

Faith comes by hearing, and hearing by the word of God (Romans 10:17). That is the source, the fountain of faith. Then when that word is read, you yield to that and say, "That is so." Take it as God says it; receive it just as He says it; rest upon it just as He says it. He gives us the understanding of it. That precludes our getting any thread of human invention into it. *Then* righteousness is of faith. It comes by faith. We receive it that way. Then don't you see that with the man who does *not* understand it and who begins to question the message of righteousness by faith alone, the trouble is that his soul is not submitted to God, his heart is not yielded to God, the affections are not fixed upon Him? That is the difficulty. All the trouble that ever comes to anybody in this world over justification by faith is in the heart—in the refusal to submit to God—and that is the work of the carnal mind; the carnal mind cannot comprehend it. . . . The Lord wants us to receive the latter rain. And shall we ask for it, and then when it comes, not take it as He gives it because it does not come quite as we thought it would come? It is for Him to give it; and for us to have discernment to see that it is He who gives it.

1893 General Conference Bulletin, pp. 362, 363.

Unless those who can help are aroused to a sense of their duty, they will not recognize the work of God when the loud cry of the third angel shall be heard. When light goes forth to lighten the earth, instead of coming up to the help of the Lord, they will want to bind about His work to meet their narrow ideas. Let me tell you that the Lord will work in this last work in a manner very much out of the common order of things, and in a way that will be contrary to any human planning. . . . God will use ways and means by which it will be seen that He is taking the reins in His own hands. The workers will be surprised by the simple means that He will use to bring about and perfect His work of righteousness. *Testimonies to Ministers*, p. 300.

MAY 2016

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

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Bread from on High

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Danger of Rejecting of Third Angel's Message

by E.G. White

John the Baptist was sent in the spirit and power of Elijah to prepare the way of Jesus (Isaiah 40:3; Malachi 4:5, 6; cf. 3:1; Matthew 3:1-3). Those who rejected the testimony of John were not benefitted by the teachings of Jesus. Their opposition to the message that foretold His coming placed them where they could not readily receive the strongest evidence that He was the Messiah.

Satan led on those who rejected the message of John to go still farther, to reject and crucify Christ. In doing this they placed themselves where they could not receive the blessing on the day of Pentecost, which would have taught them the way into the heavenly sanctuary.

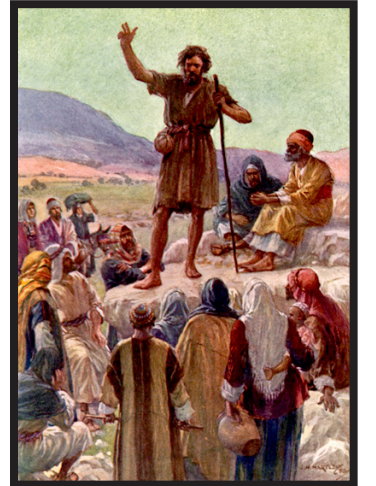
The rending of the veil of the temple (Matthew 27:50, 51) showed that the Jewish sacrifices and ordinances would no longer be received. The great Sacrifice had been offered and had been accepted, and the Holy Spirit which descended on the day of Pentecost carried the minds of the disciples from the earthly sanctuary to the heavenly, where Jesus had entered by His own blood, to shed upon His disciples the

benefits of His atonement.

But the Jews were left in total darkness. They lost all the light which they might have had upon the plan of salvation, and still trusted in their useless sacrifices and offerings. The heavenly sanctuary had taken the place of the earthly, yet they had no knowledge of the change. Therefore they could not be benefitted by the mediation of Christ in the holy place.

Many look with horror at the course of the Jews in rejecting and crucifying Christ; and as they read the history of His shameful abuse, they think they love Him, and would not have denied Him as did Peter, or crucified Him as did the Jews. But God who reads the hearts of all, has brought to the test that love for Jesus which they profess to feel. All heaven watched with the deepest interest the reception of the first angel's message (Revelation 14:6, 7).

But many who professed to love Jesus, and who shed tears as they read the story of the cross, derided the good news of His coming. Instead of receiving the message with gladness, they declared it to be a delusion. They hated those who loved His appearing and



shut them out of the churches.

Those who rejected the first message could not be benefitted by the second (Revelation 14:8); neither were they benefitted by the midnight cry, which was to prepare them to enter with Jesus by faith into the most holy place of the heavenly sanctuary.

And by rejecting the two former messages, they have so darkened their understanding that they can see no light in the third angel's message, which shows the way into the most holy place (Revelation 14:9-12; cf. Daniel 8:13, 14).

As the Jews crucified Jesus, so the nominal churches had crucified these messages, and therefore they have no knowledge of the way into the most holy, and they cannot be benefitted by the

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intercession of Jesus there. Like the Jews, who offered their useless sacrifices, they offer up their useless prayers to the apartment which Jesus has left.

Satan, pleased with the deception, assumes a religious character, and leads the minds of these professed Christians to himself, working with his power, his signs and lying wonders, to fasten them in his snare (cf. John 8:44; 2 Corinthians 4:3, 4). Some Satan deceives in one way, and some in another. He has different delusions prepared to affect different minds.

Satan deceives some with Spiritualism. He also comes as an angel of light and spreads his influence over the land by means of false reformations (2 Thessalonians 2:9; 2 Corinthians 11:13–15; 2 Timothy 3:13). The churches are elated, and consider that God is working marvelously for them, when it is the work of another spirit. The excitement will die away and leave the world and the church in a worse condition than before.

But God has honest children among the nominal Adventists and the fallen churches, and before the plagues shall be poured out, ministers and people will be called out from these churches and will gladly receive the truth. Satan knows this; and before the loud cry of the third angel is given, he raises an excitement in these religious bodies, that those who have rejected the truth may think that God is with them. Satan hopes to deceive the honest and lead them to think that God is still working for the churches. But the light will shine, and all who are honest will leave the fallen churches, and take their stand with the remnant (Revelation 18:1–4).

The saints must have a thorough understanding of present truth, which they will be obliged to maintain

Some of our brethren have expressed fears that we shall dwell too much upon the subject of justification by faith, but I hope and pray that none will be needlessly alarmed; for there is no danger in presenting this doctrine as it is set forth in the Scriptures. If there had not been a remissness in the past to properly instruct the people of God, there would not now be a necessity of calling especial attention to it. Some of our brethren are not receiving the message of God upon this subject. They appear to be anxious that none of our ministers shall depart from their former manner of teaching the good old doctrines. ... Several have written to me, inquiring if the message of justification by faith is the third angel's message, and I have answered, "It is the third angel's message in verity." (*Review and Herald*, April 1, 1890).

from the Scriptures. They must understand the state of the dead; for the spirits of devils will yet appear to them, professing to be beloved relatives or friends, who will declare to them unscriptural doctrines. They will do all in their power to excite sympathy and will work miracles before them to confirm what they declare (Matthew 24:24; Revelation 13:13; 16:14). The people of God must be prepared to withstand these evil spirits with the Bible truth that the dead know not anything (see Ecclesiastes 9:5, 6; 3:18–20; Job 14:10–12, 21; Psalm 6:5), and that they who thus appear are the spirits of devils.

We must examine well the foundation of our hope; for we shall have to give a reason for it from the Scriptures. This delusion will spread, and we shall have to contend with it face to face; and unless we are prepared for it, we shall be ensnared and overcome.

Satan wants to have the privilege of destroying the saints of the Most High; but Jesus bids His angels watch over them. God would sooner send every angel out of glory to make a hedge about faithful souls, than have them deceived and led away by the lying wonders of Satan.

God will not suffer the wicked to destroy those who are expecting translation and who will not bow to the decree of the beast or receive his mark.

God will be honored by making a covenant with those who keep His law in the sight of the heathen round about them. And Jesus will be honored by translating, without their seeing death, the faithful waiting ones who have so long expected Him. And when the never-ending blessing is pronounced on those who have honored God in keeping His Sabbath holy, there will be a mighty shout of victory over the beast and over his image. ☞

CAULIFLOWER AND BEET SALAD



Makes 4 servings

- 1 small head cauliflower
- 1 cup cooked, diced beets, drained
- 8 cups mixed salad greens
- 3 Tbsp. Italian dressing
- 1 tsp. spicy brown mustard
- 1/4 tsp. salt
- 1/4 cup unsalted, roasted sunflower seeds

1. Preheat oven to 450°; break cauliflower into small bite-sized florets and drizzle with olive or peanut oil, sprinkle with salt and place on a rimmed baking sheet; roast until lightly browned in spots, remove and cool
2. In a large bowl, whisk mustard and Italian dressing together; toss with salad greens; top with roasted cauliflower and well-drained diced beets; sprinkle with roasted sunflower seeds and serve immediately

210 calories; 7 g fat; 0 mg cholesterol; 15 g carbohydrates; 6 g protein; 6 g fiber; 240 mg sodium

Dunlop Disease

Has your waist "dun-lopped over" your belt?

The notches on your belt tell the tale: If your waistline has gained girth, you've got more than friendly padding. You've got too much belly fat, and that's a serious health issue.

Doctors have a catchy term for that too-familiar round belly—the "apple" shape. If your excess fat has settled on the buttocks and thighs, you're a "pear" shape. Don't get sidetracked with the cutesy names, however. Belly fat (aka visceral fat) is serious business. A big waistline puts you at increased risk for many health problems such as diabetes, high blood pressure, heart disease, and stroke.

Abdominal fat is thought to be a temporary storage space for excessive dietary fats (fat from cheese, meat, butter, ice cream, cooking oils, etc.). Because it is mobile and easily breaks down into fatty acids, abdominal fat can flood the liver, triggering a chain reaction that increases the production of LDL "bad" cholesterol and triglycerides.

During this process insulin can also become less effective in controlling blood sugar, so insulin resistance sets in. Insulin resistance causes disruption in the processing of blood glucose, preventing glucose from entering the cell where it can be used for energy. As a result, blood sugar levels rise, which sets the stage for diabetes.

Excessive fats in the bloodstream also form clots that can precipitate out causing heart disease, stroke, and peripheral vascular disease, often resulting in limb amputation.

And research shows that abdominal fat triggers a change in angiotensin, a hormone that controls blood vessel constriction, increasing the risk of high blood pressure, stroke, and heart attack.

Belly fat is a key indicator of "metabolic

syndrome," a cluster of abnormalities that include high levels of blood sugar, blood pressure, and triglycerides, as well as low levels of "good" HDL cholesterol. This combination of risks has an impact on mortality from heart disease.

Men tend to collect more belly fat than women, and it starts early in life. It's one of the reasons men have more coronary disease than women.

A woman is nearly five times more likely to die of heart disease if she has both a big waist and a high level of fats in her blood, according to one Danish study.

Women are at one-third higher risk of breast cancer if they have excess belly fat. In fact, several types of cancer—breast cancer, uterine, cervix, colon, kidney, and pancreas—have been linked with obesity.

Here's what happens: As fat cells break down, chemicals released act as very powerful cell-proliferating agents. This may be why obesity is a risk factor for various cancers, because it stimulates cancer cells to grow more rapidly.

Most of the excessive fat accumulation is related to lifestyle—physical inactivity and too many calories consumed. Exercise is the golden path to help you lose belly fat.

Bottom line: If you've got a big waistline, you must lose weight. People who get more aerobic activity lose a greater percentage of intra-abdominal fat. That means getting 30–60 minutes most days of the week.

Some examples of exercise are walking, running, and biking. It needs to be an activity you can do on a regular basis, resulting in more calories burned. Unless you persist at it, it won't help you lose weight.

If you reduce calories and exercise more, you will lose weight everywhere—including your belly. In fact, belly fat tends to be readily mobilized. It comes off fairly easily if you reduce total calories, especially calories from fats, and increase exercise. ☞