

Con't from page 2—read whether Christ's human nature meets ours and is as ours in that respect wherein ours is sinful flesh. Romans 8:3: "What the law could not do in that it was weak through the flesh, God sending His own Son" did accomplish it in that flesh that we have.

There was something that the law itself could not do and that God in sending His own Son, did do. But why was it that the law could not do what it desired and what was required? It was weak through the flesh. The trouble was in the flesh. It was this that caused the law to fail of its purpose concerning man. Then God sent Christ to do what the law could not do. And the law having failed of its purpose because of the weakness of the flesh and not because of any lack in itself, God must send His Son to help us who are in the flesh, and not to help the law. If the law had been in itself too weak to do what it was intended to do, then the thing for Him to have done to help the matter out would be to remedy the law. But the trouble was with the flesh, and therefore He must remedy the flesh.

It is true that the argument nowadays, springing up from that enmity that is against God and is not subject to the law of God, neither indeed can be, is that the law could not do what was intended and God sent His Son to weaken or abolish the law, so that the flesh could answer the demands of the law. But if I am weak and you are strong and I need help, it does not help me any to make you as weak as I am; I am still as weak and helpless as before. There is no help at all in that. But when I am weak and you are strong and you can bring to me your strength, that helps me. So the law was strong enough, but its purpose could not be accomplished through the weakness of the flesh.

Therefore God, to supply the need, must bring strength to weak flesh. He sent Christ to supply the need and therefore Christ must so arrange it that strength may be brought to our flesh itself which we have today, that the purpose of the law may be met in our flesh. So it is written: God sent His own Son "in the likeness of sinful flesh," in order "that the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit."

A.T. Jones. 1895 General Conference Bulletin, February 19 sermon.

DECEMBER 2015

Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sabbath
		1	2	3	4	5 SS -Ann Walper Sermon - Leslie Walper
6	7	8	9	10	11	12 SS - Ann Walper Sermon - Tory Kimbel
13	14	15	16	17	18	19 SS - Jerry Vogt Sermon - Leslie Walper
20	21	22	23	24	25	26 SS - Joyce Kimbel Sermon - Pastor Clark
27	28	29	30	31		

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Bread from on High

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No Condemnation by E. J. Waggoner

Getting into Christ is only the beginning, not the end, of the Christian life. It is the entrance to the school where we are to learn of Him. He takes the ungodly man with all his evil habits and forgives all his sins, so that he is counted as though he never had sinned. Then Christ continues to give him His own life, by which he may overcome all his evil habits.

Association with Christ will more and more reveal to us our failings, just as association with a learned man will make us conscious of our ignorance. As a faithful witness, He tells us of our failings. But it is not to condemn us. We receive sympathy, not condemnation, from our Saviour. It is this sympathy that gives us courage, and enables us to overcome.

When the Lord points out a defect in our characters, it is the same as saying to us, "There is something that you are in need of, and I have it for you." When we learn to look at reproof in this way, we shall rejoice in it, instead of being discouraged.

The law without Christ is death. The law in Christ is life. His life is the law of God; for out of the heart are the issues of life, and the law is in

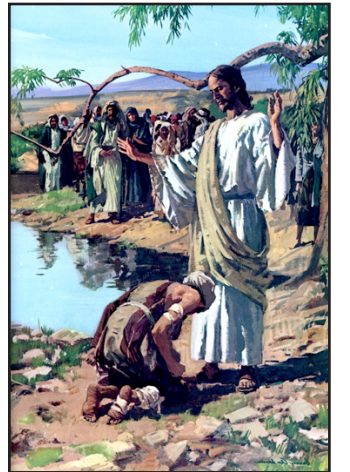
His heart. The law of sin and death works in our members. But the law of the Spirit of life in Christ gives us freedom from sin and death.

Mark that it is the life in Christ that does this. It does not give us freedom from obedience to the law, for we had that before we were converted, and that was bondage to sin, and not freedom from sin. What He gives us freedom from is the transgression of the law.

This is made very plain in Romans 8:3 and 4. God sent His Son in the likeness of sinful flesh, and for sin, condemning sin in the flesh (verse 3), "that the righteousness of the law might be fulfilled in us" (verse 4).

"The law is holy, and the commandment holy, and just, and good" (Romans 7:12). There is no fault to be found with the law of God, but with us, because we have transgressed it. Christ's work is not to change the law in any particular, but to change us in every particular. It is to put the law into our hearts and to perfect our characters.

The law is strong enough to condemn, but it is weak, even powerless, with respect to what man needs namely, salvation. It was and is "weak through the flesh." The law



is good, and holy, and just, but man has no strength to perform it.

Just as an axe may be of good steel, and very sharp, yet unable to cut down a tree because the arm that has hold of it has no strength, so the law of God can not perform itself. It sets forth man's duty; but it remains for the man to perform it. But being "weak through the flesh" we can not perform it perfectly, and therefore Christ came to do it in us. What the law could not do for man, God did by His Son.

There is a common idea that this means that Christ simulated sinful flesh; that He did not take upon Himself actual sinful flesh, but only what appeared to be such. But the Scriptures do not teach any such a thing.

"In all things it behoved
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Him to be made like unto His brethren, that He might be a merciful and faithful High Priest in things pertaining to God, to make reconciliation for the sins of the people." Hebrews 2:17.

He was "born of a woman, born under the law," that He might redeem them that were under the law. Galatians 4:4, 5. He took the same flesh that all have who are born of a woman; no exemption was provided for Him.

A parallel text to Romans 8:3, 4 is found in 2 Corinthians 5:21. The former says that Christ was sent in the likeness of sinful flesh, "that the righteousness of the law might be fulfilled in us." The latter says that God "made Him to be sin for us," although He knew no sin, "that we might be made the righteousness of God in Him."

All the comfort that we can get from Christ lies in the knowledge that He was made in all things like as we are. Otherwise we should hesitate to tell Him of our weaknesses and failures. The priest who makes sacrifices for sins must be one "who can have compassion on the ignorant, and on them that are out of the way; for that He Himself also is compassed with infirmity." Hebrews 5:2.

This applies perfectly to Christ; "for we have not an High Priest which can not be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin." Hebrews 4:15. This is why we may come boldly to the throne of grace for mercy. So perfectly has Christ identified Himself with us, that He even now feels our sufferings.

"For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit, the things of the Spirit." Note that this depends on the preceding statement, "that the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit."

The things of the Spirit are the commandments of God, because the law is spiritual. The flesh serves the law of sin. But Christ came in the same flesh, to show the power of the Spirit over the flesh. "They that are in the flesh can not please God. But ye are not in the flesh, but in the Spirit, if so be that the Spirit of Christ dwell in you."

Now no one will claim that the flesh of a man is any different after his conversion from what it was before. Least of all will the converted man himself say so; for he has continual evidence of its perversity.

But if he is really converted, crucified with Christ, and the Spirit of Christ dwells in him, he is no more under the control of the flesh. Even so Christ came in the same sinful flesh, yet He was without sin, because He was always led by the Spirit.

"The carnal mind is enmity against God; for it is not subject to the law of God, neither indeed can be." The flesh never becomes converted until the second coming when "this corruptible must put on incorruption, and this mortal must put on immortality." 1 Corinthians 15:53. The flesh is enmity against God and that enmity remains in opposition to His law. Therefore, whoever opposes the law of God is fighting against Him.

But Christ is our Peace, and He came preaching peace. "You, that were sometime alienated and enemies in your mind by wicked works, yet now hath He reconciled in the body of His flesh through death, to present you holy and unblameable and unproveable in His sight." Colossians 1:21, 22. In His own flesh He abolishes the enmity, so that all who are crucified with Him are at peace with God; that is, they are subject to His law, which is now in their hearts.

"To be carnally minded is death; but to be spiritually minded is life and peace." To be spiritually minded is to have a mind controlled by the law of God, "for we know that the law is spiritual." Romans 7:14. "Great peace have they which love thy law." Psalm 119:165. "Being justified [made righteous] by faith, we have peace with God through our Lord Jesus Christ." Romans 5:1.

The carnal mind is enmity against God, therefore, to be carnally minded is death. But Christ "hath abolished death, and hath brought life and immortality to light through the Gospel." 2 Timothy 1:10.

He has abolished death by destroying the power of sin in all who believe in Him; for death has no power except through sin. "The sting of death is sin." 1 Corinthians 15:56. So that even now we may joyfully say, "Thanks be to God, which giveth us the victory through our Lord Jesus Christ." 1 Corinthians 15:57. ✨

Romans 8:1–3

What kind of flesh alone is it that this world knows? Just such flesh as you and I have. This world does not know any other flesh of man and has not known any other since the necessity for Christ's coming was created. Therefore, as this world knows only such flesh as we have, as it is now, it is certainly true that when the "Word was made flesh," He was made just as our flesh is. It cannot be otherwise.

Again: What kind of flesh is our flesh, as it is in itself? Let us turn to the eighth chapter of Romans and

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Butternut and Barley Pilaf

194 calories; 2 g fat; 40 g carbohydrates; 0 g added sugars; 6 g protein; 8 g fiber; 149 mg sodium; 457 mg potassium.

Butternut and Barley Pilaf

- 1-1/2 teaspoons olive oil
 - 1 medium onion, chopped
 - 1 (14.5 oz) can vegetable broth
 - 1 3/4 cups water
 - 1 cup pearly barley
 - 2 cups peeled, cubed butternut squash
 - 1/2 teaspoon each, thyme and oregano
 - 1 clove garlic, minced
 - 1/4 teaspoon salt
1. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, until softened, 2 to 3 minutes. Add broth, water, barley and squash; bring to a simmer, reduce heat to medium-low and simmer until the barley and squash are tender and most of the liquid has been absorbed, about 45 minutes. Add herbs, garlic, and salt; mix gently. **Makes 6 servings**

What is Insulin Resistance?

Diabetes has struck our nation like a tsunami.

More than 25% of Americans over the age of 65 have been diagnosed with diabetes, while an additional 37% of U.S. adults aged 20 years or older have prediabetes (51% of those aged 65 years or older). Applying this percentage to the entire U.S. population in 2012 yielded an estimated 86 million Americans aged 20 years or older with prediabetes.

What is prediabetes? You may have heard about this problem by the name of metabolic syndrome. Metabolic syndrome is a collection of risk factors—increased blood pressure, a high blood sugar level, excess body fat around the waist, and abnormal cholesterol levels—that occur together. This cluster of symptoms are all related to insulin resistance. In turn this group of symptoms have a major underpinning link to physical inactivity. The less activity, the higher the risk that you will develop metabolic syndrome and type-2 diabetes.

Insulin resistance increases over time as you continue to take in excessive calories, until finally the pancreas becomes exhausted from trying to keep up with the calorie load. Consuming more calories than you burn is the strongest risk factor to developing metabolic syndrome, insulin resistance, and diabetes.

Insulin works in the body like a key that unlocks the cell membrane to allow blood glucose to enter the cell where it can be utilized for energy. When insulin can not function as it should, excessive glucose accumulates in the blood, raising blood sugar levels. Over time excessive blood sugar damages the small blood vessels in the eyes and kidneys, damages nerves

throughout the body, and has been linked to an early diagnosis of dementia.

What can be done to prevent or reverse prediabetes and decrease insulin resistance? In a study that tracked tens of thousands of individuals, it was shown that weight loss and exercise are the keys. Ninety percent of type 2 diabetes is preventable by lifestyle modification. Engaging in regular physical exercise will reduce your risk by 70%. A Harvard Medical School study found that a weight loss of as little as 12 pounds resulted in a 50% reduction in the progression of diabetes.

Are "carbs" bad? Two European studies looked at higher-carb diets compared to high fat diets, and found that how much insulin it took to remove a given amount of sugar from the blood did not change. Neither was there any difference between what some call "high-glycemic" and "low-glycemic" carbs. Research does not support the idea behind the glycemic index diet theory.

Carbohydrates from whole grains rich in fiber, legumes (dried peas and beans, and lentils), fruits, and leafy green vegetables (spinach, kale, broccoli) have not been linked to the development of insulin resistance or diabetes.

However, red meat, particularly processed meats found in luncheon slices and sausages, have been consistently linked to an increase in diabetes due to the excessive intake of iron that damages the pancreas.

The best way to dodge diabetes is to lose excess weight. Do at least 30 minutes a day of brisk walking, and two times a week add strength training exercises. Limit sugary sweets, soft drinks, and excessive fresh fruit juices. And fill your plate up with vegetables. ✨