

The Lord in His great mercy sent a most precious message to His people through Elders Waggoner and Jones. This message was to bring more prominently before the world the uplifted Saviour, the sacrifice for the sins of the whole world. It presented justification through faith in the Surety; it invited the people to receive the righteousness of Christ, which is made manifest in obedience to all the commandments of God. Many had lost sight of Jesus. They needed to have their eyes directed to His divine person, His merits, and His changeless love for the human family. All power is given into His hands, that He may dispense rich gifts unto men, imparting the priceless gift of His own righteousness to the helpless human agent. This is the message that God commanded to be given to the world. It is the Third Angel's Message, which is to be proclaimed with a loud voice, and attended with the outpouring of His Spirit in a large measure. This message of the gospel of His grace was to be given to the church in clear and distinct lines, that the world should no longer say that Seventh-day Adventists talk the law, the law, but do not teach or believe Christ. Thus it is plain, and is repeatedly confirmed, that the Third Angel's Message in spirit and in truth, is righteousness by faith; the everlasting gospel; the righteousness of God revealed from faith to faith in the keeping of the commandments of God and the faith of Jesus. It has been Satan's determined purpose to eclipse the view of Jesus and lead men to look to man, and trust to man, and be educated to expect help from man. For years the church has been looking to man and expecting much from man, but not looking to Jesus, in whom our hopes of eternal life are centered. Therefore God gave to His servants a testimony that presented the truth as it is in Jesus, which is the Third Angel's Message, in clear, distinct lines.

Review and Herald, January 9, 1900

The proud heart strives to earn salvation; but both our title to heaven and our fitness for it are found in the righteousness of Christ. The Lord can do nothing toward the recovery of man until, convinced of his own weakness, and stripped of all self-sufficiency, he yields himself to the control of God. Then he can receive the gift that God is waiting to bestow. From the soul that feels his need, nothing is withheld. He has unrestricted access to Him in whom all fullness dwells. *Desire of Ages* p. 300.

FEBRUARY 2016

Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sabbath
	1	2	3	4	5	6 SS -Joyce Kimbel Sermon - Leslie Walper
7	8	9	10	11	12	13 SS - Joyce Kimbel Sermon - Tory Kimbel
14	15	16	17	18	19	20 SS - Jerry Vogt Sermon - Leslie Walper
21	22	23	24	25	26	27 SS - Ann Walper Sermon - Pastor Clark COMMUNION
28	29	<i>Sign up for CPR Class!</i> See Bulletin Board				

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Bread from on High

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Causes of the Flood

E.G. White, excerpted from SP, vol. 1, 1870

The descendants of Seth were called the sons of God; the descendants of Cain, the sons of men. As the sons of God mingled with the sons of men, they became corrupt. By intermarriage and through the influence of their wives, they lost their peculiar, holy character, and united with the sons of Cain in their idolatry. Many cast aside the fear of God, and trampled upon His commandments. But there were a few that did righteousness, who feared and honored their Creator. Noah and his family were among the righteous few.

A heavy, double curse, first in consequence of Adam's transgression, and second, because of the murder committed by Cain, was resting upon the earth. The race of men then living was of very great stature, and possessed wonderful strength. Because of their great wickedness, God purposed to destroy by a flood that powerful, long-lived race that had corrupted their ways before Him. He would not suffer them to live out the days of their natural life, which would be hundreds of years.

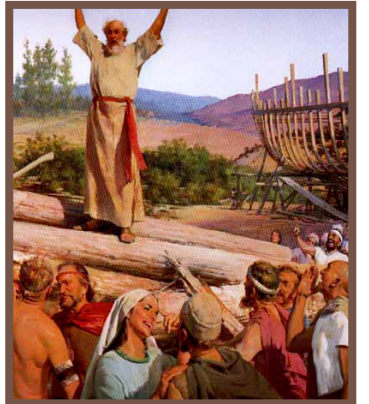
Cain's descendants did not choose to think of God, the Creator of the heavens

and the earth, and rendered no grateful thanks to Him who had provided them all the things which they possessed. They even denied the existence of the God of Heaven, and gloried in, and worshiped, the works of their own hands. They formed images to worship and taught their children to worship them.

But if there was one sin above another which called for the destruction of the race by the Flood, it was the base crime of amalgamation of man and beast which defaced the image of God, and caused confusion everywhere.

More than one hundred years before the Flood the Lord sent an angel to faithful Noah to make known to him that He would no longer have mercy upon the corrupt race. He would not have them ignorant of His design. He would instruct Noah, and make him a faithful preacher to warn the world of its coming destruction, that the inhabitants of the earth might be left without excuse.

Noah was to preach to the people, and also to prepare an ark as God should direct him for the saving of himself and family. He was not only to preach, but his example in building the ark was to



convince all that he believed what he preached.

Noah and his family were not alone in fearing and obeying God. Methuselah, the grandfather of Noah, lived until the very year of the flood; and there were others who believed the preaching of Noah, and aided him in building the ark, who died before the flood of waters came upon the earth.

Noah, by his preaching and example in building the ark, condemned the world. God gave all an opportunity to repent and turn to Him. But they believed not the preaching of Noah. They mocked at his warnings, and ridiculed the building of that immense vessel on dry land. Noah's efforts to reform his fellow-men did not succeed. But for more than one hundred years he persevered in his efforts to turn men to

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repentance and to God. Every blow struck upon the ark was preaching to the people. Noah directed, he preached, he worked, while the people looked on in amazement, and regarded him as a fanatic.

A multitude at first apparently received the warning of Noah, yet did not fully turn to God with true repentance. There was some time given them before the flood was to come, in which they were to be placed upon probation—to be proved and tried. They failed to endure the trial. The prevailing degeneracy overcame them, and they finally joined others who were corrupt in deriding and scoffing at faithful Noah. They would not leave off their sins, but continued in polygamy, and in the indulgence of their corrupt passions.

The period of their probation was drawing near its close. The unbelieving, scoffing inhabitants of the world were to have a special sign of God's divine power. Noah had faithfully followed the instructions God had given to him. The ark was finished exactly as God had directed. He had laid in store immense quantities of food for man and beast. And after this was accomplished, God commanded faithful Noah, "Come thou, and all thy house, into the ark, for thee have I seen righteous before Me." Angels were sent to collect from the forest and field the beasts which God had created.

Angels went before these animals and they followed, two and two, male and female, and clean beasts by sevens. The sky seemed clouded with birds of every description. They came flying to the ark, two and two, male and female, and the clean birds by sevens. The world looked on with wonder—some with fear, but they had become so hardened by rebellion that this most signal manifestation of God's power had but a momentary influence upon them. For seven days these animals were coming into the ark, and Noah was arranging them in the places prepared for them.

And as the doomed race beheld the sun shining in its glory, and the earth clad in almost Eden beauty, they drove away their rising fears by boisterous merriment; and by their deeds of violence seemed to be encouraging upon themselves the visitation of the already awakened wrath of God.

Everything was now ready for the closing of the ark, which could not have been done by Noah from within. An angel was seen by the scoffing multitude descending from Heaven, clothed with brightness like lightning. He closed that massive outer door, and then took his course upward to Heaven again.

Seven days were the family of Noah in the ark before the rain began to descend upon the earth. In this time they were arranging for their long stay while the waters should be upon the earth. But these were days of blasphemous merriment for the unbelieving multitude. They thought because the prophecy of Noah was not fulfilled immediately after he entered the ark, that he was deceived, and that it was impossible that the world could be destroyed by a flood.

Notwithstanding the solemn exhibition they had witnessed of God's power—of the unnatural occurrence of the beasts leaving the forests and fields, and going into the ark, and the angel of God clothed with brightness and terrible in majesty, descending from Heaven and closing the door, yet they hardened their hearts, and continued to revel and sport over the signal manifestations of divine power.

But upon the eighth day the heavens gathered blackness. The muttering thunders, and vivid lightning flashes began to terrify man and beast. The rain descended from the clouds above them. This was something they had never witnessed, and their hearts began to faint with fear.

The violence of the storm increased and there were mingled with the warring of the elements, the wailings of the people who had despised the authority of God. The terror of man and beast was beyond description. Even Satan himself, who was compelled to be amid the warring elements, feared for his own existence. He uttered imprecations against God, charging Him with injustice and cruelty. Many of the people, like Satan, blasphemed God, and if they could have carried out their rebellion, would have torn Him from the throne of justice.

While many were blaspheming and cursing their Creator, others were frantic with fear, stretching their hands toward the ark, pleading for admittance. But this was impossible. God had closed the door and shut Noah in, and the ungodly out. He alone could open the door. Their fear and repentance came too late. They were compelled to know that there was a living God who was mightier than man, whom they had defied and blasphemed.

"For as the days of Noah were, so will be the coming of the Son of Man. For as in those days before the flood they were eating and drinking, marrying and giving in marriage, until the day Noah entered the ark, and they knew nothing until the flood came and swept them all away, so too will be the coming of the Son of Man." Matthew 24:37-39 (NRSV). ☞

Fennel and Grape Salad



Fennel and Grape Salad

Makes 8 servings

- 5 cups seedless grapes
- 1 large fennel bulb, halved, cored and thinly sliced
- 3 ribs celery, thinly sliced
- 2 scallions, thinly sliced on the diagonal
- 3 tablespoons slivered toasted almonds
- 2 Tbsp. vinaigrette dressing
- 1/2 tsp. fennel seeds, lightly crushed

1. In a large bowl, whisk together the vinaigrette and crushed fennel seeds
2. Add grapes, celery, sliced fennel, and scallions, stir to combine
3. Top with toasted slivered almonds; serve immediately or chill and serve

127 calories; 5 g fat; 21 g carbohydrates; 2 g protein; 3 g fiber; 103 mg sodium; 384 mg potassium

What is it? Fennel is a bulbous vegetable with a tall, wispy, fronded top that looks similar to dill. It is very firm and crunchy, and it tastes a bit like licorice and anise. It can be used raw in salads and slaws, and grilled or braised until tender.

Exercise for Keyboard Athletes

Even though we all know that sitting for long periods is unhealthy, it is very easy to spend hours in front of a computer, or with a tablet, or a smartphone, or television set. But it isn't easy to break the keyboard athlete cycle, especially when so much of our work revolves around a keyboard.

Sedentary time boosts the risk of developing type 2 diabetes, heart disease, cancer, and obesity. Poor posture from sitting hunched over the keyboard with your shoulders slumped forward can lead to weak muscles, compressed neck bones, neck aches, and headaches. It also reduces the strength of your hip and lower back muscles, making it difficult to stand and walk.

You can reduce sedentary time by taking quick breaks every 30 to 60 minutes. These breaks can be purposeful, like going for a drink of water, getting the mail, or walking to another part of the house or office to get something.

Brief bursts of activity can also take the form of stretching exercises. You can incorporate these stretches into your work routine. While seated you can do one minute of heel raises, lifting your heels from the floor, alternating each foot. Still seated, march in place for one minute, lifting your feet completely off the ground. Then do one minute of pulling your shoulders back and squeezing your shoulder blades together.

Add a few stretches of your neck by gently tilting your chin down toward your chest and then looking toward the ceiling, and then from side to side. Loosen up your back muscles by rotating your torso from the waist and looking over your shoulder.

Sitting weakens your core muscle groups, which results in poor posture and poor lifting and carrying biomechanics, which it turn can lead to serious back

injuries. Lifting and carrying heavy objects is a great way to train your core muscles and should be done while standing or walking. "Heavy" means carrying an object that feels heavy to you, and places a slight stress on the core muscles. It does not mean 300 pounds of iron weights.

Carrying objects can be incorporated into the previously mentioned purposeful bursts of activity. You can move objects from your desk to another room. Carry 5 pound weights from the work area to get your drink of water and then carry them back again.

Whatever object you carry should be something that you can hold in each hand to maintain a balance in your back muscles, such as hand weights, paper stacks, or books. Stand erect, spine straight, so that the weight is equally distributed from top to bottom. Walk without slumping forward. ☞

Did You Know?

Neurogenesis is the process where new brain cells are generated depending on how active the brain is. As the brain becomes more active, more connections are made between neuron cells; more connections mean better memory and decision-making ability. Each neuron can be activated, either directly or indirectly, through various experiences. Physical exercises are one of the indirect means of stimulating neurons. They do this by increasing the release in the brain of nerve growth chemicals called nerve growth factors. These chemicals affect the health of brain cells, the growth of new blood vessels in the brain, and even the abundance and survival of new brain cells.