

Our people have been regarded as too insignificant to be worthy of notice, but a change will come. The Christian world is now making movements which will necessarily bring commandment-keeping people into prominence. There is a constant supplanting of God's truth by the theories and false doctrines of human origin. Movements are being set on foot to enslave the consciences of those who would be loyal to God. The lawmaking powers will be against God's people. Every soul will be tested. Oh, that we could, as a people, be wise for ourselves, and by precept and example impart that wisdom to our children! Every position of our faith will be searched into; and if we are not thorough Bible students, established, strengthened, and settled, the wisdom of the world's great men will lead us astray. ... The Word of God should be studied and obeyed, then the heart will find rest and peace and joy; but when the truth is kept apart from the life, in the outer court, the heart is not warmed with the glowing fire of God's goodness. The religion of Jesus is, by many, reserved for certain days, or certain occasions, and at other times is laid aside and neglected. The abiding principle of truth is not merely for a few hours on the Sabbath. If there is a moment when man is safe without this special light and strength from heaven, then he may dispense with the truth of God. (*Testimonies for the Church*, vol. 5; 546, 547).

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. We often sorrow because our evil deeds bring unpleasant consequences to ourselves; but this is not repentance. Real sorrow for sin is the result of the working of the Holy Spirit. The Spirit reveals the ingratitude of the heart that has slighted and grieved the Saviour, and brings us in contrition to the foot of the cross. By every sin Jesus is wounded afresh; and as we look upon Him whom we have pierced, we mourn for the sins that have brought anguish upon Him. Such mourning will lead to the renunciation of sin. *Desire of Ages*, p. 300.

JUNE 2016

Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sabbath
			1	2 BIBLE STUDY 5:00PM	3	4 SS - Ann Walper Sermon - Leslie Walper
5	6	7	8	9 BIBLE STUDY 5:00PM	10	11 SS - Joyce Kimbel Sermon - Tory Kimbel
12	13	14	15	16 BIBLE STUDY 5:00PM	17	18 SS - Jerry Vogt Sermon - Leslie Walper
19	20	21	22	23 Family Night 5:00pm	24	25 SS - Ann Walper Sermon - Pastor Clark
26	27	28	29	30 BIBLE STUDY 5:00PM		Parade Tomorrow, July 3

Lancaster Seventh-day Adventist Church
742 Lancaster Hwy.
(Hwy. 141)
Lancaster, Tennessee

P.O. Box 159
Gordonsville, TN 38563

Bread from on High

Vol. VII, No. 6

June 2016

Armed Against False Signs and Wonders

by E.G. White



Satan cannot control minds unless they are yielded to his control. Those who depart from the right are in serious danger. They separate themselves from God and from the watchcare of His angels, and Satan, ever upon the watch to destroy souls, begins to present to them his deceptions.

Satan's rage is increasing; we do not realize his power. If our eyes could be opened to discern the fallen angels at work with those who feel at ease and consider themselves safe, we would not feel so secure. Evil angels are upon our track every moment.

We expect a readiness on the part of bad men to act as Satan suggests; but because our minds are unguarded against his invisible agents [evil angels], they continually gain new ground, even working marvels and miracles in our sight. Are we prepared to resist them by the Word of God? It is the only weapon we can use successfully.

Are we prepared for the trial which awaits us when the lying wonders of Satan shall be more fully exhibited? Through spiritualism, Satan will appear as a benefactor of the race, healing the diseases

of the people which he caused, while professing to present a new and more exalted system of religious faith.

As we near the end, miracles will be performed in our sight. The sick will be healed before us. Some will be tempted to receive these wonders as from God. By departing from the plain precepts and commandments of God, and giving heed to fables, the minds of many are preparing to receive these lying wonders.

His temptations are leading multitudes to ruin. Intemperance dethrones reason; sensual indulgence, strife, and bloodshed follow. Satan delights in war, for it excites the worst passions of the soul and then sweeps into eternity its victims steeped in vice and blood. It is his object to incite the nations to war against one another, for he can thus divert the minds of the people from the necessary work of preparation to stand in the day of God.

Satan also works through the elements to garner his harvest of unprepared souls. He has studied the secrets of the laboratories of nature, and he uses all his power to control the elements as far

as God allows. When he was suffered to afflict Job, how quickly flocks and herds, servants, houses, children, were swept away, one trouble succeeding another as in a moment.

Satan has control of all whom God does not especially guard. Satan will favor and prosper some, in order to further his own designs; but at the same time he works as a destroyer. He will bring trouble upon others and lead men to believe that it is God who is afflicting them.

While appearing to the children of men as a great physician who can heal all their maladies, he will bring disease and disaster, until populous cities are reduced to ruin and desolation. Even now he is at work. In accidents and calamities by sea and by land, in great conflagrations, in fierce tornadoes and terrific hailstorms, in tempests,

continued on page 2

Inside this Issue

Danger of Doubting God's Word	2
French Lentil Salad	3
Preventing Dementia	3
True Mourning for Sin	4

(con't from page 1) floods, cyclones, tidal waves, and earthquakes, in every place and in a thousand forms, Satan is exercising his power.

He sweeps away the ripening harvest, and famine and distress follow. He imparts to the air a deadly taint, and thousands perish by the pestilence. These visitations will become more and more frequent and disastrous as we near the end. Destruction will be upon both man and beast. "The earth mourneth and fadeth away," "The haughty people ... do languish. The earth also is defiled under the inhabitants thereof; because they have transgressed the laws, changed the ordinance, broken the everlasting covenant." Isaiah 24:4, 5.

It is God that shields His creatures and hedges them in from the power of the destroyer. But the Christian world has shown contempt for the law of Jehovah, and the Lord will do just what He has declared that He would—He will withdraw His blessings from the earth and remove His protecting care from those who are rebelling against His law and teaching and forcing others to do the same.

We must all now seek to arm ourselves for the contest in which we must soon engage. Faith in God's word, prayerfully studied and practically applied, will be our shield from Satan's power and will bring us off conquerors through the blood of Christ. (Complied from 1T 301, 302; *Counsels on Health*, 460, 461; *Great Controversy* 589, 590).

Danger of Doubting God's Word

It suits Satan to have Christians think they can find revealed truth about God outside of Scripture; or by looking to a person rather than in a Book. If Satan can get Christians to look outside Scripture, he has gotten them to look away from God's Word, which exposes him for who and what he is.

Johann S. Semler (d. 1791), a theologian and the father of German rationalism, was perhaps the first person to attempt to make a distinction between revelation about God and Scripture. He believed that Scripture *contains* God's Word, but it also contains much besides. To Semler, Scripture was no different from any other book, which led to his alleging that it contained many contradictions.

This new view of Scripture is a product of the falsely-named Enlightenment movement that placed the human above God's revealed Word. It was successful in that Scripture was viewed as only a story about God, but never a revealed truth *from* God. The idea emptied Scripture of its uniqueness, and dragged it down to the level of any uninspired literary work. Those who accepted that Scripture is not revelation from God accepted the critical view of the Enlightenment, which opened the way for them to look beyond Scripture for knowledge about God.

It should be remembered that one of the first heresies in the second-century Christian church was Gnosticism. It failed to give to Scripture its proper place. Gnostics claimed to have a higher, more spiritual knowledge, a hidden gospel handed down orally from an inner group of disciples of Christ, a claim repeated in the medieval church's placing church tradition above Scripture, and the giving of spiritual power to the pope's words.

Distancing revelation from Scripture and confining it to a person suits Satan well. It prepares for his deception when he will appear as Christ, for when he comes as "the Christ" many Christians will see this as true revelation. For those who reject Scripture as revelation *from* God, there's no point in telling them that Christ will come in the air (see Thessalonians 4:16–18) and not on the ground (Matthew 24:23–27), because Scripture is only human writing.

It was Christ who said counterfeit christs would be *on* earth (see Matthew 24:24–26). Satan has caused doubt in these words by transferring revelation from these words of Christ to a visual "revelation" of Christ upon the earth. "As the crowning act in the great drama of deception, Satan himself will personate Christ. In different parts of the earth, Satan will manifest himself among men as a majestic being of dazzling brightness, resembling the description of the Son of God given by John in the Revelation. ... This is the strong, almost overmastering delusion."

Satan's deception in the end-time will be so powerful that only those who know Christ and their Bibles will remain unmoved. "Are the people of God now so firmly established upon His word that they would not yield to the evidence of their senses? Would they, in such a crisis, cling to the Bible and the Bible only?" Is our belief in God's Word stronger than apparent evidence to the contrary?

Doubt in God's Word led to the fall of angels, and to the fall of the human race. Satan's strategy is "seeing is believing." He appeals to the senses without reference to God's Word, and contrary to it. Only the power of God's Word can unmask the powerful deception of the enemy. ❧

FRENCH GREEN LENTIL SALAD



Makes 6 servings

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

- 3 cups French green lentils, rinsed and drained
 - 4 cups water or vegetable broth
 - 1/4 tsp. salt
 - 4 stalks celery, diced
 - 1½ cups cherry tomatoes, halved
 - 1 small onion, finely diced
 - 1/4 cup packed chopped fresh parsley
 - 2 tsp. spicy brown mustard
 - 2 Tbsp. balsamic vinegar
 - 1 tsp. Herbes de Provence
 - 1 medium clove garlic, minced
1. To make the lentils, combine the lentils, water or broth, and salt in a saucepan and bring to a boil over high heat. Reduce the heat to medium-low, cover, and simmer for 15 to 20 minutes, until the lentils are tender but firm. Remove from the heat, drain any remaining liquid, and transfer the lentils to a large bowl. Chill in the refrigerator for at least 30 minutes.
 2. Stir in the celery, tomatoes, onions, and parsley.
 3. To make the dressing, combine the mustard, vinegar, Herbes de Provence, and garlic in a small dish, and whisk. Pour the dressing over the lentil mixture and toss well to combine. Serve chilled.

Preventing Dementia

Dementia is a major threat to our aging population. Besides destroying the life quality of affected patients, it effects immediate family, turning spouses or children into caregivers and often straining family finances. Alzheimer disease accounts for most dementia cases, with additional contributions from dementia due to vascular disease, and various other less common disorders.

Notable also is the subtle loss of cognitive skills often accompanying normal aging. Seniors frequently experience reduced memory for names and telephone numbers. Despite intensive research directed at these and other neurodegenerative diseases, no drug has been proven to reduce the risk of dementia or age-related cognitive impairment.

However, a rapidly growing bank of scientific literature strongly suggests that exercise, specifically aerobic exercise, may attenuate cognitive impairment and reduce dementia risk. Besides a brain-protective effect, physical exercise may also reduce cognitive decline by reducing risk of mini-strokes that often go undetected.

It has been noted that potential benefits increase with long-term, regular exercise. The exercise parameters cannot be precisely defined, but the concept is that aerobic physical exercise that is sufficient to increase the heart rate and the need for oxygen, sustained for at least 20-30 minutes per session, and repeated on a daily basis, increases protection.

Although other medical conditions may limit the extent of exercise, alternative forms should be available for all people, except perhaps those with major cardiopulmonary disease or major

organ failure. There is a wide variety of such aerobic exercise options, including walking, gym or health club routines, driveway basketball, and home activities, such as raking leaves or other yard work. Impaired ambulation does not prevent certain aerobic sitting exercises, such as the use of rowing machines or exercise bicycles.

Exercise helps protect and improve your brain function by improving and increasing blood flow to your brain; increasing production of nerve-protecting compounds in your brain; improving development and survival of neurons; and reducing damaging plaques in your brain. Over time, the cumulative effects help slow down the rate at which your brain ages.

Exercise also helps preserve gray and white matter in your frontal, temporal, and parietal cortexes, which also helps prevent cognitive deterioration. Perhaps most exciting of all, brain shrinkage can be quelled even if you start exercising later in life.

Did You Know?

Your brain is capable of rejuvenating and regenerating itself throughout your life. With modern medical testing methods, we have discovered that there's nothing "inevitable" about age-related cognitive decline. Research has also shown that those who exercise maintain a greater volume of gray matter specifically in the hippocampal region; an area of your brain associated with memory.