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their eyes directed upward. Angels of God had charge over His people, and as the poisonous atmosphere of evil angels was pressed around these anxious ones, the heavenly angels were continually wafting their wings over them to scatter the thick darkness.

As the praying ones continued their earnest cries, at times a ray of light from Jesus came to them, to encourage their hearts and light up their countenances. Some, I saw, did not participate in this work of agonizing and pleading. They seemed indifferent and careless. They were not resisting the darkness around them, and it shut them in like a thick cloud. The angels of God left these and went to the aid of the earnest, praying ones. I saw angels of God hasten to the assistance of all who were struggling with all their power to resist the evil angels and trying to help themselves by calling upon God with perseverance. But His angels left those who made no effort to help themselves, and I lost sight of them.

I asked the meaning of the shaking I had seen and was shown that it would be caused by the straight testimony called forth by the counsel of the True Witness to the Laodiceans. This will have its effect upon the heart of the receiver, and will lead him to exalt the standard and pour forth the straight truth. Some will not bear this straight testimony. They will rise up against it, and this is what will cause a shaking among God's people.

I saw that the testimony of the True Witness has not been half heeded. The solemn testimony upon which the destiny of the church hangs has been lightly esteemed, if not entirely disregarded. This testimony must work deep repentance; all who truly receive it will obey it and be purified. *B*

The latter rain—the loud cry—according to the testimony and according to the Scripture, is “the teaching of righteousness,” and “according to righteousness,” too. Now brethren, when did that message of the righteousness of Christ begin with us as a people? [Congregation: “Four.”] Yes, four years ago. Where was it? [Congregation: “Minneapolis.”] Then what did the brethren in that fearful position in which they stood, reject at Minneapolis? Yes, they rejected the latter rain—the loud cry of the third angel's message.

A.T. Jones; *General Conference Bulletin*, Feb. 7, 1893.

MARCH 2017

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

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Bread from on High

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A World in Chaos by E.G. White

We are living in the time of the end. The fast-fulfilling signs of the times declare that the coming of Christ is near at hand. The days in which we live are solemn and important.

The Spirit of God is gradually but surely being withdrawn from the earth. Plagues and judgments are already falling upon the despisers of the grace of God. The calamities by land and sea, the unsettled state of society, the alarms of war, are portentous. They forecast approaching events of the greatest magnitude.

The agencies of evil are combining their forces and consolidating. They are strengthening for the last great crisis. Great changes are soon to take place in our world, and the final movements will be rapid ones.

The condition of things in the world shows that troublous times are right upon us. The daily papers are full of indications of a terrible conflict in the near future. The enemy has succeeded in perverting justice and in filling men's hearts with the desire for selfish gain.

There are not many, even among educators and statesmen, who comprehend the causes that underlie the present state of society.

Those who hold the reins of government are not able to solve the problem of moral corruption, poverty, pauperism, and increasing crime. They are struggling in vain to place business operations on a more secure basis. If men would give more heed to the teaching of God's word, they would find a solution of the problems that perplex them.

The Scriptures describe the condition of the world just before Christ's second coming. Of the men who by robbery and extortion are amassing great riches, it is written: "Ye have heaped treasure together for the last days. Behold, the hire of the laborers who have reaped down your fields, which is of you kept back by fraud, crieth: and the cries of them which have reaped are entered into the ears of the Lord of Sabaoth. Ye have lived in pleasure on the earth, and been wanton; ye have nourished your hearts, as in a day of slaughter. Ye have condemned and killed the just; and he doth not resist you." James 5:3-6.

But who reads the warnings given by the fast-fulfilling signs of the times? What impression



is made upon worldlings? What change is seen in their attitude? No more than was seen in the attitude of the inhabitants of the Noachian world. Absorbed in worldly business and pleasure, the antediluvians "knew not until the Flood came, and took them all away." Matthew 24:39. They had heaven-sent warnings, but they refused to listen. And today the world, utterly regardless of the warning voice of God, is hurrying on to eternal ruin.

The prophecy of the eleventh chapter of Daniel has nearly reached its complete fulfillment. Soon the scenes of trouble spoken of in the prophecies will take place. Fearful tests and trials await the people of God. The spirit of war is stirring the nations

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from one end of the earth to the other.

But in the midst of the time of trouble that is coming,—a time of trouble such as has not been since there was a nation,—God’s chosen people will stand unmoved. Satan and his host cannot destroy them, for angels that excel in strength will protect them.

Not all in this world have taken sides with the enemy against God. Not all have become disloyal. There are a faithful few who are true to God; for John writes: “Here are they that keep the commandments of God, and the faith of Jesus.” Revelation 14:12. Soon the battle will be waged fiercely between those who serve God and those who serve Him not. Soon everything that can be shaken will be shaken, that those things that cannot be shaken may remain.

Satan is a diligent Bible student. He knows that his time is short, and he seeks at every point to counterwork the work of the Lord upon this earth. It is impossible to give any idea of the experience of the people of God who shall be alive upon the earth when celestial glory and a repetition of the persecutions of the past are blended. They will walk in the light proceeding from the throne of God. By means of the angels there will be constant communication between heaven and earth. And Satan, surrounded by evil angels, and claiming to be God, will work miracles of all kinds, to deceive, if possible, the very elect. God’s people will not find their safety in working miracles, for Satan will counterfeit the miracles that will be wrought.

God’s tried and tested people will find their power in the sign spoken of in Exodus 31:12-18. They are to take their stand on the living word: “It is written.” This is the only foundation upon which they can stand securely. Those who have broken their covenant with God will in that day be without God and without hope.

The worshipers of God will be especially distinguished by their regard for the fourth commandment, since this is the sign of God’s creative power and the witness to His claim upon man’s reverence and homage. The wicked will be distinguished by their efforts to tear down the Creator’s memorial and to exalt the institution of Rome.

In the issue of the conflict all Christendom will be divided into two great classes, those who keep the commandments of God and the faith of Jesus (Revelation 14:12), and those who worship the beast and his image, and receive his mark.

Although church and state will unite their power to compel all, “both small and great, rich and poor, free and

bond,” to receive the mark of the beast, yet the people of God will not receive it. Revelation 13:16. The prophet of Patmos beholds “them that had gotten the victory over the beast, and over his image, and over his mark, and over the number of his name, stand on the sea of glass, having the harps of God,” and singing the song of Moses and the Lamb. Revelation 15:2.

God’s word to His people is: “Come out from among them, and be ye separate, ... and touch not the unclean thing; and I will receive you, and will be a Father unto you, and ye shall be My sons and daughters.” “Ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should show forth the praises of Him who hath called you out of darkness into His marvelous light.” 2 Corinthians 6:17, 18; 1 Peter 2:9. God’s people are to be distinguished as a people who serve Him fully, wholeheartedly, taking no honor to themselves.

“The Lord spake unto Moses, saying, Speak thou also unto the children of Israel, saying, Verily My Sabbaths ye shall keep: for it is a sign between Me and you throughout your generations; that ye may know that I am the Lord that doth sanctify you.” Exodus 31:12-13.

Do not these words point us out as God’s denominated people? and do they not declare to us that so long as time shall last, we are to cherish the sacred, denominational distinction placed upon us? The children of Israel were to observe the Sabbath throughout their generations “for a perpetual covenant.” The Sabbath has lost none of its meaning. It is still the sign between God and His people, and it will be so forever. 🌿

Some, with strong faith and agonizing cries

were pleading with God. Their countenances were pale and marked with deep anxiety, expressive of their internal struggle. Firmness and great earnestness was expressed in their countenances; large drops of perspiration fell from their foreheads. Now and then their faces would light up with the marks of God’s approbation, and again the same solemn, earnest, anxious look would settle upon them.

Evil angels crowded around, pressing darkness upon them to shut out Jesus from their view, that their eyes might be drawn to the darkness that surrounded them, and thus they be led to distrust God and murmur against Him. Their only safety was in keeping

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CHILAQUILES CASSEROLE



238 calories; 10 g fat 6 g fiber; 30 g carbohydrates; 9 g protein; 23 mg cholesterol; 4 g sugars; 369 mg sodium; 362 mg potassium

- 1 tablespoon olive oil
- 1 medium onion, diced
- 1 medium zucchini, grated
- 1 15-oz can black beans, rinsed and drained
- 1 15-oz diced tomatoes
- 1½ cups corn, frozen (thawed) or fresh
- 12 corn tortillas; torn into 1" wide strips
- 1 tsp. chili powder
- 1/4 tsp. salt
- 1 (19) Oz. enchilada sauce
- 1 8-oz package Mexican-style grated cheese

1. Preheat oven to 400°F. Lightly coat a 9-by-13-inch baking pan with cooking spray. Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until starting to brown, about 5 minutes. Stir in zucchini, beans, tomatoes, corn, cumin and salt and cook, stirring occasionally, until the vegetables are heated through, about 3 minutes.
2. Scatter half the tortilla pieces in the pan; top with half the vegetable mixture, half the enchilada sauce and half the cheese. Repeat with one more layer of tortillas, vegetables, sauce and cheese; cover with foil. Bake for 15 minutes; remove foil and continue baking until the casserole is bubbling around the edges and the cheese is melted, about 10 minutes more.

Finding Your Fit

Figuring out your exercise style will help you stay on track. For most of us, making an exercise plan and then sticking with it can be challenging, and the result is that we end up putting off exercising altogether.

There are many options for exercise and finding your fit will help you to stick with the program. Some people prefer group activities and find that class settings work best for them. The added social element helps to build a healthy competition that keeps you involved, and a class schedule brings a sense of commitment. On the negative side, large classes may not give you the individual instruction you need to help with your particular issues.

Gym workouts using weight machines, free weights, stationary bikes, and treadmills allow you to work at your own pace, doing several kinds of exercise within one workout. Utilizing the gym’s trainer, you can develop a workout program that is tailored to your needs. On the negative side, gym memberships can be expensive, and using equipment without training can lead to injury.

Home workouts such as strength training with free weights or resistance bands, stretching and balance exercises, and aerobics using a video are a good choice for someone who is willing to maintain a log of type and time spent. However, since the commitment is only to yourself, it can be challenging to find motivation to stay on track.

Another type of activity that we often don’t think of as “exercise” consists of yard work, gardening, housecleaning, and playing with children, including walking and bike riding. In this category, almost

anything that you do for more than 20 minutes continuously, that causes you to break into a sweat, is considered aerobic exercise.

The off-side of the later random type of exercise is that you might not get enough variation—for instance, you might end up neglecting certain elements, such as balance training, strength training, or aerobic activity. You might be doing a lot of squatting while gardening, but end up not working the upper muscles in your body, or giving yourself a cardio workout.

Whatever exercise program you develop for yourself, remember that it should include sustained aerobic workout, muscle strengthening, stretching, and balance exercises.

Did You Know?

The risk of early death falls with each additional healthy lifestyle behavior that is added to your daily routine. What is a “healthy lifestyle behavior”? Moderate to vigorous sustained exercise for more than 30 minutes per day, most days of the week, is at the top of the list, followed by eating a healthy diet of fruits, nuts, grains and vegetables, and avoiding alcohol and tobacco. People who had at least three healthy behaviors had a 61% lower risk of dying from all causes of death. Even among overweight persons, death risk declined with each additional healthy lifestyle behavior added.