

Europe has suffered many tragic disasters, both natural and man-made—mostly the latter. Through the centuries it has suffered endless wars, including two World Wars and the unspeakable horror of the Holocaust. It also has endured bloody religious persecutions. For twelve hundred and sixty years, the papacy severely oppressed Bible-loving Christians who resisted its absolute dominion over the individual's conscience and free will.

But there was one outstanding natural disaster that came upon Europe—the Lisbon earthquake of November 1, 1755. It was the Roman Catholic All Saints' Day, which followed Hallowe'en. Extending 700 miles in radius, the shock rocked Europe severely. Followed by a tsunami of about 20 feet, some 30,000 persons perished, and in Lisbon 12,000 structures were destroyed.

Bible believing Christians recognized it as the "great earthquake" that ushered in the "sixth seal" of Revelation 6:12. Multitudes were sobered; the wealthy and the royal realized there was something more to live for than decadent parties and festivals. John Wesley was moved to devote his life to saving England from the horrors that overran France in their Revolution.

Did God speak to the world in the Lisbon earthquake? Yes! He was calling the world to prepare for the arrival of the cosmic Day of Atonement. Shortly after the earthquake, civilized France was nearly destroyed in their anti-God revolution, and soon after that horror, the world was awakened to a deeper spiritual movement called the Great Second Advent Movement that called all nations, kindred, and people of every language to give glory to God "for the hour of His judgment is come; and worship Him that made heaven and earth, and the sea, and fountains of waters." God is still waiting for this message to be received by the world.

NOVEMBER 2016

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

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Bread from on High

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End-time Message from Job by Robert J. Wieland

Of all the sixty-six books in the Bible, Job is the one that most vividly reveals the problem all of us face in life: how to understand suffering. And that problem always resolves itself finally into one great, perplexing, painful question: who is this who hates me? Who is bringing on me this undeserved calamity? Is it God, or is it Satan?

Your mind may have the correct answer, but what about your heart? Our heart in its natural, unconverted state is "enmity against God" (Romans 8:7), and you're only kidding yourself if you think you are an exception. "Why me?" is the universal question we ask when calamity strikes us, whether by an accident, or sickness, or loss of a human love, or bereavement.

Job is us. In his experience he is a standing example of what befalls all of us. He couldn't figure out what "sin" he was guilty of that provoked God to curse him so terribly with the loss of everything he held dear, even his basic health.

Job is the first "Christian" book ever written. There are links that bind him on his dung heap wailing out in despair, "Why?" with Christ on His cross in total darkness

wailing the same "Why?" God was forced by Satan's challenge to His integrity (see Job 1:9-11) to stake His throne and the stability of the universe itself on this one poor, weak, human man named Job.

God claimed that Job was true and righteous. Satan ridiculed the idea, and added that if God were to permit enormous affliction to come on Job, he would turn traitor and "curse God." And God could not back down from such a deep challenge to His character.

One human being in supreme wretchedness was holding the line in this great conflict between God and Satan, and the universe had to hold their breath in anticipation of what Job would do.

Today there are "144,000" individuals of "every nation, kindred, tongue, and people," each of whom is so important that he or she is holding that same line all alone, like Job did. And, as with Job, there is a link that binds each one to Christ on His cross asking, "Why Me?"

There are many links that bind Job on his dung heap with Christ on His cross, and yes, links that bind him to God's people today. Job had to



endure his trial alone. Even his wife told him to "curse God and die." His three best friends turned against him because they could not understand him and, in their supposedly orthodox "Christian" way, tortured him even further with their lack of faith in his character.

Just so was Christ alone in His agony on the cross. His closest friends, His mother and His eleven disciples (one had already betrayed Him), could not understand Him and fled, fearing for their own miserable lives.

So will God's people in these last days stand alone. From of "every nation, tribe, tongue, and people" each individual will be placed in

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circumstances where their faith will be tried as each is forced to stand alone as a final witness for Christ. What a blessing that will be!

Job maintained his loyalty to God. In total darkness, with Heaven seemingly closed against him, no answers to his prayers, bereft, apparently forsaken by God and by loved ones on earth, Job remained loyal to God.

So Christ with everything against Him, endured what He knew was the “curse” of God against sin, remaining loyal to God’s integrity though it all. Not just during those horrible hours 24 prior to His death on the cross, but enduring “such contradiction of sinners against Himself” for thirty-three and a half years, never wavering in His commitment.

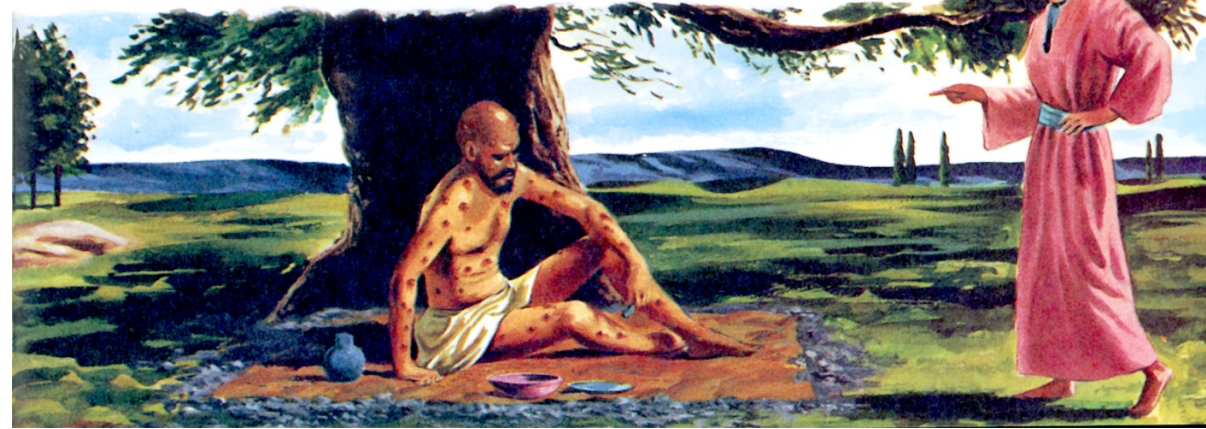
So will those “144,000” “follow the Lamb wherever He goes” in their darkest hour of trial when again Heaven will seem closed against them and no visible or perceived answer to their prayers will be found.

The honor of God, the stability of His throne, His credibility, depended on Job choosing to be loyal in his time of total darkness and despair. Job was God’s witness in that trial of God’s character before the watching universe.

If Job had taken his wife’s advice and cursed God and died, God would have been proved a liar and His government unjust, and Satan would have won that challenge. Job, as an individual, was supremely important to God.

How important are you to God as an individual?

Could you be as important a person in God’s great universe as Job was? You may say, “I don’t want Job’s job! Give me an easier witness assignment!” But you may already have that important witnessing assignment. Both Job and Jesus chose to be loyal to God, to hold on to their faith in God’s goodness and love when there seemed to be no hope whatever. They both honored God.



But there must be another development in the great controversy between Christ and Satan before the end can come. There must be a people, a corporate body of “saints,” who before the world and the universe demonstrate that they “keep the commandments of God and the faith of Jesus” (Revelation 14:12).

The same chapter identifies them as “144,000” who “follow the Lamb wherever He goes” (vss. 1-5). They are a distinct group who are new on the stage of the world in view of the universe who have been watching this grand drama unfold, because they “sang as it were a new song ... [that] no one could learn ... except the 144,000” (vs. 3).

That means that they will have a new experience, because no one in the Bible sings a song carelessly or thoughtlessly; each is sung out of deep experience. And if they sing from a new experience, they must have a new and deeper comprehension of what it cost “the Lamb” to save them from their sin.

They have identified with Him experientially more closely and deeply than any other corporate body of God’s people through all the history of the world. Revelation says that they will grow up to a maturity that qualifies them for a unique place in the plan of salvation as “the Lamb’s wife” (Revelation 19:6-8).

These people must not come from only one culture or language or society; they are expressly said to be from “every nation, tongue,” every tribe on earth. No one nation or religious group of people are called to be His witnesses. As individuals, each person must demonstrate that the grace of Christ has been “sufficient” for each on who believes, to “overcome even as [Christ] overcame.”

If only “143,999” overcome, the battle line will be broken. That last one must hold the line. He or she is tremendously important. That one is you! 🌿

BARLEY SALAD WITH PAN-ROASTED CARROTS



321 calories; 14 g fat; 0 mg cholesterol; 42 g carbohydrates; 10 g protein; 11 g fiber; 50 mg sodium

Makes 4 servings

- 1/2 cup pearly barley
 - 2 Tbsp plus 2 tsp olive oil, divided
 - 5 large carrots, diced (2 cups)
 - 1/4 cup raw pistachios
 - 1 cup cooked chickpeas
 - 4 green onions, chopped
 - 1/4 cup chopped fresh mint
 - 2 Tbsp fresh lemon juice
 - 4 cups baby salad greens
 - Salt and 1 tsp ground cumin, optional
1. Bring barley and 4 cups water to boil in medium saucepan; reduce heat to low and cook 20 minutes, or until barely is al dente; rinse in cold water and set aside in a large bowl
 2. Heat 2 tsp. olive oil in large skillet over medium heat; add carrots and stir to coat in oil; cook 10 minutes, stirring occasionally until carrots are browned but still firm; add pistachios and cook 2 to 3 minutes more, add to the barley
 3. Add chickpeas, green onions, mint, lemon juice, remaining 2 Tbsp olive oil; season with salt as desired; chill before serving over mixed salad greens

Building Better Bones

Osteopenia refers to bone density that is lower than normal peak density but not low enough to be classified as osteoporosis. Bone density is a measurement of how dense and strong your bones are. Having osteopenia means there is a greater risk that, over time, you may develop osteoporosis.

Bones naturally become thinner as you grow older because, beginning in your 30s, existing bone cells are reabsorbed by the body faster than new bone is made. As this occurs, the bones lose minerals, mass (density), and structure, making them weaker and increasing their risk of breaking. All people begin losing bone mass after they reach peak bone density but the thicker your bones are at about age 30, the longer it takes to develop osteopenia or osteoporosis.

Osteopenia has no symptoms. You notice no pain or change as the bone becomes thinner, although the risk of breaking a bone increases as the bone becomes less dense.

Osteopenia is treated by taking steps to keep it from progressing to osteoporosis. Lifestyle changes can help reduce the bone loss that leads to osteopenia and osteoporosis. Diet is very important to bone development and maintenance. Calcium is the most critical mineral for bone mass. Your best vegetarian sources of calcium are green leafy vegetables (kale, spinach, collards), and calcium-enriched products, like soymilk and soy cheese.

Normal bone structure is constantly undergoing breakdown and reformation. Exercise is important for strong bones, because bone forms in response to stress that is placed upon it. Weight-bearing exercise helps to stimulate the osteoblasts in the bones to build new bone. Weight-bearing exercises

such as walking, hiking, stair climbing, tennis, rope and trampoline jumping are all good choices. Adding exercise with light weights or elastic bands can help the bones in the upper body. Osteopenia exercise treatment should include both balance and weight bearing exercises. Balance exercises help prevent falls, which can lead to fractures.

By the time you reach age 65 you will have lost 30 percent of your natural ability to balance yourself while standing and walking, and by 80, close to fifty percent. The only way to prevent this loss from occurring is to do balance exercises on a regular basis.

If you have osteopenia, correct posture is important in preventing fractures of the thoracic spine. Increased forward curvature of the upper back causes compression of the front of the vertebrae that can result in a collapse of the weakened bone. 🌿

Did You Know?

Omega-3 fatty acids are reported as helping to stave off memory loss as we age. Available evidence shows that mild to moderate intensity aerobic exercise, such as walking, for 30 to 45 minutes at least three days a week also improves your thinking skills. Exercise reduces insulin resistance and inflammation, stimulates the growth of new blood vessels in the brain, and boosts the longevity of brain cells. Exercise also improves mood while reducing stress and anxiety, allowing the brain to be used more effectively for positive thinking skills.