

## God's Gifts: Let's Begin to Count Them

1. Gift of Grace—Ephesians 4:7; Romans 5:15
2. Gift of Mercy—Luke 1:50
3. Gift of Justification—Romans 5:18
4. Gift of Salvation—Ephesians 2:8; John 3:16–19
5. Gift of Faith—Romans 12:3
6. Gift of Repentance—Acts 5:30, 31
7. Gift of Reconciliation—Romans 3:25; 2 Corinthians 5:19
8. Gift of Righteousness—Romans 3:24; 5:17
9. Gift of Rest—Exodus 33:14, 20:10; Hebrews 4:9, 10
10. Gift of the Holy Spirit—John 14:16, Acts 2:38
11. Gift of Overcoming Sin—Psalm 40:1–3
12. Gift of Power to Overcome Sin—Ephesians 3:16, 17; 4:13
13. Gift of Victory Over Sin—1 John 5:4
14. Gift of Temporal Needs—Ecclesiastes 5:19; Acts 17:25
15. Gift of Eternal Life—John 10:28; Romans 6:23; 1 John 5:11

The thought that the righteousness of Christ is imputed to us, not because of any merit on our part, but as a free gift from God, is a precious thought. The enemy of God and man is not willing that this truth should be clearly presented; for he knows that if the people receive it fully, his power will be broken. ... Men who have lived nearest to God, men who would sacrifice life itself rather than knowingly commit a wrong act, men whom God had honored with divine light and power, have confessed the sinfulness of their own nature. They have put no confidence in the flesh, have claimed no righteousness of their own, but have trusted wholly in the righteousness of Christ. So will it be with all who behold Christ. *The Faith I Live By*, page 111.

## JUNE 2017

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

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# Bread from on High

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## The Elijah Message

by F.C. Gilbert  
*Messiah in His Sanctuary*

A number of times in the history of the world God has called upon His people to make preparation to meet Him. The first time the call was made was when God came in person to deliver His law to the Israelites. To have them ready for that outstanding occasion, a command was given to Moses to sanctify the people (Exodus 19:10, 11). The people must be clean in order to meet with a holy God.

Two thousand years later the church was called to meet the Lord at the first advent of the Saviour. The destiny of the ages depended upon the advent of our Lord to this earth in human flesh. A great work of preparation was necessary among the people at that time in view of what was about to take place.

The church is now called to prepare to meet her Lord when He returns at His second advent. This coming of the Lord is the greatest scene in human history. No other event can equal in importance the personal appearing of the Son of God when He comes to judge the quick and the dead (2 Timothy 4:1).

A work of preparation is essential, is vital before His appearing. When the Lord returns to earth to save His people with an everlasting salvation, those who are

alive at His coming must be spotless, faultless, sanctified. "Wherefore, beloved, seeing that ye look for such things, be diligent that ye may be found of Him in peace, without spot, and blameless." (2 Peter 3:14; cf. Ephesians 5:27; Jude 24). For sinful men to stand in the presence of a pure and holy God, it is necessary that a mighty transformation take place in their lives.

The standard of righteousness and holiness must be raised in people's lives before they are ready for that solemn and important hour when the Saviour shall return. A great work must be accomplished for them.

Of the multitudes who have lived upon this earth, only two individuals have escaped the tomb. Enoch and Elijah are the only ones who left this earth and went to heaven without tasting death.

At the return of the Saviour, there will be many thousands of men and women who will be translated from earth to heaven without passing through the tomb. It is vital that an experience be gained by them such as men have not before known. Every stone of stumbling must be removed. "Now is the time to prepare. The seal of God will never be placed upon the forehead of an impure man or woman.



It will never be placed upon the forehead of the ambitious, world-loving man or woman. It will never be placed upon the forehead of men or women of false tongues or deceitful hearts. All who receive the seal must be without spot before God—candidates for heaven"—*Testimonies*, vol. 5, p. 216.

God's people must be familiar with His word in order that they may know what are His requirements to prepare for the coming of the Saviour. God's purpose in giving man the Scriptures was that man may understand what is necessary for his salvation.

The Saviour met the devil's temptations with the written Word, and by this Word our Lord overcame all the power of the enemy. Such may be our experience also, if we desire to follow Christ.

*continued on page 2*

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We must ascertain the will of God in order to meet the divine mind. In His Word are revealed to us God's wishes for our salvation. How can we be ready for the appearing of our Lord if we do not know the things He desires to do for us?

While man cannot by good works purchase salvation, by faith in Christ's power, his character must be changed that he may be prepared for association with heavenly beings. We are saved "by grace, and that not of ourselves; it is a gift of God." To show our appreciation of this gift which God has freely given to us through the Saviour, we should be anxious to search the Sacred Scriptures in order to be wise unto salvation. If we search the Word of God, the Holy Spirit will clarify our vision, and we shall receive divine illumination about how we should live.

A special message was given to John the Baptist. The call to repentance to all classes who came within the sound of his voice was the demand of the hour. Jews, soldiers, scribes, Pharisees, tax gatherers, fisherfolk—all were given the same warning—"repent, repent, repent, and get ready for the coming of Messiah."

This was the Elijah message in the days of the first advent of our Lord. This was the special warning to prepare the people to meet their Lord. It is again our message as we look for the second coming of our Saviour.

Where should the church of Christ especially study the work of our Lord, as we make preparation for His second advent? Rev. 11:19. "And the temple of God was opened

in heaven, and there was seen in his temple the ark of his testament: and there were lightnings, and voices, and thunderings, and an earthquake, and great hail."

The church of Christ should carefully follow her Lord in the heavenly sanctuary, where He ministers at the right hand of God to cleanse His faithful people from their sin.

The books of Daniel and Revelation are particularly vital for those who are setting their house in order, who are getting ready for the return of their Lord. Daniel clarifies the end of the twenty-three hundred day prophecy, while Revelation opens before us the glorious second coming.

"Revelation' means that something of importance is revealed. The truths of this book are addressed to those living in these last days. We are standing with the veil removed in the holy place of sacred things." (*Testimonies to Ministers*, pp. 112, 113).

"When the books of Daniel and Revelation are better understood, believers will have an entirely different religious experience. They will be given such glimpses of the open gates of heaven that heart and mind will be impressed with the character that all must develop in order to realize the blessedness which is to be the reward of the pure in heart."

"If our people were half awake, if they realized the nearness of the events portrayed in the Revelation, a reformation would be wrought in our churches, and many more would believe the message" (ibid, p. 114, 118). ☘

## Are We Hindering the Second Coming?

One of the most basic truths of the Bible is subtly opposed, even by people in the church: the teaching of the second coming of Jesus.

Not one "saint" will ever enter heaven except via the "first resurrection" (Revelation 20:5, 6). The Bible does not teach that anyone goes to heaven when he dies; each one who dies "sleeps in Jesus," (John 11:11-14; Mark 5:35-40; 1 Thessalonians 4:14-17). And the resurrection cannot take place until Jesus returns, for only He can raise the dead (John 5:24-29; 6:44; 11:25).

Therefore, all the billions who have died believing in Jesus for the past 6000 years are prisoners in their graves, locked therein until He returns!

But Jesus cannot return until His people are ready. As long as there is sin still buried in their hearts, even unconscious sin, they would only "[be consumed] ... by the brightness of His coming" (2 Thessalonians 1:7-9; 2:8).

Many say, "I can never get rid of all sin, conscious or unconscious." And thus they are opposing the work their High Priest is doing for them, and hindering the second coming of Jesus. But the Bible makes us uncomfortable, for it plainly

declares that God will be successful in preparing a people for Christ's second coming; and they will not be a handful of "loners" scattered about in the wilderness. They will be "144,000 ... who follow the Lamb wherever He goes, ... and in their mouth was found no guile, for they are without fault before the throne of God" (Revelation 14:4, 5). God alone is able to accomplish this "perfecting." He does it through the faith of Jesus operating in the lives of His people (Jude 24; Galatians 2:16, 20, 21).

This coordinated, united, corporate "body" of believers will be the ripened "harvest of the earth" that gives that "angel" the cue to declare, "the time has come for You to reap," and then "the Son of man" is free to come on "a white cloud, ... having on His head a golden crown, and in His hand a sharp sickle" (Revelation 14:14-16).

And what do people say of this? It is denounced and ridiculed as being the heresy of "perfectionism." The Holy Spirit is working night and day right now, worldwide, to accomplish this task, which is ridiculed as "impossible."

☘ Robert J. Wieland

## WILD RICE, CABBAGE AND CHICKPEA PILAF



- 1/2 cup wild rice
  - 1 medium onion, diced
  - 1 small red bell pepper, diced
  - 1 cup shredded carrot
  - 3 cloves garlic, minced
  - 1 Tbsp. grated fresh ginger
  - 1 1/2 cups chopped green cabbage
  - 1 cup cooked (or canned) chickpeas
  - 1 small bunch green onions, thinly sliced
  - 3 Tbsp. fresh cilantro, chopped
1. Cook wild rice according to package directions, drain and set aside; heat a large skillet over a medium heat; add the onion, carrot, and red pepper and sauté the vegetables for 10 minutes. Instead of using oil, add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan.
  2. Add the garlic and ginger and cook for another minute. Add the cabbage and cook for 10 to 12 minutes, or until the cabbage is tender. Add the chickpeas, green onions, and cilantro. Season with salt and pepper and cook for another minute to heat the chickpeas. Remove from the heat, add the cooked wild rice, and mix well.

## Interval Training

Interval training has been used for many years to increase the effectiveness of an athlete's workout routine. Now it is being recommended for anyone who wants to increase the effectiveness of their exercise routine. Sessions generally consist of a warm up period, then several repetitions of high-intensity exercise, separated by medium intensity exercise for recovery, then a cool down period.

The high-intensity exercise should be done at near maximum intensity—walking, cycling, rowing, etc.—as fast as you can. The medium exercise should be about 50% intensity. The number of repetitions and length of each depends on the exercise, but may be as little as three repetitions in a 30 minute exercise session during which a burst of speed is maintained for just 20 seconds.

A 2015 systematic review and meta-analysis of randomized controlled trials found that interval training and traditional endurance training (maintaining high intensity throughout the session) both lead to significantly improved cardiovascular fitness in healthy adults ages 18-45. However, greater improvements in VO2 max were seen in those participating in the interval exercise regimen. VO2 max is the measurement of the maximum amount of oxygen that an individual can utilize during intense, or maximal exercise.

A separate systematic review and meta-analysis of seven small randomized controlled trials found that high intensity interval training (HIIT), defined as four intervals of four minutes each at 85-95% of maximum heart rate, with three one minute intervals at 60-70% of maximum heart rate, was more effective than moderate-intensity continuous training (MICT) at improving blood vessel function and markers of blood vessel health.

A 2014 study found that the cardiorespiratory

fitness, as measured by VO2 max, of individuals with lifestyle-induced chronic cardiovascular or metabolic diseases (including high blood pressure, obesity, heart failure, coronary artery disease, or metabolic syndrome) who completed a HIIT exercise program was nearly double that of individuals who completed a MICT exercise program.

A 2015 meta-analysis comparing HIIT to MICT in people with coronary artery disease found that HIIT leads to greater improvements in VO2 max, but that MICT leads to greater reductions in body weight and heart rate. Interval training may help you burn more calories so you can get fit faster.

An observational study published last year indicated that three 20-second bursts of speed during a 10-minute walking routine produced benefits similar to a 45-minute moderate intensity cycling routine.

Strenuous exercise is good for the body, improving endurance, reducing blood pressure, while assisting with weight loss. ☘

### Did You Know?

According to the first law of thermodynamics, a calorie is a calorie, no matter the source. One calorie is the amount of energy required to increase the temperature of one kilogram of water by one degree Celsius. Energy can be neither created nor destroyed; it can only be transformed. A pound of fat is equivalent to 3500 calories, while a pound of lean muscle yields 600 calories. A 500 calorie deficit per day over one week could result in two outcomes: a loss of one pound of fat (3500/3500 calories = 1), or a loss of nearly six pounds of muscle (3500/600 calories = 5.8). That is why strength training is so important for good health.