



The Sabbath Watchman

April - June 2018

“... has put eternity in the heart...”

Ecclesiastes 3:11

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The Sabbath Watchman

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Beacon of hope, faith, and truth in a confused world.

We believe:

- The all-wise, loving God created all things in the universe by His Son, Jesus Christ; He is its Owner and Sustainer.
- He met the challenge to His loving leadership and authority by reconciling the world to Himself through the life, death, and resurrection of His Son, the Word made flesh.
- The Holy Spirit, Jesus' representative on earth, convicts of sin, guides into truth, and, when abiding in man, overcomes all unrighteousness.
- The Bible is the record of God's dealings with mankind and the standard of all doctrine; the Ten Commandments are the transcript of His character and the foundation of all enduring reform.
- His people, in harmony with God's Word and under the direction of the Holy Spirit, call all men everywhere to be reconciled to God through faith in Jesus.
- Bible prophecy reveals that earth's history will soon close with the visible return of Jesus Christ as King to claim all who have accepted Him as the world's only Redeemer and their Lord.

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By faith look upon the crowns laid up for those who shall overcome; listen to the exultant song of the redeemed, Worthy, worthy is the Lamb that was slain and hast redeemed us to God! Endeavour to regard these scenes as real. Stephen, the first Christian martyr, in his terrible conflict with principalities and powers and spiritual wickedness in high places exclaimed, "Behold, I see the heavens opened, and the Son of man standing on the right hand of God" (Acts 7:56). The Saviour of the world was revealed to him as looking down from heaven upon him with the deepest interest, and the glorious light of Christ's countenance shone upon Stephen with such brightness that even his enemies saw his face shine like the face of an angel.

If we would permit our minds to dwell more upon Christ and the heavenly world, we should find a powerful stimulus and support in fighting the battles of the Lord. Pride and love of the world will lose their power as we contemplate the glories of that better land so soon to be our home. Beside the loveliness of Christ, all earthly attractions will seem of little worth.

Let none imagine that without earnest effort on their part they can obtain the assurance of God's love. When the mind has been long permitted to dwell only on earthly things, it is a difficult matter to change the habits of thought. That which the eye sees and the ear hears, too often attracts the attention and absorbs the interest. But if we would enter the city of God, and look upon Jesus and His glory, we must become accustomed to beholding Him with the eye of faith here. The words and the character of Christ should be often the subject of our thoughts and of our conversation, and each day some time should be especially devoted to prayerful meditation upon these sacred themes. —*The Sanctified Life*, p. 91

Ellen G. White.

The Paradoxes of the Eternal and Eternity

By Idel Suárez, Jr.

“He hath made every thing beautiful in His time: also He hath set the world in their heart, so that no man can find out the work that God maketh from the beginning to the end.” Ecclesiastes 3:11.

This is a mysterious, enigmatic verse. I wish to examine it in the context of eternity, which lasts from the beginning without beginning to an end that never ends, because it can only be measured with God. In addition, I am convinced that this text contains the message of the gospel in shadow, because every verse in the Bible and every word have to do with the great Word of God, Jesus Christ. But we will analyze this in the context of paradoxes.

What is a paradox? It is something contradictory and ironic. According to the English Oxford Living Dictionaries, it is a “seemingly absurd or contradictory statement or proposition which when investigated may prove to be well founded or true.” It is an “implausible assertion ... that involves contradiction,” according to common thinking.¹ Let us look at the paradoxes of the Eternal and of eternity that resonate in this verse.

The paradox of the eternal and time

Ecclesiastes chapter 3 makes us think about “time.” Ecclesiastes 3:11. Time, like the number line, is eternal, although in our world everything has a beginning, development, and end. But Christ, the Word of God, existed from the beginning, and His divinity has no end. When He says that He is “the Beginning and the End,” it means that His beginning has no beginning and its end is infinite. Revelation 22:13. However, the Eternal became finite when He was born of the virgin Mary in Bethlehem.

Moses began the Torah by saying, “In the beginning God created....” Genesis 1:1. John, the beloved apostle, began his gospel, which some scholars believe he wrote when he returned from Patmos to Ephesus, by declaring that Jesus Christ was in the beginning with God, that He created the principle of time, and that all things were created by Him, including time, space, and matter. “In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by Him;...” John 1:1-3.

But perhaps the most shocking thing is that Christ limited Himself to time itself by becoming a human being. A time was set when He would be born of woman and not of man’s will. He would be subject to time, having Himself created time in the beginning. He would complete

the time of prophecy to redeem those who were subject to time and would later become eternal like Himself. “But when the fulness of the time was come, God sent forth His Son, made of a woman, made under the law, To redeem them that were under the law, that we might receive the adoption of sons.” Galatians 4:4, 5.

The Eternal was willing to risk His own eternity and submit Himself to the limitations of the clock. He was confined to one place and subject to sleep, rest, hunger, and all the limitations of a human being, even while He was infinite, almighty, and omnipresent. What a paradox of eternity and finite time was found in Jesus!

Micah had declared that the Messiah would be born in Bethlehem and that His “goings forth have been from of old, from everlasting.” Micah 5:2. The Eternal, eternal Father (Isaiah 9:6) and the Great “I Am” (John 8:58), was willing to cease to exist. He came to earth in sinful flesh, and He tasted death as the lost will taste it on the last day. He declared, “I will be your death,” to redeem all those who lived subject to death and finite time. “I will ransom them from the power of the grave; I will redeem them from death: O death, I will be thy plagues; O grave, I will be thy destruction: repentance shall be hid from Mine eyes.” Hosea 13:14.

The paradox of beauty

The text emphasizes that God “made everything beautiful in His time:...” Ecclesiastes 3:11. We see beauty in the caterpillar that becomes a stunning butterfly after suffering in its chrysalis. How beautiful and varied the butterflies are! How precious are their flight and their shimmering wings!

In the beginning, God made everything beautiful and good. Six times in chapter 1 of Genesis, He uses the word “good”; and in the last verse, all of the creation of the Godhead is said to be “very good.” Genesis 1:10, 12, 18, 21, 25, 31.

But how ironic that the lover of beauty took on a common appearance when He came to earth! God made everything beautiful in His time, but He allowed Jesus to become emaciated and without beauty.

The Psalms declare that the One who was beautiful and was desired of all the people became like a worm, without beauty. The psalmist declared prophetically that Jesus in His battle on Calvary would be emaciated and without attraction. He would become a worm on the hook of the

cross to catch the great leviathan of sin and death. "But I am a worm, and no man; a reproach of men, and despised of the people." Psalm 22:6.

Isaiah also emphasizes that, in His incarnation, the Messiah, after suffering for forty days in the desert without drinking water or eating bread, would appear emaciated and without beauty. He may have looked like the prisoners in the Nazi concentration camps when the Allies arrived to free them at the end of World War II. They looked like living skeletons. It is a horror to consider the pain that humanity is capable of inflicting on their fellow human beings whom they consider untouchable and asocial. Isaiah wrote, "And as a root out of a dry ground; He hath no form or comeliness; and when we shall see Him, there is no beauty that we should desire Him." Isaiah 53:2.

Paul reminds us that He who knew no sin became sin for us. The beautiful became unpleasant so the unpleasant, despised worms of mankind could become pleasant, appreciated, and as "butterflies," or beings transformed into the likeness of Jesus Christ. "For He hath made Him to be sin for us, who knew no sin; that we might be made the righteousness of God in Him." 2 Corinthians 5:21.

The paradox of Jesus' heart

Solomon writes that God "hath set the world in their heart." Ecclesiastes 3:11. What does that mean? I think that God planted in every human being the desire to know eternity and the Eternal. The great French physicist and philosopher Pascual wrote, "God has made every human being with a vacuum that He alone can fill."

People can try to fill that void of eternity in their hearts with a variety of vices and activities; but in the end, everything that is vanity and does not fill the need to be in unity with the Creator will disappear. Only the Eternal has the ability to fill the soul's innate desire.

Paul writes that God has given each human being a measure of faith that can be stretched and multiplied or shriveled and lost, depending on whether or not it is exercised in Christ, in His word, and in the providences of God. "...According as God hath dealt to every man the measure of faith." Romans 12:3. That measure of faith is found spiritually in the heart or literally in the mind of the human being. It is like a hand that takes the hand of God and trusts in what He has said and done and will do for those who wish to live in eternity with Him.

Jesus is "the Author and Finisher of our faith." Hebrews 12:2. It is Jesus who is able to help us in our "unbelief." Mark 9:24. It is Jesus who can increase our faith. Luke 17:5.

Coupled with faith is God's holy law. Both were in the heart of the Eternal and then in that of Jesus, for Paul clearly said that by faith "we establish the law." Romans 3:31.

The psalmist prophesied that the law of God would reign in Christ's heart: "Thy law is within My heart." Psalm 40:8.

But what a paradox that the Author of faith and the Giver of the law—He who created the holy, just, good law—allowed the sinful flesh with its passions to be imputed to and inhabit that Holy Being! "For what the law could not do, in that it was weak through the flesh, God sending His own Son in the likeness of sinful flesh, and for sin, condemned

sin in the flesh." Romans 8:3. "Who His own self bare our sins in His own body on the tree, that we, being dead to sins, should live unto righteousness:..." 1 Peter 2:24.

It is another great paradox that He who had such a heart full of love and kindness allowed Himself to be broken and His blood spilled on the cold, treacherous ground at the foot of the altar of the cross. John 19:34. Thus, He fulfilled the symbolism of the old covenant, that demanded that the blood of the lamb be shed at the foot of the altar of burnt offering. Leviticus 4:25. Furthermore, this demonstrated that Christ died of a broken heart when he paid for the sins of the whole world.

"But it was not the spear thrust, it was not the pain of the cross, that caused the death of Jesus. That cry, uttered 'with a loud voice' (Matthew 27:50; Luke 23:46), at the moment of death, the stream of blood and water that flowed from His side, declared that He died of a broken heart. His heart was broken by mental anguish. He was slain by the sin of the world."²

It is also interesting that the human heart is anatomically compared to God's law. The heart seems to be a mirror image of the holy law. Just as the original law had two tables, so the heart consists of two hearts, one on the left and the other on the right. And just as the law was originally written on the two sides of the two tables, thus creating four compartments, so the two hearts consist of two compartments each. The human heart has two cardiac ventricles and two cardiac atria. Surprisingly, just as God's holy has ten commandments, the heart has ten blood openings.³

But the law of God is eternal, while the human heart can obtain eternity only in Christ, even though everyone imagines having the ability to live forever. And by sin the sinful mind is deceived, supposing that, having had a beginning, it will live forever, independent of Christ and eternal judgment. And an apparent distaste for everything transitory is born in the heart.

"Deeply implanted within man is a concern for the future. This awareness of the infinite in time and space stirs dissatisfaction with the transitory nature of the things of this life."⁴

Therefore, believers should repeat and live the words of the apostle Peter: "Forasmuch then as Christ hath suffered for us in the flesh, arm yourselves likewise with the same mind: for he that hath suffered in the flesh hath ceased from sin." 1 Peter 4:1, 2.

The incomprehensible incarnation

Solomon, reflecting on creation from its beginning and perhaps unknowingly on the incarnation, declared: "... So that no man can find out the work that God maketh from the beginning to the end." Ecclesiastes 3:11. The world and nature are so vast, complex, and varied that it is impossible to decipher all of their mysterious, enigmatic mechanisms.

The apostle Paul, reflecting on nature and the same plan of redemption, exclaimed: "O the depth of the riches both of the wisdom and knowledge of God! How unsearchable are His judgments, and His ways past finding out! For who hath known the mind of the Lord? Or who hath been His counsellor?" Romans 11:33, 34.

However, this statement of how inscrutable the mind and ways of God are, especially since we only see now as in a dark mirror, is a promise and challenge that those who inherit the kingdom of God will be ever learning, discovering, and investigating more and more in eternity without ever arriving at the bottom of God's love for man in the person of His Son. Only in eternity will we see the greatness of God on the front side of the loom. Today we see knots and ties in the human loom and in our personal experiences; but in the hereafter we will see a beautiful design on the other side of the human loom, of the loom of time, and of the same existence in the light of eternity.

Dr. Adam Clarke, the favorite commentator of many Adventist pioneers, commenting on this text of Ecclesiastes, wrote:

*"And it is only
in eternity that
man will be able to
discover what God
has designed by the
various works He has
formed."⁵*

Even more incomprehensible is the life of Jesus. At the end of his gospel, John concluded that it was impossible to record everything that Jesus did during the three and a half years of His ministry. "And there are also many other things which Jesus did, the which, if they should be written every one, I suppose that even the world itself could not contain the books that should be written." John 21:25.

Unfortunately, like the disciples, we do not understand in its fullness the creation, the nature, and the plan of redemption. We do not understand the depths of the gospel message of the cross, Calvary, and the sufferings of Jesus. "Then He took unto Him the twelve, and said unto them, Behold, we go up to Jerusalem, and all things that are written by the prophets concerning the Son of man shall be accomplished. For He shall be delivered unto the Gentiles, and shall be mocked, and spitefully entreated, and spitted on: And they shall scourge Him, and put Him to death: and the third day He shall rise again. And they understood none of these things: and this saying was hid from them, neither knew they the things which were spoken." Luke 18:31-34.

There is so much that we do not know and will never know, even in eternity. The mystery of piety and the depth of God's love from the beginning to eternity will continue to be a precious mystery to decipher. The Eternal always desired all men and women to be saved (1 Timothy 2:4), but He does not force anyone, nor has He predetermined that all will obey Him; rather He grants each one a free will to love and obey Him.

Why not return to the beginning and look for the One who is the beginning, the Eternal? Jesus, the Eternal, declared Himself to be the "Beginning" (Revelation 3:14; 22:13); and it should be the first principle of everyone to seek Him with all the heart, mind, and strength, for only then will we be able to spend eternity learning to know Him more deeply.

¹ Real Academia Española, Diccionario de la Lengua Española, 21 ed., tomo II (Madrid: Editorial Espasa Calpe, S.A.).

² Ellen G. White, The Desire of Ages (Mountain View, California: Pacific Press Publishing Association), p. 772.

³ Idel Suarez, Jr., "The Human Heart," The Sabbath Watchman, July-August 1995, pp. 16, 17.

⁴ Francis D. Nichol, ed., Seventh-day Adventist Bible Commentary, vol. 3 (Mountain View, CA: Pacific Press Publishing Association, 1984), p. 1075.

⁵ Adam Clarke, Clarke's Commentary, vol. 3 (New York: Abingdon-Cokesbury Press), p. 814.



Raw Food

first part

By Arancha Lazar Markus

We know that the frequent consumption of vitamins and antioxidants is associated with the prevention of many diseases, especially cardiovascular diseases, that are widespread in developed countries, especially due to the high consumption of saturated fats of animal origin. According to statistics, one in three people dies of heart disease in developed countries.

In the following article, I wish to provide some guidelines for replacing various products of animal origin and at the same time replacing the saturated fats with unsaturated fats from oil seeds, avocados, and vegetable oils (except coconut oil and palm oil, which are saturated fats). In addition, I want to mention the many negative effects—and they can even be pathogenic—caused by the application of heat when we cook the foods that we eat. Have you ever thought about what nutrients are in the foods we eat, or what nutrients are not in them? We all know about and surely have seen many nutritional tables, and we may know by heart the nutrient content of various foods; but when these foods are cooked, their nutrients are altered and reduced! Many times we have delicious cooked foods at potlucks on the Sabbath, but it is difficult to find any of these dishes that are high in enzymes, vitamins, and minerals that are live, not dead. Instead, they have denatured proteins and/or benzopyrenes. But for good nutrition, we need to eat foods containing biophotons, antioxidants, and phytochemicals—bioactive foods—raw foods. In the garden of Eden, God gave

the perfect diet to the first couple, and it did not contain cooked foods or those of animal origin!¹

Here in Europe, it is a blessing that a wide variety of foods that can be eaten raw, including many different vegetables, sprouts, and organic fruits, are available, even in the winter! Not all countries enjoy such foods in all different seasons.

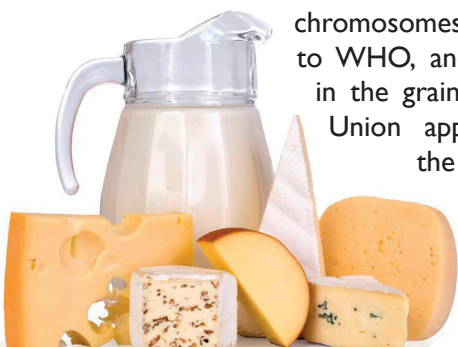
Foods in their natural state (whole foods) without being altered by cooking, canning, processing, refining, etc., are the ones that provide the nutrition given to man by God in Eden. Actually, when we are used to eating more cooked foods than raw, we do not receive all the nutrients that we need. We are thus in danger of becoming ill with deficiency diseases, infections, tooth decay, influenza, etc. In addition, refined foods, such as pasta, white bread, couscous, rice, white sugar, hydrogenated oils, and other processed products that do not contain real food nutrients, actually take nutrients out of our bodies! Such foods are not natural. God created whole grains and foods that contain large amounts of vitamins, minerals, and antioxidants; but modern-day production, handling, and refining deplete foods of many of those nutrients. And not only that. Food additives and many preservatives are harmful to health.

Here is a very simple example: According to European law, the common white flour sold in supermarkets, which is refined and processed, loses all of its nutritional value. To compensate for that, synthetic nutrients are added by law!

So, you can imagine the nutritional quality of white bread with all its additives! Dear friends and brethren, avoid these refined products in every form, for they are not really food, even though it is asserted that they are edible products. Replace them with nutritious whole foods. Furthermore, today vegetables lack several minerals and vitamins because the soil is depleted; then artificial fertilizers that do not contain all the elements and properties that plants need are applied. Nitrogenous chemical fertilizers are used the most, since nitrogen makes the plants look good, with large leaves and fruit (this is very easy to do with a plant at home by adding nitrogen fertilizer to the soil). But beware, because such fruit lacks many minerals and trace elements while containing primarily nitrogen, phosphorus, and potassium, which are necessary for the plants to survive. Of course, there are different types of chemical fertilizers and brands with different nutrient contents. However, we know the aim of the agricultural industry—to produce beautiful, eye-catching products with the lowest possible investment and sell them for as much money as possible, caring little about the nutritional content or the danger of the pesticides that accumulate in the food.²

What happens to products of animal origin, such as dairy, eggs, and meat? The vast majority of animals in Europe are raised to supply products to supermarkets. What do they eat? Mostly genetically modified feed. The grains from which animal feed is made—mainly genetically modified soybeans and corn—are sprayed numerous times with a pesticide called glyphosate (Roundup®, manufactured by Monsanto), a very powerful toxin that

causes cancer and damage to DNA and chromosomes of human cells, according to WHO, and of course accumulates in the grains. Recently the European Union approved an extension of the permission to use this chemical for five more years. (And Holland voted yes in the meeting, to extend its use.)



So, let us imagine the final quality of products of animal origin. I understand more and more why the Testimonies speak of the necessity of discarding animal products in the last days. Are we not living in those days now?³

Of course, this is a point about which each person has to decide for himself, and I believe we should not put pressure on anyone to discard or not to eat x products. My goal in supplying this information is simply to uplift the counsel that God has given us.

Benefits of organic farming

We know by definition that organic foods (supposedly) do not carry any pesticides, and the fertilizer used in their production is from organic matter. Organically grown plants receive all the minerals, trace elements, and nutrients necessary for their growth so they are strong and able to resist predators and pests. Such plants contain many more nutrients than do conventionally grown vegetables.

What nutrients are lost during cooking?

The nutritional quality of vegetables is changed when they are cooked. According to a Spanish study published in the Journal of Food Science¹, bringing vegetables to a boil, one of the most popular ways to prepare them, leads to a significant loss of their content of vitamins and antioxidants, because the heat and other conditions related to cooking can destroy or take important nutrients from the vegetables.



Another study at the University of Akron in the United States¹ determined that vitamin K is resistant to heat. However, vitamins such as A, C, B1, B2, folic acid (B9), and E are sensitive to heat and can be lost or completely destroyed when vegetables are boiled or steamed, depending on the cooking time and temperature. Up to 40% of vitamin A and up to 80% of vitamins B1 and E may be lost. Vitamin C is very sensitive, not only to heat but also to oxygen and light! If you leave orange juice in a glass at room temperature (without heating or cooking, of course) for even 30 minutes, there will be hardly any vitamin C left in it. So, it is clear that cooked foods do not contain vitamin C. This is another good reason for us to eat a lot of salad and get plenty of that important vitamin.

Of all the cooking methods, the best is to steam vegetables al dente. If they are cooked in water, the vitamins and minerals go from the vegetables into the water, and then they are lost when the water is poured off, called

leaching. In this case, it is important to save the cooking water and use it to flavor a dish, or one can simply drink the vegetable water or make soup from it.⁴

Cooking can also break down the nutrient content of food (for example, more vitamin B1 is lost, for it is more sensitive to heat than is vitamin B3). This is very important, because the nutrient synergy of the food is affected. This synergy is key, for the whole is worth more than the sum of its parts; it is the combination of all the nutrients in a certain proportion that makes food valuable. God designed the creation in this way. Therefore, an isolated vitamin or mineral will always be absorbed and metabolized much less than the food in its natural form, which contains all the nutrients in relationship to each other.



The loss of nutrients can be reduced by following several recommendations, such as:



1. *Peel, wash, and cut the food immediately before preparing it. Do not peel, cut, and then wash the food, because the water-soluble nutrients are rinsed away from the surface area being exposed to the water; therefore, it is much better to wash the food, such as potatoes, before cutting it up.*
2. *Wait for the water to boil and then add the food to it; this will reduce oxidation.*
3. *Cook the vegetables al dente, and cool them as quickly as possible.*
4. *Use the cooking water to prepare other foods.*
5. *Use short wash times for food.*

When food is heated above 42 degrees C. (108 degrees F.), it is no longer raw and the nutrients and other essential, healthful components begin to be destroyed (vitamins, minerals, fatty acids, essential amino acids, antioxidants, enzymes, biophotons, etc.). This can lead to a person having nutritional deficiencies and lack of vitality and energy, little by little weakening one's health and paving the way for disease.

We must bear in mind when we eat food that the purpose is not just to satisfy the palate and ease one's hunger but, most importantly, to nourish the entire body. Remember the following wise words: "Blessed art thou, O land, when thy king is the son of nobles, and thy princes eat in due season, for strength, and not for drunkenness!" Ecclesiastes 10:17. We have to ask ourselves if we are following the counsel given by the apostle Paul concerning eating for God's glory: "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God. I Corinthians 10:31. Without doubt we glorify God when we eat healthfully, according to our best knowledge.

Analyzing and testing foods shows that cooking changes them in color, smell, taste, and consistency. Chemical changes also occur when food is cooked.⁵

¹ BBC World, June 10, 2015. "¿Qué nutrientes pierden las verduras cuando se hierven?"

² Spanish Periodical: El Mundo—sección salud, June 13, 2006.

³ Madrid, Spain, July 8, 2001. El País —Sección: Seguridad alimentaria.

⁴ Publication of the National Cancer Institute: Food and Agriculture Organization of the United Nations. World Health Organization. Summary report of the sixty-fourth meeting of the Joint FAO/WHO Expert Committee on Food Additives (JECFA). Retrieved July 24, 2008, from: http://www.who.int/entity/ipcs/food/jecfa/summaries/summary_report_64_final.pdf Notificación de salida.

⁵ Publication of the National Cancer Institute: Urban M., Kavvadias D., Riedel K., Scherer G., Tricker AR. Urinary mercapturic acids and a hemoglobin adduct for the dosimetry of acrylamide exposure in smokers and nonsmokers. Inhalation Toxicology 2006; 18(10):831-839.



Faith and Feelings

By José Vicente Giner

The line between faith and feelings, or emotions, is very fine. Many people confuse both and talk about feelings when they would have to talk about faith; and faith, when they would have to talk about feelings.

Emotions and feelings

Let us first consider feelings, or emotions. What are feelings? They are produced by emotions. Feeling something is part of the animal kingdom and also of human beings. Plants have sensitivities as well. Feelings vary from one individual another and are influenced by his or her race, sex, age, social position, life experiences, etc. The channels through which we feel, or experience feelings, are the body and the mind. Neurotransmitters produce emotions that lead to feelings.

Although being emotional beings can help us to preserve the race, to be sensitive to the pain of others, and to be aware of the needs of those around us, there is no doubt that feelings can also play tricks on us. You may ask yourself, Why is this? Has not God created us with the ability to feel and experience emotions? Are we not sentient beings by nature? Yes, we are emotional beings. Experiencing an emotion or having feelings is not bad. The problem does not lie in that. The heart of the matter is the source of emotions and feelings.

Human nature

Sin disrupted human nature. When we say that God created man with feelings and emotions, it is true; and therefore they should be good.

The issue is that sin caused a change in the nature of the human mind. It is expressed in the following text: "I will not again curse the ground any more for man's sake; for the imagination of man's heart is evil from his youth;..." Genesis 8:21.

God's words make it clear that the natural intention or inclination of the human being is evil from his childhood. Surely many will not be happy with this assertion and will argue that children are the purest, most innocent beings

that exist on the earth. That is true. And they cannot be held responsible for their actions, either civilly or spiritually speaking.

But this does not mean that the human heart tends to do good. If we carefully observe our children, or any child, we will see that in their games they get angry, they cry, they kick, they scream, and they pull other children's hair. This is not a sign of kindness. If the little ones had the same physical strength as do adults, surely they would do great harm to others, for their tendencies are not good.

Jesus urges us to be like children if we would enter the kingdom of heaven. Matthew 18:3. But this advice is not based on having the nature of children, but rather on imitating their ability to forgive and forget offenses. Observe children at play, and you will see that sometimes they fight; but after a heated argument between them, their mother or father arrives, scolds them, and then tells them to make peace. The children embrace, kiss, and continue playing as if nothing had happened. Amazing! I wish it were like that among adults!

There is a lot of pride in the heart of the adult human being, in addition to ill will and hatred. The ability to know how to forgive, forget, and make peace is the most effective remedy that exists; and in that sense, we must learn from children. But in no way is the Lord Jesus teaching us that children have a nature that inclines toward good. David says: "Behold, I was shapen in iniquity; and in sin did my mother conceive me." Psalm 51:5.

We are born with a sinful nature, which does not mean that we are born sinners, because sin is transgression of the law (1 John 3:4); but we are born with a nature that tends toward sin. Paul confesses this condition by saying that he was a prisoner of the law of sin that was in his members. Romans 7:23. Please read this text carefully. It does not mean that he was caught in sin, because he says clearly in another text that sin has no dominion over those who are under grace. Romans 6:14.

What Paul expresses is that he found in his being tendencies that urged him to sin—not that he sinned but that the devil tempted him to sin. Now, with the help that Jesus provides through His wonderful grace, we can face

the enemy and overcome temptation. This is what it means to be under grace! It is the power of God imparted to all who believe in the atoning blood of Christ and cling to His merits.

But this does not nullify the reality that we are still human beings with evil tendencies, which we obviously have to resist in the strength of Christ. Adam did not have to resist such evil tendencies, because his nature was holy. He could sin if he chose to, as he really did; but he did not sin because he had a tendency that led him to sin, like us. He sinned because he decided to do so. However, according to the Spirit of prophecy, Adam sinned for fear of losing his wife, not because he found it difficult to resist the forbidden fruit.

So, our having a sinful nature means that our tendencies are not good, and it is the same with our natural thoughts. "Sold under sin"—that is our condition, according to the God's word. Romans 7:14. The conclusion is thus clear: If this is our condition, our emotions and feelings are not a sure guide.

Feelings that kill

Surely we remember cases of people like Judas, Saul, Esau, and others. These people had one thing in common: They harbored wrong thoughts. These thoughts generated negative emotions and feelings. They felt and experienced things, but it was not God who inspired them. In the case of Judas, he felt certain positive things about Jesus for a long time; he loved Him and wished to be a faithful follower of His. But he gave way to dangerous feelings, such as those that caused him to believe that he was the best of the group and to have a high opinion of himself. Where did all this lead him? To steal from the treasury bag, to create conflicts within the group, and finally to deliver the Master to His enemies.

King Saul is another interesting example. When God first chose him as the king over His people, his emotions and feelings had a good focus. He revealed humility, courage, and spirituality. But eventually the enemy of souls managed to inject negative thoughts into his mind. These thoughts aroused wrong feelings and emotions.

That a feeling or an emotion can be deadly is more than proven. Let's see. Saul was carried away by jealousy to the point of wanting to kill the young David, who had done everything to benefit the crown. Saul hated him and persecuted him viciously day and night. Had God not intervened, David would have died at the king's hand.

David, on the other hand, harbored good feelings toward the king. When he had it within his reach to kill the king, he respected his life and treated him as his high office

demanding. Notice what David said when his men urged him to take the king's life: "The Lord forbid that I should do this thing unto my master; the Lord's anointed, to stretch forth mine hand against him, seeing he is the anointed of the Lord." I Samuel 24:6.

Here we have an example of emotional balance—a wonderful example of the mastery over emotions and feelings. Had David taken revenge against his pursuer, humanly speaking no would have reproached him. But was that God's will? Of course not. David did his part by controlling his emotions and bringing them in harmony with the will of God. David knew that a person anointed by God should be respected; to do otherwise would have placed him under divine rebuke. Deuteronomy 17:12. If someone had to punish the impious king, it would not be David but God, according to the divine determination.

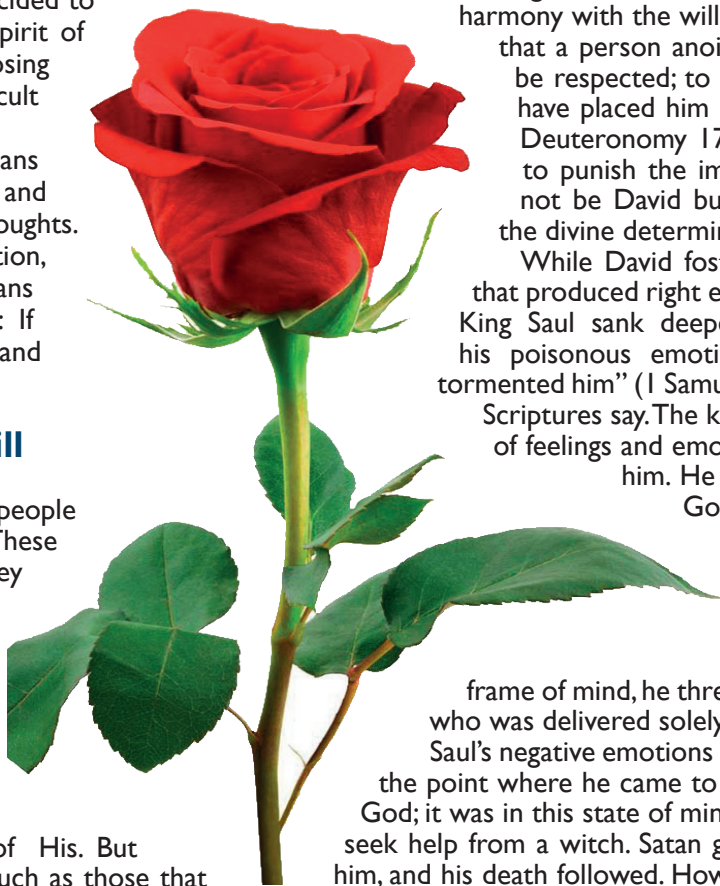
While David fostered right thoughts that produced right emotions and feelings, King Saul sank deeper and deeper into his poisonous emotions. "An evil spirit tormented him" (I Samuel 16:14), is what the Scriptures say. The king's mind was a hive of feelings and emotions that destroyed him. He could have clung to God's promises and fought in his mind to get rid of the tormenting thoughts, but he did not. In this

frame of mind, he threw his spear at David, who was delivered solely by God's power.

Saul's negative emotions overwhelmed him to the point where he came to "feel" abandoned by God; it was in this state of mind that he decided to seek help from a witch. Satan gained full control of him, and his death followed. How different his ending would have been had he controlled his emotions and feelings. All he had to do was to consult the Lord and follow His guidance. This is called faith!

Faith and feelings

In the book of Habakkuk, we read: "... The just shall live by his faith." Habakkuk 2:4. This verse does not say to live by hunches, by feelings, or by emotions. It says by faith. A productive, happy earthly life depends, not on emotions and feelings, but on faith. In other words, feelings and emotions are not a safe guide for making a decision. While it is true that feelings will always exert an influence, we must ask ourselves if they are correct. For example, perhaps someone in the church has offended us, and we have been affected by this. We want to keep up appearances, but in the depths of our heart a root of bitterness has arisen—a negative feeling against this person. We want to treat the matter as if nothing had happened; but instead we tend to turn away from the person; and if



the occasion arises, we will think about taking revenge. Will these feelings be a good guide for our actions? Of course not!

Then, we must lay hands on faith. What does the word say about such cases? “Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous: Not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing.” 1 Peter 3:8, 9.

In the example mentioned, does the carnal heart want to do this? No. How am I going to forgive a person who has dared to say such things about me, or to do something that is so unlike a Christian? Yes, I know that this is not easy, but nothing is easy. I must fight against bad feelings, because my tendency is to retaliate. That is the right attitude, the right emotion, the feeling that should be encouraged. Anything else will destroy us and harm others, but doing what faith tells us to do will bring us happiness and lead to eternal life.

“He does not deserve to be forgiven,” we might say. “But I’m going to forgive him, because that is what the Biblical principle says to do. I do not rely on my insecure, variable, carnal emotions; I rely on a ‘Thus saith the Lord.’ I leave my case with God, and I am sure that the Lord will act in His time and will vindicate my case.” This is faith; it produces healthy feelings and emotions that are a relief for the soul. This is exactly what the apostle Paul teaches when he says that we must take every thought captive to the obedience of Christ. 2 Corinthians 10:5.

We can redirect our feelings and rebuild our emotions on a stable, reliable foundation. The converted heart will always seek to do what God desires, not what the carnal heart wants. This will be the best not only for our church life but also in every area of life—family, society, work, etc.

How many times do you feel like not doing something, or really feel like going to work? The matter is heavy, and it feels like a circle of monotony. But duty, the principle, says it must be done. Perhaps one does not feel like calling his father or his mother because they offended him; but faith, the principle, points in the direction of forgiveness. Some time ago, I met a lady about 50 years old. Upon learning that I was a pastor, she wanted to share an experience with me.

She told me that a few years before she lost her daughter, who was just eight years old. The girl was crossing a street when a car ran over her. The driver was a young woman who made the mistake of not stopping at the pedestrian crossing to let the girl pass, and the outcome was that the little girl fell dead to the ground. The mother, who was not very far away, ran to help her daughter but realized that she could not survive. The young woman was devastated, and the weight of her carelessness was enormous. In the mind of the mother, a terrible battle was fought between her many sorrowful feelings and her duty in the situation. What did she do? She went to the young woman and embraced her with affection to comfort her. The lady told her tearfully that she did not understand how she could do that when in fact she should be very angry with her—terribly angry. But the mother just hugged her and told her not to worry. That is so amazing! This can be understood only with a spiritual mind. A few days later, the little girl died in the hospital. Her mother never held a grudge against the young woman who ended her daughter’s life. This is truly living by faith and not acting according to one’s emotions and feelings!

Attitudes that are born of sacred principles that are based on faith keep the soul from hurting. They protect it from all the poisons produced by the hormones in our bodies when they are subjected to the pressure of negative emotions. They help us to base our lives on the eternal principles that the Lord Jesus Christ established. The soul has nothing to fear when it controls its unstable emotions according to the word of God. There he finds the sieve that filters them to prevent them from taking the place of the eternal principles of the gospel.

David had reason to take revenge on the king and end all of his persecution and viciousness. But when David viewed the matter in the light of the divine will, he did his duty and left everything in God’s hands. Thus, his feelings and emotions were put in order. In due course, the entire situation was resolved without David’s hands being stained with blood.

Divine principles help us to think sensibly, with equanimity and equity. Emotions can condition us, distort

reality, and hinder us from carrying out safe, correct actions.

“Feeling is not faith; the two are distinct. Faith is ours to exercise, but joyful feeling and the blessing are God’s to give. The grace of God comes to us through the channel of living faith, and that faith it is in our power to exercise.”
—God’s Amazing Grace, p. 207.

“The very time to exercise faith is when we feel destitute of the Spirit. When thick clouds of darkness seem to hover over the mind, then is the time to let living faith pierce the darkness and scatter the clouds. True faith rests on the promises contained in the Word of God, and those only who obey that Word can claim its glorious promises.”
—Early Writings, pp. 72, 73.

“Even your thoughts must be brought into subjection to the will of God, and your feelings under the control of reason and religion. Your imagination was not given you to be allowed to run riot and have its own way, without any effort at restraint or discipline. If the thoughts are wrong, the feelings will be wrong; and the thoughts and feelings combined make up the moral character.... If you yield to your impressions, and allow your thoughts to run in a channel of suspicion, doubt, and repining, you will be among the most unhappy of mortals, and your lives will prove a failure.” —Testimonies for the Church, vol. 5, p. 310.

The faith of Jesus

“Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus.” Revelation 14:12. In this text known to every Adventist Christian, it is emphasized that there is a people on the earth who are patient, keep the commandments of God’s law, and possess the faith of Jesus, which can also be interpreted as “possessing faith in Jesus.” Both meanings present the great motivational principles that is available to all.

If we accept the first meaning, we will conform to the fact that Jesus had faith, a faith that He exercised throughout His life. He was not a man of carnal impulses, of arbitrary decisions, or capricious attitudes. Jesus did not depend on emotions to live His life, for had he done so, He could not have carried out His mission. He made sure every day to bring His feelings into harmony with the principles of the faith He embraced.

An example of this was when He was in Gethsemane; being very aware of His mission and final destiny, He poured out His soul in prayer to His Father. His emotions produced feelings that overwhelmed His soul. Sister Elle G. White writes in *The Desire of Ages*, pp. 759, 760, that Jesus entered Gethsemane with “His soul bowed down with the horror of a great darkness.” His disciples saw Him



“sorrowful with a bitterness of sorrow exceeding that of the last great struggle with death.” The mental pressure was so great that blood poured as sweat from His pores. Was this not a clear picture of our Lord’s feelings?

A person in this mental condition could use phrases such as, “I do not feel well.” “I am in bad shape emotionally.” “My feelings are terrible.” “Oh, what anguish and sorrow!” “I feel like dying.” Such expressions would be normal from a human point of view! But notice that the Saviour did not sink into the depths of emotion. In the end, He clung to His faith in His Father. Like a shipwrecked man on the high seas, he grasped the lifeline of the principles of the word and made the decision in his mind based, not on the emotions that seize him, but on the Biblical principles that always guided His life: “Father, if Thou be willing, remove this cup from Me: nevertheless not My will, but Thine, be done.” Luke 22:42.

Jesus did not allow Himself to be swept away by the flood of negative feelings that were created by the emotions He suffered in that hour of dense darkness. He did not give in, even though the enemy put intense pressure on Him, whispering that one of His disciples was going to betray Him, another would deny Him, the rest would flee from Him, and the people whom He had come to save were going to reject Him as the Messiah. Can we imagine what surging emotions and feelings were in the Saviour’s mind? Let us remember that He was fully human. He did not use His divine power to get rid of the suffering.

Instead, He placed Himself on the firm foundation of faith. Enough of anguish! He defeated the enemy in His mind, and an angel from heaven came to strengthen him. Luke 22:43. His example is very encouraging to us as children of God. Trusting Him, we can be sure that, when we find ourselves in situations in which emotions and wrong feelings try to take control of our lives, if we choose the way of faith, even if there are no favorable feelings, the Lord will help us and strengthen us. Faith will prevail, and we will not make mistakes generated by a negative state of mind.

Unfortunately I have had to witness sad cases in this regard. People have left God’s church because they had an argument with the pastor or with a brother; others have left because the problems of life so overwhelmed them that they ended up in depression, and in that situation they chose to abandon the faith. I have seen dear brethren who for many years had fought in the ranks of God’s people let themselves be carried away by feelings of bitterness and ended their relationship with the church. When asked why, they stated, “There is no love;” or “There is no feeling of God’s Spirit.”

If we were to leave the people of God when we are not treated well, when we see the weakness of the members, when injustices prevail, when someone speaks ill of us, or when we ourselves make mistakes, we would always be outside. The church of Christ is the militant church, not the triumphant church. How strange is it to see things that can make us sad and discouraged? Jesus had in His group one who stole from the treasury bag (Judas), another who was proud and impetuous (Peter), and another who wanted to be over the others (John). What kind of emotions can arise in our minds when we witness such things?

There is no perfect place on this earth; only heaven is such a place. Wherever there are human beings, there

are difficulties and problems, for we are all struggling to overcome our sinful natures. I believe that, if we follow what the Lord teaches us in His word, we will have peace and tranquility in our souls. Let us delight in the emotions inspired by the great mountains, the beautiful meadows, the melodious singing of the birds, the roar of the waves, the smile of a baby, beautiful music, a sunset, a magnificent sunrise, the rippling song of a stream, the gentle breeze brushing against our face, the sincere friendship of believers, the love of our families, and the satisfaction of a fulfilled mission. Then, when the enemy comes to rob us of the emotions that enliven and ennoble us, let us say that he has nothing to do with us.

It may be that everything around us is not as we wish it to be, it may be that our expectations of life do not coincide in large part with the daily reality, and it may even be that we have to go through the worst experiences that Job went through.

But if we are prayerful and we ask the Lord not to leave us alone but to help us to live, decide, think, and act according to His will, not to be carried away by our impressions, emotions, and feelings, the promise is that His victory will be our victory. His love will comfort us, His power will help us, and He will not permit us to be tempted beyond our strength. Together with the trial, He will give us the way out so that we can bear it all. I Corinthians 10:13.

"We cannot but look onward to new perplexities in the coming conflict, but we may look on what is past as well as what is to come, and say, Hitherto hath the Lord helped us. 'As thy days, so shall thy strength be.' Deuteronomy 33:25. The trial will not exceed the strength which shall be given us to bear it. Then let us take up our work just where we find it, believing that nothing can come but that strength

will come proportionate to the trial." —Gospel Workers (1892), p. 374.

There are many things in this life that we cannot explain. It is not easy to be pressed down on the sandpaper of misfortune and remain serene, clinging to God's promises; but this is our duty and privilege. We may have to repeat to ourselves many times in life the words that Jesus addressed to Peter: "What I do thou knowest not now: but thou shalt know hereafter." John 13:7. God bless you!

I would like to share this prayer with you. "Dear heavenly Father, My mind is in the Most Holy Place in heaven as I pour out my soul in prayer to You. You know me better than I do. You know everything about my life, and You know everything that I have gone through in this life. You know my problems, joys, tears, successes, and failures. You know that many times it is not easy for me to face my own emotions and the conflicts that come between what I feel and what I should do.

"What happens to me many times I do not understand; but I know that there is a purpose for everything and that some day You will explain it to me. I am sure that I will be completely satisfied with Your explanation. I am also sure that it is the best for me, because You love me and You want the best for me. You will never hurt me, because You sent Your Son Jesus Christ to die in my place. I love You, and I trust You. Fill me with Your Holy Spirit to transform my emotions and the bad feelings that threaten to separate me from Your path into emotions and feelings that You can approve. Let me uplift my Christian duty rather than my carnal impulses or wrong feelings. Father, I trust that You will grant me my request in Your grace, for the love of Jesus. Amen."





World in Brief

Missionary Report Congo



Brother Daniel Masumbuko (far left), standing with one deaconess, 7 new souls and brother Kisigay Samuel, Field President after Baptism.



On the baptismal waters – 7 Souls, ready for baptism ceremony - to Join IMS , in Kisangani, North East Field - DR Congo



During the Baptism Ceremony



Baptism vows





World in Brief

Kinshasa Distric Conference



Brother Timothee Mabangi, DR Congo Union Secretary (Far left) and Brother Victor Shumbusho, Publishing Leader (Far right), visiting the churches in Kinshasa.

This is Mikondo Church, one of the three Churches in Kinshasa, during the week of Prayer, December 2017.



Bother Victor Shumbusho with some sisters during the District Conference, Sabbath 30 December 2017.



*Youth Conference in Lubumbashi, 23-24 December 2017
65 participant attended the conference for two days, and different topics were developed (Joseph and his brothers, Heli and his sons, rebellion of Absolom, Daniel and his fellow brothers).*



3 Churches (Masina, Ngiringiri and Mikondo) composing the Kinshasa District, congreted together; the last Sabbath of 2017, it was a very inspiring Sabbath Fellowship.



During Sabbath School Program.



Bro. Samuel Kisigay
Ordained Elder, North East
Congo Field
(Kisangani)



Bro. Victor Shumbusho
Congo Union
Publishing Leader