

God Revealed in His Creation

Look at the tiny blade of grass just pushing its way through the hard ground to the sunlight. It is a very frail thing. Pull it up, and you will see that it has not power to stand alone. Even scrape the soil away from it as it stands in the earth, and it will at once lose its upright position. It depends upon the soil to hold it up, and yet it is pushing its way to the surface through that very hard soil. Dissect it as carefully as you please, and you will find nothing to indicate the possession of power. Rub it between your fingers, and you will see that there is scarcely any substance to it. It is about as frail a thing as there is in nature, and yet it will often remove quite large stones that are in the way of its growth.

Whence comes this power? It is not inherent in the grass, but is nothing less than the power of the life of God, working according to His word, which in the beginning said, "Let the earth bring forth grass."

We have seen that in every created thing the power of God is manifested. And we also learned from the Scripture that the gospel is "the power of God unto salvation." God's power is ever the same, for the text before us speaks of "His eternal power" (Rom. 1:20). The power, therefore, which is manifested in the things which God has made is the same power that works in the hearts of men to save them from sin and death. Therefore we may be assured that God has constituted every portion of His universe a preacher of the gospel. So then men may not only know the fact of God's *existence* from the things which He has made, but they may know His *eternal power to save them*.

How is it that if God has so clearly revealed Himself and His truth, there are so many who are in utter ignorance of Him? The answer is given, "Because that, when they knew God, they glorified Him not as God, neither were thankful." The truth is that the life and power of God are manifested in everything that He has made; the lie is that the force which is manifest in all things is *inherent* in the things themselves. So men put the creature in the place of the Creator. Heathen philosophers, say: "Look within. Within is the fountain of good, and it will ever bubble up, if thou wilt ever dig."

E.J. Waggoner, *Signs of the Times*, October 1895

AUGUST 2017

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

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Bread from on High

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Nature of the Judgment (Part II)

by S.N. Haskell
Cross and Its Shadow

It is a source of great rejoicing to know that our names are written in heaven, but the life must be in harmony with heavenly things if our names are to remain with the righteous. The names of the wicked do not remain in the book of life; they are written in the earth; for all their hopes and affections have clung to earthly things.

When the cases of all whose hearts are the dwelling-place of the Most High and whose lives show forth His character, come up in the heavenly court, Jesus Christ the righteous will be their Advocate. He will confess their names before the Father and before the angels. Their sins will be blotted out, and they will be clothed with the white raiment of Christ's righteousness.

On the day of atonement in the typical service only those sins which had been confessed and transferred to the sanctuary through the sin-offering, were carried out and laid upon the head of the scapegoat.

In the investigative judgment, only the cases of those who have confessed their sins will be investigated. Their names will be in the book of life, and Peter states, "Judgment must begin at the house of God; and if it first begin at us what shall the end be of them that

obey not the gospel of God?"

The cases of those who have not served God will by default be set aside. There will be no one to present them. They have no advocate in the heavenly court.

Sad indeed will be the state of those who have started on the heavenly way, but after experiencing the joy of sins forgiven and the peace of God in the heart, have returned to the world and its follies. Their names have been written in the book of life, and their cases will be presented, but only to have the sentence, "Unfaithful," passed upon them, and their names blotted forever from the book of life.

When the Saviour comes in the clouds of heaven, he will give reward to the righteous; but final judgment upon the wicked cannot yet be executed, for all are to be judged "out of those things which were written in the books, according to their works."

During the thousand years following the second advent of Christ to the earth, the righteous will join with Christ in judging the wicked. Then the justice of God in condemning the wicked will be demonstrated before all. (Revelation 20:4-6).

The fact that they had no part in the first, or investigative judgment, that their names



were not in the book of life, and no one represented them in the court of heaven, is sufficient to condemn them. But there is more.

The books of heaven, containing a faithful record of their lives, condemn them. The witness of the angels who have kept the record also condemns them; but with all that evidence, God will still have each name considered by the saints from the earth before final judgment is rendered.

There will be many among the lost some who by men have been accounted righteous. If they should be destroyed without an examination of the records by the saints, there might be occasion to question the justice of God.

But when the records reveal how some have worked from selfish motives, and others have

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been guilty of cherished sins covered from the view of their fellow men, the awfulness of sin and the longsuffering of God will be appreciated by all.

The Saviour said that those who had followed Him while here on earth would judge the twelve tribes of Israel (Matthew 19:28). Then when the records revealing the fact that the chief priests cried, Crucify Him! crucify Him! are opened in heaven, John, who followed his Lord through that cruel trial, will be able to say, "I heard them speak the awful words."

As the long list of names is brought in review, the saints can appear as witnesses. When the tyrant Nero's name comes up, and the record states how he tortured the saints of God, witnesses will be there who can say, "We are the ones who burned to light his garden."

Redeemed ones gathered out of every age will sit in judgment on the cases of the wicked, and the punishment will be meted out to each one according to his works.

In the day of judgment, God will call to the heavens above. He will call for the records that have been by angels, records of men's lives, of the words they have spoken, of the

deeds they have done; even the most secret acts will then be called upon to bear testimony, for "our God shall come, and shall not keep silence; a fire shall devour before him, and it shall be very tempestuous round about Him. He shall call to the heavens from above, and to the earth, that He may judge His people" (Psalm 50:3, 4).

There is one class of people who will then be gathered. He says, "Gather My saints together unto Me; those that have made a covenant with Me by sacrifice. And the heavens shall declare His righteousness, for God is judge Himself" (Psalm 50:5, 6).

This day of God's investigative judgement we have now entered, and the executive part of it will take place at the close of probation, after the witnesses have borne their testimony (Revelation 14:6-12).

When the judgment of the wicked closes, the saints, the angels, and all the universe will be in harmony with the decisions rendered. At the end of the thousand years, when fire from heaven devours the wicked as "stubble fully dry," all the universe will say, "Even so, Lord God Almighty, true and righteous are Thy judgments" (Revelation 16:7). ❀

Has God Lied to Us?

Now see what God has done: 1. "He hath blessed us with all spiritual blessings" in Christ. 2. "He hath chosen us in Him before the foundation of the world." 3. "He hath predestinated us unto the adoption of children by Jesus Christ." 4. And "He hath made us accepted in the beloved." I know that that is so, for He says so. Here then are four things that we can be everlastingly sure of.

We have all the blessings that God has when we believe Jesus Christ says. Then they are our own. We don't need to be so very particular about praying for blessings. We would do better to spend our time in thanking Him for the blessings that we have, than in asking Him for blessings.

Now He has done all that and has done it freely. For how many people did He do this? All. Every soul. He gave all the blessings He has to every soul in this world; He chose every soul in the world in Christ before the foundation of the world, predestinated him unto the adoption of children and made him accepted in the Beloved, did He not?

The thought I am after just now is that no one can have these things and know they are his without his own consent. The Lord will not force any of these things

upon a man, even though He has given them already, will He? This is a cooperation, you see. God pours out everything in one wondrous gift, but if a man will not have it, the Lord will not compel him to have a bit of it. The Lord has to have our cooperation in all things.

Whether you or I let Him have us, that is not the question just now. What has He done? He "paid the price"; before the foundation of the world He bought me and you. Then whose are we? The Lord's, of course.

Then, is there any prospect of your getting into doubt as to whether you are the Lord's? How is a man who wants to be the Lord's and has confessed his sins—how is it possible for him to get into doubt as to whether he is the Lord's or not? The only way a man can doubt as to whether he is the Lord's or not is by going back on the word of God and saying that the Lord lies. Because for a man to doubt is to do that; he may not do that in so many words, but when he gets into doubt as to whether he is the Lord's that is what he has done. He has allowed unbelief to overthrow him and Satan to get the advantage and sweep everything away. That is so.

© A.T. Jones, 1893 General Conference Bulletin

SESAME TOFU AND GREENS SALAD



Serving size is 1/2 of recipe: 520 calories; 29 g fat; 12 g fiber; 37 g carbohydrates; 35 g protein; 600 sodium

- 1 bunch of kale, ribs removed
- 1/2 lb. baby spinach
- 1 (14oz) package extra-firm tofu
- 2 Tbsp sesame seeds
- 2 tsp peanut oil
- 1 bunch scallions, sliced
- 1 1/2 Tbs tahini
- 1 1/2 Tbs soy sauce
- 1 Tbs lemon juice
- 1 tsp sesame oil
- 1 clove garlic, finely minced
- 1 tsp honey

1. Stir kale into a large pot of boiling water, cook about 2 minutes, just until tender; stir in the spinach and remove from heat; drain and rinse under cold water to cool; squeeze to remove water; chop
2. Cut the tofu into 10 slabs; pat sesame seeds into the tofu; saute in peanut oil until browned, 4 to 5 minutes; stir in the scallions, remove from heat
3. Whisk the remaining ingredients together with 1 Tbs water to make a dressing, toss with greens, top with tofu and serve. Makes 2 servings.

Bone Health

How much calcium do we need for bone health?

Should we take vitamin D and, if yes, how much? Should we take drugs to prevent osteoporosis? News reports about these questions have confused many people, including doctors.

Back in 2008 three researchers reported that taking calcium supplements increased the risk of heart attack. Those claims made big news in the media and caused a wave of additional research.

In 2015 a meta-analysis was conducted that showed that there was no correlation between increased heart attacks and the consumption of between 600mg to 1500mg of calcium per day.

However, studies have also shown that consumption of calcium supplements alone does not reduce fracture rates. Calcium needs vitamin D in order to be effective at reducing fractures. The Women's Health Initiative study showed a 29 percent reduction of risk for hip fractures in women who were more than 5 years post-menopausal who took both calcium and vitamin D.

Women who were pre-menopausal or less than 5 years postmenopausal were unresponsive to calcium supplementation even with vitamin D. The reason has to do the levels of estrogen. When estrogen levels drop naturally, the body breaks down bone to maintain levels of calcium in the blood, and extra dietary calcium is not absorbed.

Vitamin D does more than just help calcium get into the bones. It also helps type 2 muscle fibers perform efficiently. These muscle fibers are the "rapid responders" when you get off balance, and tighten to help prevent you from falling.

Testing for vitamin D levels has increased in the last few years. How important is this test and should you have it done?

The International Osteoporosis Foundation guidelines say that most people do not need to get their vitamin D levels tested. We just need to aim for taking in between 800 IU to 1000 IU per day of vitamin D. If you are active outside in the sunshine, supplementation may not be necessary.

An Australian study conducted on 2250 women who received a single oral dose of 500,000 IU of vitamin D annually, had a 15 percent higher risk of falls, and thus hip fractures.

What about exercise? Does it help build bone? It depends on the type of exercise. High impact weight-bearing exercise, such as jumping rope, hiking, basketball, or stair climbing done daily does build bone. Walking at a brisk pace, using cross-country machines and stair climbers also help. Muscle-strengthening exercises, while they are important in helping to build and maintain muscle strength, do not contribute to bone strength.

Did You Know?

Foods derived from the cocoa bean, in particular dark chocolate, are heart-healthy. Harvard University Health team performed studies that indicate that the consumption of dark chocolate lowers the rates of heart attack, heart failure, and even death from heart disease. A recent study of 55,000 persons conducted by Harvard in Denmark indicates that dark chocolate also protects against atrial fibrillation. Atrial fibrillation raises a person's risk of heart failure, stroke, dementia, and death. These studies were conducted using dark, high cocoa content chocolate, not milk chocolate candy bars.