 16:18, "the gates of hell," while the R.S.V. translation calls it "the powers of death," which is more correct. In fact, to escape a false interpretation, many later translators have chosen to use the words *sheol* and *hades* instead of *hell*. Interestingly enough, the word *hades* was used on many tombstones in Asia Minor in ancient times and depicted the grave, not *gehenna*, a place of burning.

As to the conjecture of an "ever-burning hell," from "gehenna," which is used 12 times in the New Testament, it seems that this idea originated from the "Valley of Hinnom" close to Jerusalem, where the cruel heathen tribes used to burn children to Molech, a custom practiced even by some of Israel's kings. Gehenna became a figure of speech among the Jews, depicting a place where sinners will burn.

Sleep

But now let us look at another angle. The apostolic creed of most churches states or specifies that Jesus Christ will come again to "judge the living and the dead." This final-day judgment would be completely out of place if sinners who die today would already face hell fire right now, without having been judged. And this also holds true for the righteous people, supposedly going to heaven right after their death.

We have seen before that instead of going to heaven or hell, the dead are resting in their graves as if in sleep. And if it is called "sleep," then we conclude that they will wake up on the resurrection morning. The Scriptures are very clear on this point. Jesus said,



"Marvel not at this: for the hour is coming, in the which all that are in the *graves* [not in heaven or hell] shall hear His voice. And shall come forth; they that have done good, unto the resurrection of life; and they that have done evil, unto the resurrection of damnation." John 5:28, 29. And this was also the strong belief of Martha, saying about her brother Lazarus, "I know that he shall rise again in the resurrection at the last day." John 11:24. Of what use would it be to call the wicked out of hell fire back into their body, and then burn them again? It sounds absurd!

Then where is the hell fire which even Christ mentioned? Is it only a figure of speech, or is it something real?

Hell fire is literal

After Jesus spoke about the latter times and the events that would take place in the world (Matthew 24), He compared the culminating event with the days

of the great flood in Noah's time. As all the prior events were literally fulfilled, so it was literal water that drowned the unrepentant sinners. Referring to this, He said, "And knew not until the flood came, and took them all away; so shall also the coming of the Son of man be." Matthew 24:39. And even though, according to God's word, the world would never be destroyed by water again, Peter tells us, "Whereby the world that then was, being overflowed with water, perished: But the heavens and the earth, which are now, by the same word are kept in store, reserved unto fire against the day of judgment and perdition of ungodly men . . . wherein the heavens being on fire shall be dissolved, and the elements shall melt with fervent heat." 2 Peter 3:6, 7, 12. Then let no one spiritualize away the fact that real fire will destroy the wicked and this present world at Christ's coming.

And yet this does not fully answer our question, since the untold billions of wicked people of all ages remain in their graves following Christ's coming. Will they be resurrected now to receive their punishment?

We know that God's faithful people of all ages who have died will be resurrected at Christ's second coming in what is called the "first resurrection." Revelation 20:6. But of the wicked, still resting in their graves, it says, "But the rest of the dead [the wicked] lived not again until the thousand years were finished. . . ." Verse 5. Piecing our evidences together shows that the wicked dead will be resurrected a thousand years later. Their great multitude of billions is called "Gog and Magog." They will, according to the Scriptures, once more try an offensive war against God's capital city, the New Jerusalem. But we are told, "And fire came down from God out of heaven, and devoured them. . . . And death and hell were cast into the lake of fire. This is the second death." Verses 9, 14. This, then, is the hell fire the Scriptures speak about. "Blessed and holy is he that hath part in the first resurrection [at Christ's second coming]: on such the second death hath no power, . . ." Verse 6.

Thus unfold before us: 1) Christ's second coming, 2) the first resurrection of the righteous, 3) the living wicked destroyed, 4) then the wicked dead resurrected *after* the thousand years in the second resurrection to face their sentence, 5) the wicked destroyed forever in the fire which comes down from heaven, the true hell fire. Revelation 20:9.

Everlasting fire

One point must yet be clarified: Where does the "everlasting" punishment of hell fire come in? That this is a figure of speech is clearly visible from the following facts: If it means "without end," then the following Bible quotations would very strongly contradict this view, "He will *burn up* the chaff [the wicked] with unquenchable fire." Matthew 3:12. If the wicked are "burned up," then the fire must go out after that. "And fire came down from God out of heaven, and *devoured* them" (Revelation 20:9), we read before. If fire devours, or eats up the wicked, then the fire will not go out until this is accomplished. This explains also the text that their "worm dieth not." Mark 9:44. A worm eats a dead body and will not die until the

dead body is eaten up. It means complete destruction. But one more statement clarifies that often misunderstood "everlasting, ever-burning hell" concept. "For, behold, the day cometh, that shall burn as an oven; and all the proud, yea, and all that do wickedly, shall be stubble: and the day that cometh shall *burn them up*, saith the Lord of hosts, that it shall leave them neither root nor branch. . . . And ye shall tread down the wicked; for they shall be *ashes* under the soles of your feet in the day that I shall do this, saith the Lord of hosts." Malachi 4:1, 3. After the destruction of the wicked, this earth shall be restored to its Edenic beauty (Revelation 21); and, as predicted by the prophet, the wicked, after being burned up, will become "ashes" under our feet.

We need no further proof to establish the fact that modern "hell fire" preaching is based on a spiritualistic concept of "life after death," the same teaching which the serpent preached to Eve in the garden, "Ye shall *not* surely die!" Genesis 3:4. It is from the very same source.

The thief

Christ's words to the thief on the cross, recorded in Luke 23:39-43, do not prove "immediate life after death." To place commas in order to divide certain thoughts in writing was unknown until about 350 years ago. Christ Himself was not that same day in Paradise, as His words clearly indicate when He said after His resurrection, "I am not yet ascended to My Father." John 20:17. So He could not have met the thief there. His words were simply, "I say unto thee *today*, Thou shalt be with Me in Paradise."

Love and justice

The truth concerning this issue removes from our heavenly Father the stigma of being a cruel God who apparently delights in seeing human beings cringing in the sufferings of excruciating pain of hell fire for eons of time, without end. No, "The Lord God, merciful and gracious, longsuffering and abundant in goodness and truth. Keeping mercy for thousands, forgiving iniquity and transgression and sin, and that will by no means clear the guilty; visiting the iniquity of the fathers upon the children, and upon the children's children, unto the third and to the fourth generation." Exodus 34:6, 7. God is a God of love; but He is also a God of justice, as this text indicates. It is because of His love that He has to eradicate sin and sinners. It is in their own interest that the wicked are blotted out of existence, for they do not love the purity and holiness of heaven; it would be torture to them. This is the "strange work" of destruction that God will perform (Isaiah 28:21), quite opposite His character of love.

No, "There is no fear in love!" 1 John 4:19. We do not need hell-fire preachers to scare us into submission to the will of God. What we need is the drawing power of His divine love; a love that has no equal in the whole universe and which is as "strong as death." Song of Solomon 8:6. Has this love gripped your heart? Make sure of it today. Then no mention of hell fire will ever scare you again.



HOSPITALITY

By DOROTHY DEMAREST

HOSPITALITY is a *privilege* and a *blessing*. The family that begrudges hospitality loses the *privilege* and the *blessing*.

Every family that clings to the selfish spirit of "me and my family," shutting themselves up within themselves and unwilling to exert themselves to entertain visitors, is losing many blessings. Thus, in the Bible, God stresses hospitality as a duty—to teach us generosity and friendliness. No one can truly be a Christian or be happy unless his home is open to the poor, the stranger and the missionary in need of tender care, and on all occasions of social and religious rejoicing. Inspiration writes: "Far more powerful than any sermon that can be preached is the influence of a *true home* upon human hearts."

In the Bible, the classic examples of hospitality were Abraham, who lived in the country, and Lot, who lived in the city. Theirs was an *habitual* hospitality. They watched carefully for those who were in need of true hospitality, and the Spirit of God directed the results. Angels and the Lord Himself were thus entertained.

Neither Abraham nor Lot stopped to reason, Is my house furnished enough? Do I have enough food? Will the children be in the way? No, they earnestly and cheerfully encouraged others to share what they had. Hospitality is not reluctantly giving others a bed or food; it is the giving of the warmth of your heart, friendship and love. You may never see that person again; but the precious experience will remain upon both of your hearts, and God will be honored. No elaborate entertaining can ever take the place of simple kindness and sharing.

Ships that are passing mid billows and spray,
Greeting we give as they bear on their way,
Speaking in passing—like touch of the hand,
Bidding Godspeed to a far-away land.

Friendships are fleeting, the best we may boast,
Only a meeting, a moment at most;
Earth offers little—to last but a day,
Speeding ships, passing, and sailing away.

Still do we cherish these friends of a day,
Slight though the knowledge, and brief though the stay,
Brief as the stay of the mid-ocean ships,
Short though the greeting of little-known lips.

Handclasp of fellowship, welcoming word,
Common the impulse by warm feelings stirred,
Smiles through the teardrops, a laugh with a sigh,
Happy the greeting—God bless you—Good-by.

—Max Hill

During the years of the Depression, our family was very poor; but my mother always had a place for an extra guest. Our cups and plates were often cracked, but she served the simple meal in dignity and warmth as a queen in a palace. And there was always an extra bed available.

More and more people are leaving the home as the social center and going elsewhere. They entertain at the restaurant, hotel or club. Young people have their friends in for a few "chips and drinks." And too often those who do entertain in the home make such elaborate, expensive and unhealthful dishes that neither the host nor the guest is benefited. Instead, jealousies, strife, envy and upset stomachs are fostered.

The church is especially responsible for true hospitality. Ancient Israel, under the direct guidance of God, was an example of joyful hospitality in innocent social gatherings, such as at the wedding at Cana, where Jesus performed His first miracle; at the home of Peter, where his mother-in-law rose from her sick bed to serve; at the time of sheep shearing, a season of hospitality; at the three magnificent religious feasts at Jerusalem, where everyone opened his home to the visiting believers and strangers; and with Jesus on the Sabbath day.

Christians, as a majority, have grown very cold and distant. And, unfortunately, the Seventh-day Adventist members had to be strongly rebuked by the Spirit of Prophecy: "Our work in this world is to live for others' good, to bless others, to be hospitable; and frequently it may be only at some inconvenience that we can entertain those who really need our care and the benefit of our society and our homes. Some avoid these necessary burdens. But someone must bear them; and because the brethren in general are not lovers of hospitality, and do not share equally in these Christian duties, a few who have willing hearts, and who cheerfully make the cases of those who need help their own, are burdened." —Ellen G. White, *Testimonies for the Church*, vol. 2, p. 645.


We live in a cold, selfish time. The world is in an upheaval of cruel forces. In the midst of all this, we are to "look up" and ask God for the grace of true hospitality so we may reveal His tender love in the gift of Jesus Christ, our Lord.

If we have lost our love for hospitality, what is the best way to cultivate it? "The strength of God's people lies in their union with Him through His only-begotten Son, and their union with one another. There are no two leaves of a tree precisely alike; neither do all minds run in the same direction. But while this is so, there may be unity in diversity. Christ is our root, and all who are grafted into this root will bear the fruit which Christ bore. They will reveal the fragrance of His character in the talent of speech, in the cultivation of hospitality, of kindness, of Chris-

tian courtesy and heavenly politeness.” —Ellen G. White, *S.D.A. Bible Commentary*, vol. 6, p. 1083.

| Excuse offered for not being hospitable | Results of overcoming |
|--|--|
| 1. I don't like people. | 1. True friendships are gained. |
| 2. I'm afraid people will criticize me. | 2. Sensitivity vanishes, and the forgiving love of Jesus is learned. |
| 3. People are unthankful. | 3. Approval by God, not men, motivates your giving. |
| 4. I'm not well enough. | 4. Simple hospitality brings health to the giver. |
| 5. We're too poor and despise the rich. Or: we're too rich and despise the poor. | 5. Sharing with others brings the greatest joy and God's blessing. |
| 6. I'm ashamed of my house and furnishings. | 6. Pride is overcome when the true warmth of hospitality is learned. |
| 7. I can't cook. | 7. Every effort to learn is rewarded by God. |
| 8. It's too hard with children in the home. | 8. Children learn to love hospitality and to help. |
| 9. I'm not educated. Or: I'm too well educated for them. | 9. Learn to love one another. |
| 10. Our personalities clash. | 10. Learn to pray for him and help him. |

Guests also have their responsibilities. Whenever we are a guest, we should not just sit and be critical of what is going on. Instead, we should very tactfully see how we might assist: By helping the host or hostess; by visiting with the children; by making the bed and tidying up if we stay overnight; by not overstaying our visit; and, most of all, by thanking God for the precious gift of friends and the hospitality of their home.

The distinguishing mark of the church leader is cheerful, loving hospitality. The distinguishing mark of every Christian is the same. 

My life must touch a million lives in some way ere I go,

From this dear world of struggle to the land I do not know.

So this wish I always wish, the prayer I ever pray:

Let my life help the other lives it touches by the way!

—Anonymous

The Devil

By JERRY EATON

THE great controversy between Christ and Satan, that has been carried forward for nearly six thousand years, is soon to close; and the wicked one redoubles his efforts to defeat the work of Christ in man's behalf and to fasten souls in his snares. To hold the people in darkness and impenitence till the Saviour's mediation is ended, and there is no longer a sacrifice for sin, is the object which he seeks to accomplish.

"When there is no special effort made to resist his power, when indifference prevails in the church and the world, Satan is not concerned; for he is in no danger of losing those whom he is leading captive at his will. But when the attention is called to eternal things, and souls are inquiring, 'What must I do to be saved?' he is on the ground, seeking to match his power against the power of Christ and to counteract the influence of the Holy Spirit." —Ellen G. White, *The Great Controversy*, p. 518.

Satan, our great adversary, works through four methods: deception, accusation, persecution and affliction. We must be clearly aware of these methods lest through any idle word or action we give power to the evil one. First, let's look in depth at the first of Satan's most effective weapons—deception.

"With the earliest history of man, Satan began his efforts to deceive our race. He who had incited rebellion in heaven desired to bring the inhabitants of the earth to unite with him in his warfare against the government of God. Adam and Eve had been perfectly happy in obedience to the law of God, and this fact was a constant testimony against the claim which Satan had urged in heaven, that God's law was oppressive and opposed to the good of His creatures. And furthermore, Satan's envy was excited as he looked upon the beautiful home prepared for the sinless pair. He determined to cause their fall, that, having separated them from God and brought them under his own power, he might gain possession of the earth and here establish his kingdom in opposition to the Most High.

"Had Satan revealed himself in his real character, he would have been repulsed at once, for Adam and Eve had been warned against this dangerous foe; but he worked in the dark, concealing his purpose, that he might more effectually accomplish his object. Employing as his medium the serpent, then a creature of fascinating appearance, he addressed himself to Eve: 'Hath God said, Ye shall not eat of every

Our Greatest Adversary

tree of the garden?' Genesis 3:1. Had Eve refrained from entering into argument with the tempter, she would have been safe; but she ventured to parley with him and fell a victim to his wiles. It is thus that many are still overcome. They doubt and argue concerning the requirements of God; and instead of obeying the divine commands, they accept human theories, which but disguise the devices of Satan." —*The Great Controversy*, p. 531.

Today, as earth's history is rapidly drawing to a close, we know that we must be on guard, for Satan is walking to and fro in the earth as a roaring lion. In the final deception, which is rapidly approaching, Satan will transform himself into an angel of light and his deceitful ministers into apostles of Christ to deceive the world.

"As the storm approaches [and this deception goes forth in the world], a large class who have professed faith in the third angel's message, but have not been sanctified through obedience to the truth, abandon their position and join the ranks of the opposition. By uniting with the world and partaking of its spirit, they have come to view matters in nearly the same light; and when the test is brought, they are prepared to choose the easy, popular side. Men of talent and pleasing address, who once rejoiced in the truth, employ their powers to deceive and mislead souls. They become the most bitter enemies of their former brethren. When Sabbathkeepers are brought before the courts to answer for their faith, these apostates are the most efficient agents of Satan to misrepresent and accuse them, and by false reports and insinuations to stir up the rulers against them." —*The Great Controversy*, p. 608.

Persecution, a tool which Satan's agents have been using down through the ages, will once more come into play in the last days. Yet, history shows that persecution only strengthens the faith of God's people.

"In this time of persecution the faith of the Lord's servants will be tried. They have faithfully given the warning, looking to God and to His word alone. God's Spirit, moving upon their hearts, has constrained them to speak. Stimulated with holy zeal, and with the divine impulse strong upon them, they entered upon the performance of their duties without coldly calculating the consequences of speaking to the people the word which the Lord had given them. They have not consulted their temporal interests, nor sought to

preserve their reputation or their lives. Yet when the storm of opposition and reproach bursts upon them, some, overwhelmed with consternation, will be ready to exclaim: 'Had we foreseen the consequence of our words, we would have held our peace.' They are hedged in with difficulties. Satan assails them with fierce temptations. The work which they have undertaken seems far beyond their ability to accomplish. They are threatened with destruction. The enthusiasm which animated them is gone; yet they cannot turn back. Then, feeling their utter helplessness, they flee to the Mighty One for strength. They remember that the words which they have spoken were not theirs, but His who bade them give the warning. God put the truth into their hearts, and they could not forbear to proclaim it." —*The Great Controversy*, p. 608.


Let's briefly go over how we, today, can gain the victory over the evil one through Christ.

A straightforward answer of "Thus saith the Lord" can overcome a multitude of Satan's wiles. Therefore, we should study the word of truth day by day to show ourselves approved. And yet, the sermons of our lives speak much louder than anything we say.

"Submit yourselves therefore to God. Resist the devil, and he will flee from you." James 4:7. "Be not overcome of evil, but overcome evil with good." Romans 12:21.

"And I heard a loud voice saying in heaven, Now is come salvation and strength and the kingdom of our God and the power of His Christ; for the accuser of our brethren is cast down, which accused them before our God day and night. And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death." Revelation 12:10, 11.

And so we, too, can overcome the great accuser by the "blood of the Lamb," by accepting Jesus Christ as our personal Saviour, "by the word of our testimony," by believing in the word of God and, by testifying to others of it. "And they loved not their lives unto the death," by a daily experience living out, not our own sinful lives, but the life of Jesus.

We are facing great deception today on every hand. Soon we will be accused, afflicted and persecuted for our faith. Let us hold fast, live the truth and prepare ourselves and others for Christ's glorious coming. 

THIS question is one of vital importance for all people living today. For over 100 years, the evolutionary theory has been presented within the scientific community as the scientific explanation for the origin of life on earth. From grammar school through the highest universities, evolution has been presented as truth, while special creation, as the Bible presents the origin of all things, has been, by a majority of scholars, pushed into the background and shelved as merely a religious theory which is neither scientific nor important enough to consider.

I believe many Christians have taken God's word as it is written, without question, and have chosen to reject evolution's teachings without having taken time to investigate the facts relating to these conflicting matters. Obviously, we can't all become scientists and delve into the depths of things, so how are we to know if what the Bible teaches is true? Can evolution be correct?

Fortunately for all concerned, within the last few years questions have arisen in the minds of men of scientific thought and Christian faith, and they have shown a sincere desire to thoroughly investigate these concepts, to put both teachings within the model of scientific research, and to ascertain, if possible, which teaching concerning origins is correct.

First of all, we must understand what is, or how one arrives at, a scientific theory. A scientific theory must be supported by processes or events that are observable. It is, then, actually an idea or plan existing in the mind only but one that is based on principles that can be verified by experiment or observation.

Many scientists say that because no one has actually seen God create the world in six days as the Bible teaches, and because we must depend on faith for our understanding of how He accomplished the work, this proves Biblical belief unscientific, totally unrealistic and unreliable.

It is interesting to note, however, what these same learned men say about what they believe and teach. As we mentioned earlier, a scientific theory must be able to be experimented upon or observed in order to be proven either true or false; but evolution, these men say, is so slow and gradual that you can't see it happen. If you can't see it happen, then it isn't observable or able to be experimented on, is it? It takes a lot of *faith* to be an evolutionist, which, by the way, puts this so-called scientific model in the category of a religion.

In truth, the theory of evolution is a religion. Atheism (meaning "against belief in God") is a religion that believes in the non-existence of God. Since this is what evolutionists believe regarding our world's beginnings, they are primarily atheists and should be considered outside of their "scientific" shelter, as they do not consider all possibilities.

If one believes in God, as the Bible presents Him, then it must be understood that God is the Creator and has done all things as He has said. Some have tried to make a compromise by saying that God started all things and then left them to develop on their own. This idea might be compared to the following example: A man goes out and buys a beautiful new car. It's in perfect running condition and is expected to last a

By CHRIS TESKE

CREATION vs. EVOLUTION:

Is Evolution Scientific?

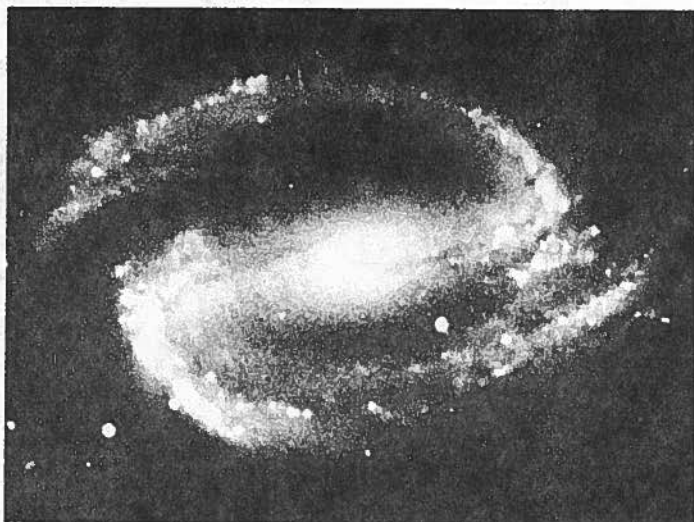
long time. The man carefully starts the engine and, once it's warmed up, puts it in gear and climbs out of the seat, letting the car proceed on its way. How long do you think that car will last? It doesn't take much imagination to figure out the results of such an action.

The *general* theory (for there are many theories) of evolution states that all living things have arisen through an evolutionary, mechanistic process from a primeval cell, which in turn rose from a dead world.

Creation, on the other hand, states that we and all things were specially made and have come forth from the voice and hand of the Creator—each thing in proper order and according to the divine plan.

We will, in the following paragraphs, present a basis for examination of these two opposing concepts. We will be considering the question, Does evolution have scientific ground upon which to stand?

"Much evidence from the fields of cosmology, chemistry, thermodynamics, mathematics, molecular biology, and genetics could be inferred in an attempt to decide whether or not the theory of evolution offers a plausible explanation for the origin of living things. In such an enterprise, we would be attempting to answer the question whether evolution *could* have happened. In the final analysis, however, whether



evolution actually *did* happen or not can only be decided, scientifically, by an examination of the historical record, that is, the fossil record. Thus, W. LeGros Clark, the well-known British evolutionist, has said, "That evolution actually *did* occur can only be scientifically established by the discovery of the fossilized remains of representative samples of those intermediate types which have been postulated on the basis of the indirect evidence. In other words, the really crucial evidence for evolution must be provided by the paleontologist whose business it is to study the evidence of the fossil record."

"The history of life upon the earth may be traced through an examination of the fossilized remains of past forms of life entombed in the rocks. If life arose from an inanimate world through a mechanistic, naturalistic, evolutionary process and then diversified, by a similar process via increasingly complex forms, into millions of species that have existed and now exist, then the fossils actually found in the rocks should correspond to those predicted on the basis of such a process." —Duane T. Gish, Ph.D., *Evolution—The Fossils Say No!*, pp. 16, 17.

As we ponder the foregoing statements, it would seem logical that, for evolution to be true, the fossil record should show with some regularity (consider the

millions and millions of years that these different types have supposedly had to come into existence) at least a few hundred of these intermediate forms in order to establish scientifically that this is actually what occurred. But, when scientists have investigated the fossil record, they have found not a history of evolution, but a record of massive death and destruction. There are no intermediate forms such as the learned men have suggested.

To cover the fact that none of these transitional forms exist, one scientist put forth another theory. He proposed that there are no transitional forms because they did not exist. The changes found in the fossil record were not by transition, but rather by *sudden leaps* in evolution.

"If phyla, classes, orders, and other major groups were connected by transitional forms rather than appearing suddenly in the fossil record with basic characteristics complete, it would not be necessary, of course, to refer to their appearance in the fossil record as 'radical events.' Furthermore, it cannot be emphasized too strongly that even evolutionists are arguing among themselves whether these major categories appeared *instantaneously* or not! It is precisely the argument of creationists that these forms *did* arise *instantaneously* and that the transitional forms are not recorded because they never existed." —*Evolution—The Fossils Say No!*, p. 115.

We read in Psalm 33:6, "By the word of the Lord were the heavens made; and all the host of them by the breath of His mouth." And again in Genesis 1:26, "And God said, Let Us make man in Our image, after Our likeness. . . ."

"Here is clearly set forth the origin of the human race; and the divine record is so plainly stated that there is no occasion for erroneous conclusions. . . . He who set the starry worlds on high, and tinted with delicate skill the flowers of the field, who filled the earth and the heavens with the wonders of His power, when He came to crown His glorious work, to place one in the midst to stand as ruler of the fair earth, did not fail to create a being worthy of the hand that gave him life. The genealogy of our race, as given by inspiration, traces back its origin, not to a line of developing germs, mollusks, and quadrupeds, but to the great Creator." —Ellen G. White, *Patriarchs and Prophets*, pp. 44, 45.

Is evolution scientific? I think not, according to the weight of evidence. "In the beginning God created. . ." is still the most up-to-date record of origins available to man.

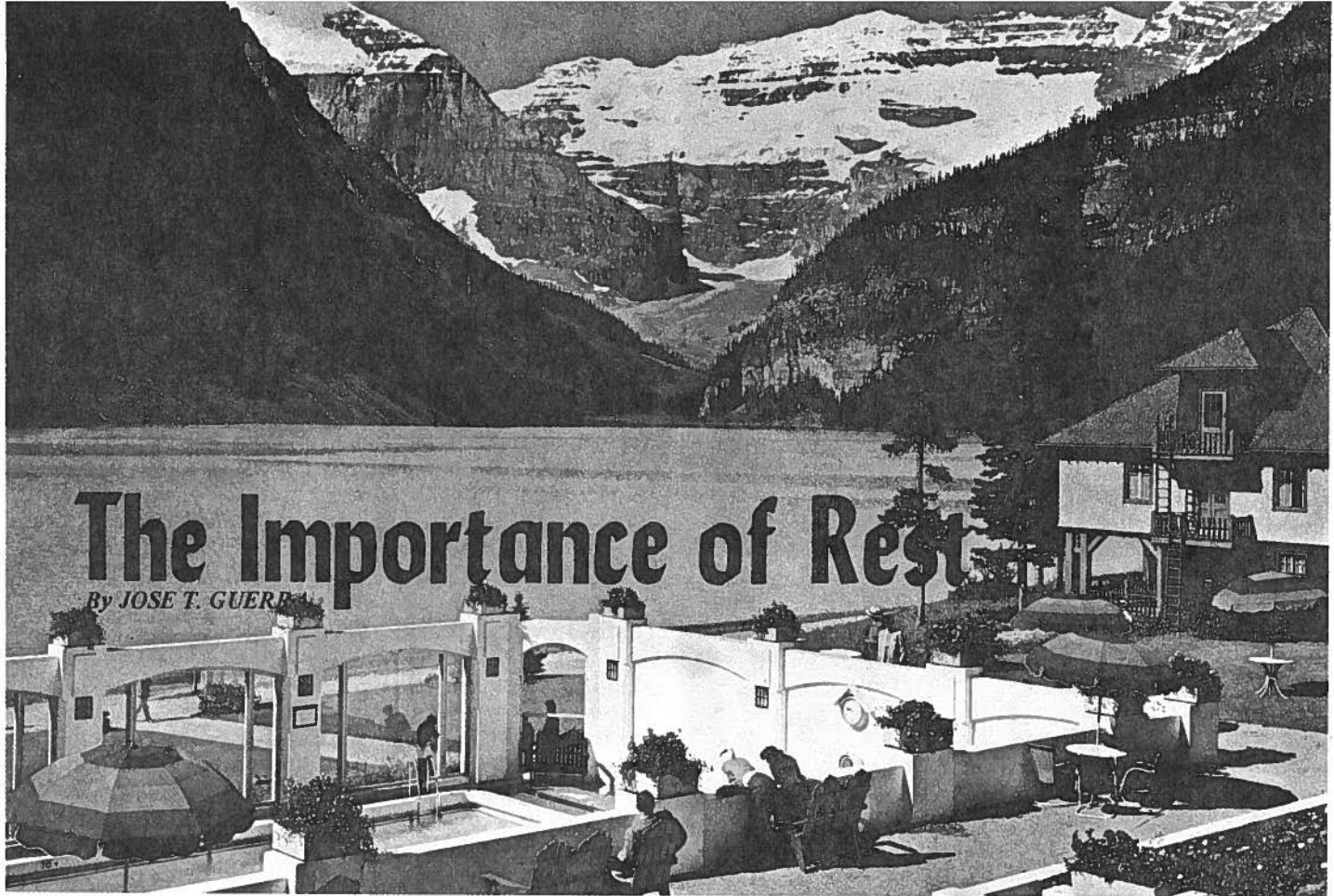


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Kofahl, Robert E., Ph.D., *Handy Dandy Evolution Refuter*, Beta Books, San Diego, California.

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The Importance of Rest

By JOSE T. GUERRA

DURING wartime, a certain factory in England decided to try a 75-hour work week because of an emergency situation. Very soon a study showed that the workers were doing only 64 hours of efficient work. As a result of this, the number of hours was reduced to 64. Another study made later on revealed that actually 54 hours of real work was being done. Once again the schedule was changed, this time to 54 hours; and then it was found out that people really worked only 48 hours, but that in those 48 hours of work, production was 15% higher than when they had tried to work 75 hours a week. In other words, they were doing the equivalent of 64 hours of work in a 48-hour work week.

This incident shows that our human body was not made to be on the move all the time. It requires periods of rest and relaxation, during which all the energies, both physical and mental, are restored. Today many people do not realize the importance of rest for good health. They live such busy, anxious lives, exhausting themselves with work, in order to keep up with the demands of modern society, that they forget about their health. The result is weakness, disease and premature death. This is why we consider it necessary to write about the importance of rest in these helter-skelter days.

Rest follows work, since such activity causes tiredness, weariness and fatigue. Those who do not work do not need rest. Weariness is a sign that our body needs to regain the strength or energy lost during the period of activity; and it is not only physical rest that we need. Especially today, due to the innumerable tensions of modern life, and many times a lack of

physical exercise, people become exhausted emotionally and psychologically. To maintain optimum health, we need to balance our activities and work with proper periods of rest. The busier we are, working unceasingly, the more we need rest. If we do not get the rest we need, we will be unable to successfully accomplish our daily duties, and our production will be of inferior quality.

The nightly rest

There are some ways we can refresh ourselves. In the first place, we have the rest of sleeping after a working day. "The sleep of a laboring man is sweet." Ecclesiastes 5:12. This is an important factor for keeping healthy. Many people ignore the benefits of nightly sleep and try to turn night into day. There are some cities where people remain awake during the nights, engaged in harmful and immoral practices. Recently I saw an advertisement inviting people to visit a certain city where there is no night. God, our Creator, gave night for rest; and there is nothing that can replace the nightly sleep, when the nervous cells rebuild and physical and emotional vigor are restored. As a matter of fact, it has been proven that life is destroyed sooner by lack of sleep than by lack of food. A person may last up to six weeks without food, but he could hardly go ten days without sleep.

During sleep, the conscious mind is disconnected from the external environment, and the different functions of our body decrease their activity. The heart beats slowly, and our respiration also slows down. The nervous and muscular systems become relaxed. The blood pressure decreases, and the body tempera-

ture drops. For this reason, it is not advisable to go to bed immediately after eating because the digestive organs also enter a period of rest, and digestion is retarded.

Now, how much should we sleep? This depends on the constitution, activities, work and age of each person. For an average adult, the number of hours necessary for sleeping ranges from seven to nine hours. Children need to sleep more than that. According to medical studies, a person may recover from physical labor and fatigue with four hours of sleep, but in order to replenish the nervous energies spent during a day, the average person needs eight hours of sleep. This is why those who are engaged in mental work need more rest than those who do hard, physical labor. When you do not rest enough, you may not notice the effects immediately; but finally they will be manifested in continual tiredness, sleeplessness and premature aging. Some people contract nervous and heart diseases as a result of lack of sleep.

Here are some suggestions for getting good sleep. First, we should have fixed hours to go to bed. The best, most profitable sleep is obtained during the first hours of the night. Benjamin Franklin said, "Early to bed, early to rise makes a man healthy, wealthy and wise."

"In regulating the hours for sleep, there should be no haphazard work. Students should not form the habit of burning the midnight oil, and taking the hours of the day for sleep. If they have been accustomed to doing this at home, they should correct the habit, going to bed at a reasonable hour. They will then rise in the morning refreshed for the duties of the day." —Ellen G. White, *Counsels to Parents, Teachers, and Students*, p. 297.

Our bedrooms especially should be well ventilated and the atmosphere made healthy by pure air. We should also avoid excessive noise, such as cars, bells, trains, etc. This is something almost impossible in the large cities, and this is why it is preferable to live in the country. But if this is not possible, at least we should have inner peace and live in the quietest neighborhood possible.

The weekly rest

Besides rest at night, we need a weekly rest to conserve and refresh our mental and physical faculties. This one period of 24 hours' rest out of a seven-day week was given to man by God at the very beginning of this world, thousands of years before any civilized country began to regulate the weekly rest. In the Decalogue we read, "Remember the Sabbath day, to keep it holy. Six days shalt thou labor, and do all thy work: but the seventh day is the Sabbath of the Lord thy God; in it thou shalt not do any work..." Exodus 20:8-10.

The Sabbath day was intended by our Creator as a means by which man could keep his physical and spiritual faculties at the highest level of production and perception. On the Sabbath, our daily worries and anxieties are set aside, and our thoughts and activities are directed toward spiritual things in the contemplation of nature, in worship and meditation and in good works in behalf of others.

"The Sabbath and the family were alike instituted in Eden, and in God's purpose they are indissolubly linked together. On this day more than on any other, it is possible for us to live the life of Eden. It was God's plan for the members of the family to be associated in work and study, in worship and recreation, the father as priest of his household, and both father and mother as teachers and companions of their children. But the results of sin, having changed the conditions of life, to a great degree prevent this association. Often the father hardly sees the faces of his children throughout the week. He is almost wholly deprived of opportunity for companionship or instruction. But God's love has set a limit to the demands of toil. Over the Sabbath He places His merciful hand. In His own day He preserves for the family opportunity for communion with Him, with nature, and with one another." —Ellen G. White, *Education*, pp. 250,251.

The annual rest

And now we come to another type of rest, especially essential for those who live a busy, active life full of many responsibilities. This is the annual vacation. In the Bible, we find an example of this kind of rest when Christ's disciples returned from a very difficult missionary journey. Jesus said to them, "Come ye yourselves apart into a desert place and rest a while." Mark 6:31. This is something that many today know, but exactly *how* to spend a vacation is something we need to learn. Many confuse this time of rest with a time of pleasure and amusement, mispending their vital strength in harmful entertainments.

"The rest which Christ and His disciples took was not self-indulgent rest. The time they spent in retirement was not devoted to pleasure seeking." —Ellen G. White, *The Desires of Ages*, p. 361. In reality, a true vacation will put those who enjoy it in better physical and mental condition, prepared to undertake their responsibilities and duties with new courage and efficiency.

"Some make themselves sick by overwork. For these, rest, freedom from care, and a spare diet, are essential to restoration of health. To those who are brain weary and nervous because of continual labor and close confinement, a visit to the country, where they can live a simple carefree life, coming in close contact with the things of nature, will be most helpful. Roaming through the fields and the woods, picking the flowers, listening to the songs of the birds, will do far more than any other agency toward their recovery." —Ellen G. White, *The Ministry of Healing*, pp. 236, 237.

Undoubtedly the best rest we can find is when we come to the feet of Jesus. He says: "Come to Me, all ye that labor and are heavy laden, and I will give you rest." Matthew 11:28. Under the shadow of His love, we may have peace and rest. This is the Lord's desire for us—that we take time to rest and to think of Him. In this way, we can gain strength for conflict. There, at the feet of Jesus, we will learn how to lessen the toil and worries of life and how to speak and sing to the praise of God. ☩

Lost and Found

By KIM BRILEY

TONY and Tilly had just come from the pet shop with Grandma and Grandpa. With them they carried a new bird. It was a present to the twins on their tenth birthday. They named their bird Terri.

Terri was a beautiful dark blue parakeet with a yellow star on her back. She was just the kind of bird they had always wanted.

The twins promised to take good care of the bird and to keep her cage neat and clean. They kept their promise, too. They saved their money and bought a bigger cage, and they put a ladder in it so she could get lots of exercise. They also taught her to sit on their shoulders.

Each day one of the twins would put Terri in her cage and take her out in the back yard for fresh air. Today, it was Tony's turn to take her out. He sat on the step and watched her play in her cage. He listened to her sing. She's singing so beautifully today, he thought. Maybe Tilly would like to listen to her. Not thinking about what he was really doing, Tony ran inside to get Tilly, leaving Terri alone in the yard. Just then a neighboring cat that was prowling around spotted the bird in her cage. He walked over to the cage and, in the process of climbing on top of it, tipped it over. The cage door flew open, and Terri flew out and landed on a fence nearby. The cat followed her.

When Tony and Tilly walked out, they saw the cage on the ground without Terri in it, and they looked around for her. Tilly saw the cat near the fence and Terri perched on top. They walked toward the fence, scared the cat away and called for her. With all of the excitement going on, Terri had flown away.

The twins kept calling her, hoping that she would come back, but in their hearts they knew she wouldn't. They looked at each other, trying to hold back their tears as they walked over to

the cage. Tony picked the cage up, held his head down and said, "She's gone, and it's all my fault!"

Tilly put her hand on his shoulder and told him not to feel so bad. "It could have been worse," she said.

They went inside to tell Mom and Dad what had happened. Dad assured them that God would take care of Terri. Mom added, "Terri is one of God's creatures, and you know how much He loves His own. He'll take good care of Terri, wherever she is."

That night when the twins said their usual bedtime prayer, they asked a special blessing for Terri. They prayed that the Lord would protect her and bring her back home.

The next day the twins just weren't themselves. They missed Terri so much. They sat in the garage staring at the birdless cage for hours.

When Dad came home from work, he went to the garage where they were. "I've got some news for you two," he said. "Yesterday when you came back here to put the cage away, I went and put an ad in the Lost and Found. Listen: Lost; dark blue parakeet with yellow star on its back. Wears blue band on left leg. Reward."

"Wow!" cried the twins. "Maybe we'll get her back after all!"

Days and weeks passed. Still no one had answered the ad. Mom and Dad had given some thought to getting another bird, but Tony and Tilly didn't want another one; they only wanted Terri.

One Friday afternoon when the twins were in the garage, they had a big discussion. They decided that it was time to give up hope of ever seeing Terri again. "We might as well put her cage on one of the shelves to get it out of the way," said Tony.

"Yes, maybe we can sell it to someone who needs a larger cage for their bird," added Tilly.

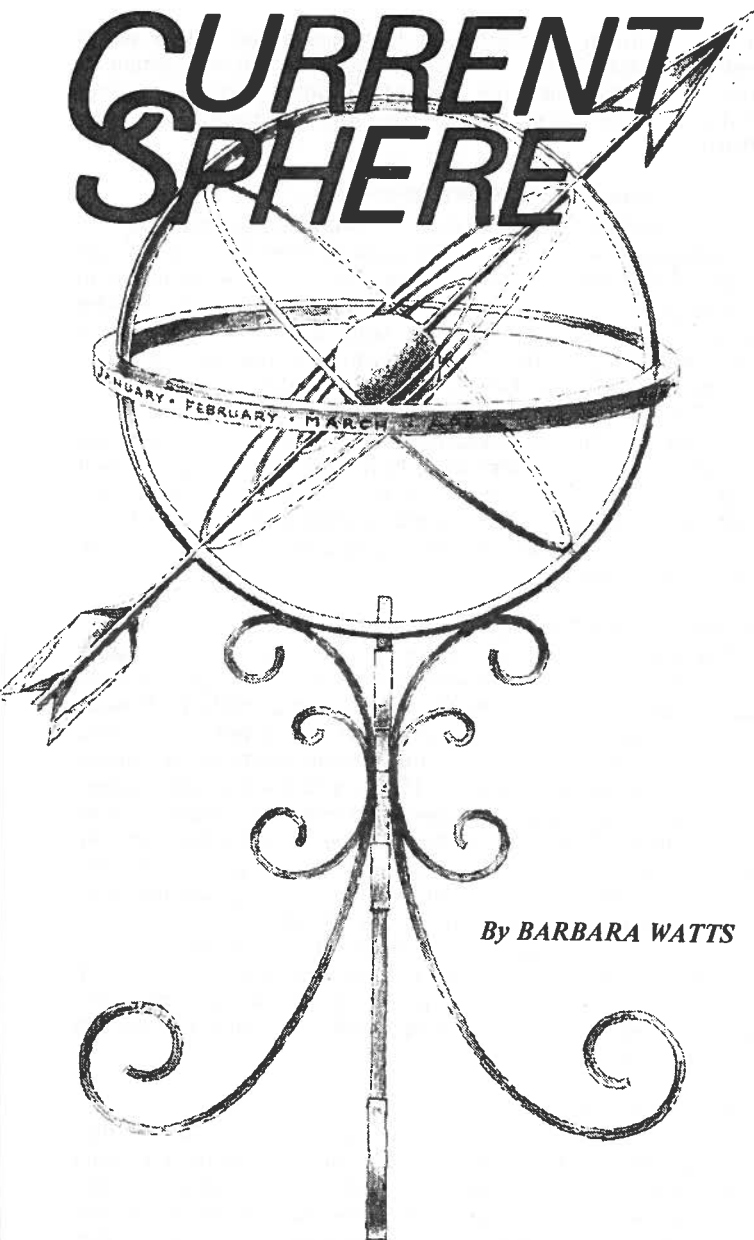
Just then, they heard a beautiful chirping sound. They looked at each other with a little hope and fear in their eyes and quickly ran outside.

There sat Terri, singing the same song she had sung the last time she sat there! Tony called her, and she flew to him and sat on his shoulder. The twins were so happy they cried. They took Terri in the house and told Mom and Dad about the big event.

The next day in Sabbath School, the twins related their experience and gave special thanks to God, because He had answered their prayers and brought Terri safely home!



CURRENT SPHERE



By BARBARA WATTS

U.S.-China relations implications

The full impact of the United States' recognition of Communist China is yet to be seen, but some of the expectations are worthy of note. In the first place, American foreign policy has, since Nixon's China visit in 1972, been working for a "triangular relationship" between the U.S., Russia and China. The aim is to move international politics away from a system dominated by two military giants, the United States and Russia, and toward an order composed of several major powers, including China. This is seen as good for world peace.

The Chinese are apparently motivated by fears of the large number of Russian armored forces amassed along their common 5,000-mile border. One of the first things the Chinese presented to the Americans was a shopping list for military weapons.

For its part, the U.S. business interests see dollar signs in the opening of relations with China; but China's economy is primitive, and trade is not expected soon to rise above the present annual \$1 billion level. U.S. trade with Taiwan is about \$7 billion annually.

Analysts see the secrecy of the negotiations and the sudden announcement as recent examples of President Carter's poor

diplomacy; instead of intelligent, deliberately measured moves, there seem to be moves which are made in anger and attempts at pressure against various world leaders.

Taiwan is naturally upset at the repudiation of its defense treaty with the U.S. The leader of the ruling party, Premier Y. S. Sun, now says that all steps would be taken to guard Taiwan against the consequences of the decision—by increasing its military budget to develop and manufacture advanced weapons, including long-range missiles that may be armed with nuclear warheads.

The churches see the move as an opportunity to see Christianity reestablished inside China. Previous criticism of missionaries in China included cultural tampering, some latent racism, a colonial mentality and the use of force. Therefore, most see Christianity as having to rise from within China itself—if that is tolerated by the authorities. The country naturally claims to grant its citizens freedom to believe in religion by saying that the Chinese constitution provides for such freedom, as well as the "freedom not to believe in religion and to propagate atheism." One official view is expressed by Deputy Director Dhao Fusan: "Gods arise from fear." He states that the Chinese no longer need religion because scientific knowledge of nature has brought a better understanding of life and death. "The relationship between man and man has changed in a socialistic society . . . which is not self-centered. Everyone in China today has a purpose in life—to help the revolutionary cause—and no longer has the personal fears of the past."

We will continue to watch developments in China with interest—and pray that the light of the gospel may be quickly brought to those who seek it.

Exercise for depression

"When we run, blue moods lift, anxiety and anger melt away and creative thinking often occurs," said Dr. John Griest of the University of Wisconsin concerning a study in which depressed men and women, ages 18 to 30, were studied. Three types of treatment were tried—10 sessions of standard psychotherapy, an unlimited amount of psychotherapy and running treatment from a therapist who wasn't a psychiatrist. The results of the running therapy compared favorably with those of psychotherapy and persisted for at least a year in followup.

Prosperity may be hazardous to your health

The perils of prosperity are pointed out by two doctors, the first being Dr. Jeremiah Stamler, expert on nutrition and heart disease. He cites inherited habits of eating and a mentality that thinks an abundant diet is one filled with animal products as being at fault. The ability to eat without restriction is considered a sign of success; hence we have become the most overweight society on the face of the planet, Dr. Stamler believes. His suggestion is to cut down on five key sources of saturated fat and cholesterol (egg yolk, dairy fat, meat fat, commercial baked goods fat and visible fats in spreads, salad and cooking fats); to eliminate drinking of alcohol, cut down our excessive intake of salt and eliminate smoking. Coronary heart disease is the No. 1 cause of disability and hospitalization in this country, and Dr. Stamler feels adherence to the above advice will lessen the problem and decrease chances of high blood pressure, which leads to heart attack and stroke.

Meanwhile, Dr. Paul B. Roen, director of the clinic for the study of arteriosclerosis at the Hollywood Presbyterian Medical Center, says heavy meals at night load the bloodstream with saturated fat and promote a heart attack even in apparently healthy men. "The height of digestion following a large evening meal is reached after about seven hours, during deep sleep, when the body is at its lowest ebb. The blood pressure falls, the pulse rate decreases, the skin vessels dilate, the muscles relax, the body temperature declines and the overall basic metabolic rate decreases by 10 to 20 percent.

"The bloodstream is heavily laden with products of fat digestion and courses sluggishly through the arteries that may already be narrowed. . . .

"Moreover, when frequently dining out with friends, the calories often are increased by the addition of choice rich foods and liquor so that dinner represents 3,500 calories or more. This is a high caloric intake, in view of the fact that the average sedentary person requires only 1,800 to 2,000 calories for the entire day."

His suggestion corresponds with the health practices we as Seventh-day Adventists have advocated for decades: Eat a substantial breakfast, a larger-than-average noon meal, and a light evening meal, so that less blood fat will be circulating in the arteries during the relaxed sleeping hours.

Prayer in the operating room

Christ knew it, and the Bible is full of the relationship between divinity and health; but for too long too many hospitals and doctors have viewed the human body as a machine and their techniques as the most important aids to healing. Some doctors are still contemptuous of the whole idea that faith has any role in healing—especially in the more academically inclined, larger hospitals. But there is a growing interest around the world in "spiritual healing," which is contrasted to "faith healing" with its accompanying sensationalism and generally temporary result.

Dr. Malcolm Marshall, of St. Margaret's Episcopal Church in Washington, D.C., describes the surgeon who refused to operate on a patient who believed he would die in surgery. "If surgeons thus recognize the place of fear, then they must also recognize that of faith and let the patient move into surgery confident in God, confident in the surgeon, and confident in the care and love that will surely be given him. I don't call this miraculous. It's as common and ordinary as eating and drinking. It's the action of God."

When some religious denominations have restrictions on the type of medical care they will accept, potential conflict can be avoided when the physician respects such belief, expresses his own belief in God and why his opinion differs, and then gives the patient liberty to choose the type of care he is to have. Some churches are now providing services in which there is cooperation between physicians and clergy in helping patients search through all the dimensions of their lives—physical, emotional, intellectual, spiritual, and interpersonal—for causes and symptoms of disease and then develop treatment strategies.

The view that poorly handled emotional stress may have concrete effects on body mechanisms has attracted attention from scientists—even when they ignore the religious aspect. At the Cancer Counseling and Research Center in Fort Worth, Texas, Dr. Carl Simonton and his wife combine medical treatment with meditative and imaginative efforts to persuade patients that they can overcome their own cancers. There are many skeptics of this type of treatment, but theories are spreading that cancer's cause relates to the role of immune-response mechanisms in sweeping up aberrant cells, for changes in the immune system have been observed following stress.

There is, indeed, a strong relationship between faith and health. The wise Solomon said, "A merry heart doeth good like a medicine; but a broken spirit drieth the bones." Proverbs 17:22. If your doctor prays before surgery and recognizes the importance of the whole man in the healing process, be thankful; if he does not, you can still do much through your own strong faith in the Great Healer.

The Pope's call for peace

Showing his role as assumed world mediator, Pope John Paul II, in the first major document of his rule, issued a 4,500-word message: "To Reach Peace, Teach Peace"—addressed to all heads of state, international organizations, churches and leaders of other religions. It was issued in English, Italian,

French, German, Spanish and Portuguese and asked world leaders to open new doors to peace and "do everything in your power to make the way of dialogue prevail over that of force." The Pope offered his "entire support" for their efforts.

Europe: trouble keeping churches open

From our General Conference in Europe comes this report:

"While people in Africa, who want to hear God's word, can hardly find room in the churches, the expensive churches in Europe are practically empty. Europe, which in past decades carried out missionary work in large parts of the world, is spiritually dying." These were the words of the General Secretary of the Lausanne Committee for World Evangelism, Gottfried Osei-Mensah, from Nairobi, Kenya.

His words were underscored by the West Berlin Evangelical Church. It faces the question of how to avoid an annual deficit of \$1.7 million dollars in trying to maintain churches in districts where there are more church buildings than needed. The churches may be leased for other purposes—but not for supermarkets or theaters!

Religion continues in Russia

The Russians have taken pains to extol the vigor of religious bodies in the Soviet Union—for the benefit of foreign consumption. Glowing reports of the life and growth of both the Russian Orthodox Church and the Baptists of the Soviet Union were released recently, the first such communications about religion from official Soviet sources in 15 years. But while such releases are issued as propaganda, persecution continues. Practically all the historical Orthodox cathedrals have been turned into museums or are used for non-religious purposes, and the religion described is confined to ritual; expressions of social and political dimensions of religious belief are forbidden.

It is true that religion is blossoming in Russia—but not with the blessing of the government. Mass evangelism is outlawed, but the word is spread from person to person; and especially an increasing number of young people risk their careers and reputations to respond.

Quick-and-easy divorce

California has instituted a divorce-by-mail law which may soon spread to other states. Under the law, childless couples with limited property who have been married less than two years can get a divorce by mail. Using this system, the couple doesn't have to make any court appearances or consult a lawyer. The \$50 fee is paid to the state, the pair takes the responsibility for dividing any jointly owned property, and the divorce is granted automatically in six months—by mail. Easy in and easy out—how God must grieve at the abuse of the divine institution of marriage!

Polish novelist: Disco music abolishes thought

Novelist Jerzy Kosinski, who came to the U.S. in 1957 to escape communism, commented in the January 8, 1979, issue of *U. S. News & World Report* concerning "popular culture": "Popular culture makes little demand for sustained effort. It's predigested, prepackaged and calls for a minimal attention span.

"Popular culture is typified by the enormous popularity of entertainment, television, films and radio that make great use of pop music—adolescent disco music. Since perceiving popular music doesn't call for our intellectual apparatus to be at work, one could say that the more of such entertainment we have around, the less we think." Certainly this is a clear indictment of what Satan is trying to accomplish today—to make people stop thinking and ultimately make them unable to think. The message is as clear today as it was in the time of Sodom and Gomorrah: "Escape for thy life; look not behind thee, . . . lest thou be consumed." Genesis 19:17.

Q/A

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Q/A Q/A Q/A Q/A Q/A

John 3:16

Q. *Is it true that John 3:16 contains enough truth for our soul's salvation? In other words, if that were the only verse we knew and believed, could we be saved?*

A. Yes, we could. As we look at the verse very closely, we discover the deep truth it contains. "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."

1. The text presents every individual with a choice—to "perish," or to have "everlasting" life." See Deuteronomy 30:15.
2. It is also to banish doubt and to build faith and confidence in God. In Genesis 1:1, as in John 3:16, we are introduced to God. Someday we shall come face to face with Him. Therefore, we are not to let doubt eat away our faith in Him. Hebrews 10:35.
3. It also presents our God as the living God, the One whom Christ revealed, and the One sufficient to meet our every need. It says, "For God." What kind of God do we serve? There are many concepts of God today, but He is the Mighty One from everlasting to everlasting. God is always ready to work for you and me. He is also portrayed as my personal heavenly Father rather than some distant, disinterested deity. Jesus taught what our true relationship with God is. The father-child relationship makes God more real to us, so He has claim on us and all we have.
4. John 3:16 shows how God's love for His children is revealed both on Calvary and in His everyday care for us, in providing for both our temporal and physical needs.
5. "So loved"—the measure of His love for you and me is stated so we might yield to the drawing power of this incomparable love and dedicate all that we have to our Saviour and God. God's great love for us should inspire

a reciprocal love for Him and for those around us. Love awakens love in return. "Keep yourselves in the love of God" (Jude 21), and "love thy neighbour as thyself." Matthew 19:19.

6. We can depict the love of God as all-embracing, including every kindred, type and people, including all of the needy and unlovely individuals. "The world"—the whole world with all its nationalities, races, unlovely and unlovable ones, sinners, the morally and spiritually unclean, weak ones, discouraged ones, and backsliders—is included in His searching love. If we fit into one of these categories, we may come to Him with the assurance that He loves us and will receive and accept us. While God loves the world, He hates worldliness that draws men and women away from Himself. We cannot serve God and the World. We must choose whom we are going to serve, as Joshua did. See Joshua 24:15.
7. Christ is God's love gift to a sinful world. He did not send Jesus to this world to spend three and a half years and then return to heaven unscathed—the same as He was before. He gave Christ to this fallen world as His special gift. God gave Christ to this fallen world; God gave His *only* Son as a sacrifice on the cross. God gave that He might teach us to give—our hearts, our means, our all.
8. "His *only begotten Son*." The provision for our redemption was made even before the world was created. His only Son is our only Saviour. "Not one of the angels could have become surety for the human race: their life is God's; they could not surrender it." —Ellen G. White, *Seventh-day Adventist Bible Commentary*, vol. 5, p. 1136.
9. "That *whosoever*." The widest invitation of love and mercy ever extended to the human race is God's invitation to accept His proffered salvation through Jesus Christ. If we do not hearken to the Lord's voice, there will

be a sad day of reckoning ahead. Deuteronomy 18:19. "That whosoever" also makes a personal appeal, showing that God's offer of salvation is a personal matter for everyone, including you and me. See Revelation 22:17.

10. "Believeth in Him" shows that faith in Christ is the great and only basis for salvation from sin. The priceless possession of eternal life may be yours by faith now. We need more faith and should do as the appeal of the apostles to Jesus in Luke 17:5.
11. "Should not perish." Eternal life or eternal death—we have a choice to make. Therefore, when we accept God's provision for our salvation, we have nothing to fear. If we ignore His appeals, the Bible makes clear just what is ahead. The choice is left to the individual.
12. "But have everlasting life." Can you picture eternal life and the home of the saved as an actual place for real people like you and me, where we will be with Jesus forever? Eternal life is worth anything it may cost us. Heaven is a *prepared* place for a *prepared* people. We must get ready now for our place there. God gave everything He had for us. What are we giving in return?

The wedding garment

Q. *What is the significance of the wedding garment referred to in the parable of Matthew 22:2-14?*

A. This parable opens up before us a great lesson of the highest importance. The marriage represents the union of humanity with divinity, while the wedding garment represents the character we all must possess in order to be counted as a guest at the wedding. In this parable is illustrated the gospel invitation to gather as many as can be found, both bad and good. It was a mixed company. When the king came in to view the guests, the real character of all was revealed. For every guest present at the feast, a wedding garment was provided—a gift from the king. By wearing it, the guests showed their respect for the giver of the feast. One man, however, refused to make the preparations required by the king. The garment provided for him at great cost he disdained to wear. Thus he insulted His Lord.

By the wedding garment in the parable is represented the pure, spotless character which Christ's true followers will possess. To the church it is given "that she should be arrayed in fine linen, clean and white" (Revelation 19:8), "not having spot, or wrinkle, or any such thing." Ephesians 5:27. The fine linen, says the Scriptures, "is the righteousness

of saints." Revelation 19:8. It is the righteousness of Christ, His own unblemished character, that, through faith, is imparted to all who receive Him as their personal Saviour. Only the covering which Christ Himself has provided can make us ready to appear in God's presence.

By the king's examination of the guests at the feast is represented a work of judgment. The guests at the marriage feast were inspected by the king. Our characters reveal what we do. Our works show whether our faith is genuine. "Hereby we do know that we know Him, if we keep His commandments." 1 John 2:3. God requires perfection of His children. His law is a transcript of His own character, and it is the standard of all character. The man who came to the feast without a wedding garment represents the condition of many in our world today. They profess to be Christians and claim the blessings and privileges of the gospel; yet they feel no need of a transformation of character. Many who call themselves Christians are mere human moralists. They have refused the gift which alone could enable them to honor Christ by representing Him to the world. The work of the Holy Spirit is to them a strange work. Those who reject the gift of Christ's righteousness are rejecting the attributes of character which would make them sons and daughters of God.

"The days of our probation are fast closing. The end is near. To us the warning is given, 'Take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares.' Luke 21:34. Beware lest it find you unready. Take heed lest you be found at the King's feast without

a wedding garment." —Ellen G. White, *Christ's Object Lessons*, p. 319.

The law "nailed to the cross"

Q. Is it true that the law was "nailed to the cross"? Does this mean that the Ten Commandments are no longer binding?

A. Certainly not. What would this world be like if the Ten Commandments, the law of God, had been nailed to the cross? Stealing, murder, adultery, etc. would be committed freely, because there would be no law against them. Jesus said, in Matthew 5:17, 18, that He did not come to destroy the law but to fulfill it and indicated that none of it would be changed. But what is the meaning of Colossians 2:14—"Blotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to His cross"? Something besides the Ten Commandments had to be nailed to the cross, for God's moral law is eternal. We have two laws before us. The law of God—the moral law or Ten Commandments—and the law of Moses, the ceremonial laws, which were abolished on the cross. "Having abolished in His flesh the enmity, even the law of commandments contained in ordinances." Ephesians 2:15. These were the laws nailed to the cross. So you see, this does not refer to the Ten Commandments, which are the standard of character, but the handwriting of ordinances written by Moses in a book, giving rules for the ceremonies and sacrifices for the yearly feasts and sabbaths which were shadows of things to come. This law dictated the appropriate meat and drink offerings which went with these various feasts, sacrifices, etc. They all pointed to Jesus, who would

come and die as the Lamb of God. They had furthermore become the great badge of the Jews' peculiarity, for they were misapplied. Once Jesus died on the cross, all these ceremonies were finished; they were not needed anymore.

The law of God, however, the moral law, will stand forever and will not be blotted out. Paul says in Romans 7:7 and 3:20 that by a knowledge of this law we know if we sin, and it shows us where we do wrong. Jesus Himself said that He kept His Father's commandments. See John 15:10. Jesus came to this earth, so that what the law could not do, in that it was weak through the flesh, could be accomplished by Him; then the righteousness of the law could be fulfilled in us. Read Romans 8:3, 4. The works of righteousness required by the law appear in our lives only as God, under the new covenant of grace, writes the law in our hearts. It is really the same covenant of grace that Christ made with our first parents in Eden and renewed with Noah, Abraham, Isaac and Jacob—in other words, the gospel. It is really the gospel in promise and is called the everlasting covenant. Its promises extend back to the entrance of sin into the world and forward to the final reward of the righteous. God's law and grace are not antagonistic. God's law is eternal and unchangeable and demands the life of the lawbreaker. "The wages of sin is death." Romans 6:23. Thus the grace of God is necessary if sinners are to be saved. God's law is "holy, and just and good." Romans 7:12.

—LAMBERT HAZELHOFF

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Fanaticism Vs. Zeal

The recent events in Guyana, where hundreds killed one another and then committed suicide, all in the name of "religion," have caused many people to think very deeply about their own religious convictions. What could cause so many people to be so brainwashed as to destroy themselves? This event has caused parents, especially, to be concerned about the welfare of their children if they show zeal of any kind for religion. The fear is that they will become involved with another "Jim Jones." Their concern is understandable in the light of the many different cults working among the young, especially in the United States. We hear of many accounts of brainwashing of young people who are encouraged to separate themselves from the love and affection of their parents. The parents, in turn, try to find their children and work to "deprogram" them.

In all these situations, we can see the hand of a power opposed to all good. For many years, Satan has been very successful in lulling people to sleep in a formalistic religion. Today, however, many have found that such a belief is not fully rewarding. There is a hunger for something more to satisfy the soul. This is as it must be in these last days of earth's history. This is the time when every person is being called to a final decision for life or death. Satan knows this all too well. He realizes this soul hunger and does not want anyone to accept the truth. It is for this reason that he is behind all these false religious movements. For him they serve a two-fold purpose. First of all, they satisfy people without teaching them the real truths of God; and, secondly, such bizarre actions cause all to become fearful of becoming too deeply committed to *any* cause. Such fear will, in turn, cause a swing back toward the other direction—a lax attitude toward spiritual values. In either case, Satan's purpose is achieved. He does not care which direction one takes—as long as it is not the correct path.

To be a true child of God demands total commitment. How, then, is one to discern between a true zeal for God and fanaticism, such as there was in Guyana? Let us each individually ask ourselves the following questions which will help us to understand our motives for clinging to and living by the basic religious tenets we hold.

1. *Do I base my beliefs on the teachings of one person, or are they based on the clear teachings of the Bible? Are my beliefs supported by emotion, or have I studied the Bible for myself to prove them as truth?*
2. *Am I led to idolize a person, or is my attention always pointed upward to God, away from man? Even Jesus, when He was on this earth, gave all the glory to His Father in heaven.*
3. *Does my faith make me more Christlike, and does it help me to overcome sin in my life?*

Throughout history, God's true children have been accused of being fanatical. They have made the kingdom of God first and foremost in their lives. They were often required to give up their lives for the cause they loved. They were persecuted on every hand. "And others had trial of cruel mockings and scourgings, yea, moreover of bonds and imprisonment: They were stoned, they were sawn asunder, were tempted, were slain with the sword: They wandered about in sheepskins and goatskins; being destitute, afflicted, tormented; (Of whom the world was not worthy:) they wandered in deserts, and in mountains, and in dens and caves of the earth." Hebrews 11:36-38.

The believers were not fanatics; but they did have a firm belief in the promises of God! They had set the right priorities. They made the kingdom of God first. In all their times of trial, they kept eternal realities in view. Their zeal for the Lord was very great. Their only reason for living was to serve Him with all their strength. This is not in any way to be likened to a fanatical cult which would take the life of innocent children. God is a God of love. And, in every walk of life, we will be a blessing to all mankind, as was Christ—in the protection and care of our families, as a friend, and as a citizen. The very atmosphere of the events that took place in Jonestown are in direct opposition to the essence of the gospel. There is no comparison!

Let us not allow the tragic event in Guyana to lessen our devotion to God and His cause. Let us each renew our covenant with Him by a deeper study of His word so that none of us will be deceived by the evil one.

Today many winds of doctrine are blowing. Unless each one takes a clear look at himself in the mirror of the word of God, such winds will undermine his foundation and cause shipwreck in his spiritual life. We need to flee from all forms of fanaticism; but, at the same time, we should uphold our unflinching zeal for the cause of the only true Master, Jesus Christ.

Helmut H. Kramer



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