

Bible Study of the Month

1. What is the purpose of the law of God? Romans 7:7
2. How particular is God concerning His law and Christian conduct? James 2:10
3. What is the Gospel declared to be? Romans 1:16
4. What is the significance of Jesus' name? Matthew 1:21
5. In whom is this power to save from sin revealed? 1 Corinthians 1:23, 24
6. What does the Old Testament say would be Christ's attitude toward the law of God? Psalm 40:7, 8
7. Does faith that brings righteousness abolish the law of God? Romans 3:31; cf. Psalm 119:126
8. What did Christ's death take away or abolish? John 1:29; 2 Timothy 1:10
9. On what basis was Abraham accounted righteous? Romans 4:3; Genesis 15:6
10. What does the Bible say about relying on "works" for salvation? Romans 3:20, 31; 1:17; Revelation 12:14

The most awful disasters are following one another in quick succession. How frequently we hear of earthquakes and tornadoes, of destruction by fire and flood, with great loss of life and property! Apparently these calamities are capricious outbreaks of seemingly disorganized, unregulated forces, but in them God's purpose may be read. They are one of the means by which He seeks to arouse men and women to a sense of their danger. The coming of Christ is nearer than when we first believed. The great controversy is nearing its end. The judgments of God are in the land. They speak in solemn warning, saying: "Be ye also ready: for in such an hour as ye think not the Son of man cometh."

JANUARY 2015

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

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

P.O. Box 159
Gordonsville, TN 38563

Bread from on High

Vol. VI, No. 1

January 2015

The Promise of God by E.J. Waggoner

The thing is true, whether we believe it or not. We are the Lord's servants, even though we stubbornly refuse to serve, for He has bought us, and, having bought us, He has broken every bond that hindered us from serving Him.

If we but believe, we have the victory that has overcome the world. 1 John 5:4; John 16:33. The message to us is that our "warfare is accomplished," our "iniquity is pardoned." Isaiah 40:2. We have but to shout, as Israel did before Jericho, to see that God has given to us the victory.

God "hath visited and redeemed His people." Luke 1:68. Out of Zion has come the Deliverer, to turn away ungodliness from Jacob. Romans 11:26. "Thanks be to God, which giveth us the victory through our Lord Jesus Christ."

All this deliverance is "according to the will of our God and Father." The will of God is our sanctification. 1 Thessalonians 4:3. He willeth that all men should be saved, and come to the knowledge of the truth. 1 Timothy 2:4. And He "worketh all things after the counsel of His own will." Ephesians 1:11.

"What! do you mean to teach universal salvation?" someone may ask. We mean to teach just what the Word of God teaches,—that "the

grace of God hath appeared, bringing salvation to all men." Titus 2:11. God has wrought out salvation for every man, and has given it to him, but the majority spurn it, and throw it away. The Judgment will reveal the fact that full and complete salvation was given to every man, and that the lost have deliberately thrown away their birthright possession. (pp. 14, 15)

"Christ hath redeemed us from the curse; . . . that we might receive the promise of the Spirit through faith." The "promise of the Spirit" we have seen to be the possession of the whole earth made new—redeemed from the curse. For "the creation itself also shall be delivered from the bondage of corruption into the liberty of the glory of the children of God." Romans 8:21.

The earth, fresh and new from the hand of God, perfect in every respect, was given to man for a possession. Genesis 1:27, 28, 31. Man sinned, and brought the curse upon himself. Christ has taken the whole curse, both of man and of all creation, upon Himself. He redeems the earth from the curse, that it may be the everlasting possession that God originally designed it to be, and He also redeems man from the curse, that he may be fitted for the possession of such an inheritance.



Christ is coming soon!

This is the sum of the Gospel. "The gift of God is eternal life through Jesus Christ our Lord." Romans 6:23. This gift of eternal life is included in the promise of the inheritance, for God promised the land to Abraham and to his seed for "an everlasting possession." Genesis 17:7, 8. It is an inheritance of righteousness, because the promise that Abraham should be heir of the world was through the righteousness of faith. Romans 4:13.

Righteousness, eternal life, and a place in which to live eternally—these are all in the promise, and they are all that could possibly be desired or given. To redeem man, but to give him no place in which to live, would be an incomplete work. The two things are parts

Continued on p. 2

Inside this Issue

Eggplant Pomodoro	3
Dialogue on Obesity	3
Signs of the Times	4
Bible Study	4

of one whole, for the power by which we are redeemed is the power of creation—the power by which the heavens and the earth are made new. When all is accomplished, “there shall be no more curse.” Revelation 22:3.

That the covenant and promise of God are one and the same thing, is clearly seen from Galatians 3:17, where it appears that to disannul the covenant would be to make void the promise. In Genesis 17 we read that God made a covenant with Abraham to give him the land of Canaan—and with it the whole world—for an everlasting possession, but Galatians 3:18 says that God gave it to him by promise. God’s covenants with men can be nothing else than promises to them: “Who hath first given to Him, and it shall be recompensed unto him again? For of Him, and through Him, and to Him, are all things.” Romans 11:35, 36.

It is so rare for men to do anything without expecting an equivalent, that theologians have taken it for granted that it is the same with God. So they begin their dissertations on God’s covenant with the statement that a covenant is “a mutual agreement between two or more persons, to do or refrain from doing certain things.” But God does not make bargains with men, because He knows that we could not fulfil our part.

After the flood God made a covenant with every beast of the earth, and with every fowl, but the beasts and the birds

did not promise anything in return. Genesis 9:9-16. They simply received the favor at the hand of God. That is all we can do. God promises us everything that we need, and more than we can ask or



think, as a gift. We give Him ourselves, that is, nothing, and He gives us Himself, that is, everything.

That which makes all the trouble is that even when men are willing to recognize the Lord at all, they want to make bargains with Him. They want it to be a “mutual” affair—a transaction in which they will be considered as on a par with God. But whoever deals with God must deal with Him on His own terms, that is, on a basis of fact—that we have nothing and are nothing, and He has everything and is everything, and gives everything.

The covenant, that is, the promise of God to give men the whole earth made new, after having made them free from the curse, was “confirmed before of God in Christ.” He is the Surety of the new covenant, even

the everlasting covenant. “And this is the promise that He hath promised us, even eternal life. . . . And now, little children, abide in Him; that, when He shall appear, we may have confidence, and not be ashamed before Him at His coming. 1 John 2:25, 28.

In Him we have obtained the inheritance (Ephesians 1:11), for the Holy Spirit is the first-fruits of the inheritance, and the possession of the Holy Spirit is Christ Himself dwelling in the heart by faith. God blessed Abraham, saying, “In thy Seed shall all the kindreds of the earth be blessed,” and this is fulfilled in Christ, whom God has sent to bless us in turning us away from our iniquities. Acts 3:25, 26.

The Gospel was as full and complete in the days of Abraham as it has ever been or ever will be. No addition to it or change in its provisions or conditions could possibly be made after God’s oath to Abraham. Nothing can be taken away from it as it thus existed, and not one thing can ever be required from any man more than what was required of Abraham. (p. 73)

“When God made promise to Abraham, because He could swear by no greater, He swore by Himself; . . . for men verily swear by the greater; and an oath for confirmation is to them an end of all strife. Wherein God, willing more abundantly to show unto

the heirs of promise the immutability of His counsel, confirmed it by an oath; that by two immutable things, in which it was impossible for God to lie, we might have a strong consolation, who have fled for refuge to lay hold upon the hope set before us; which hope we have as an anchor of the soul, both sure and steadfast, and which entereth into that within the veil; whither the forerunner is for us entered, even Jesus, made an high priest forever after the order of Melchizedek.” Hebrews 6:13-20. Compare Genesis 22:15-18.

It was the oath of God, therefore, that confirmed the covenant made to Abraham. That promise and oath to Abraham are our ground of hope, our strong consolation. They are “sure and steadfast,” because the oath sets forth Christ as the pledge, the surety, and “He ever liveth.” He upholds all things by the word of His power. Hebrews 1:3. “In Him all things consist.” Colossians 1:17.

Therefore, when God “interposed Himself by an oath,” which is our consolation and hope in fleeing for refuge from sin, He pledged His own existence, and with it the entire universe, for our salvation. Surely a firm foundation for our hope is laid in His excellent Word.



EGGPLANT POMODORO PASTA



Eggplant Pomodoro Pasta
282 calories; 3 g. fat; 10 g. protein; 11 g. fiber; 233 g. sodium.

- 1 tablespoon extra-virgin olive oil
- 1 eggplant, (1 pound) cut into 1/2 cubes
- 2 cloves garlic, minced (about 1 Tbsp.)
- 1 (14 oz.) can diced tomatoes
- 1/3 cup chopped pitted Kalamata olives
- 1/2 teaspoon “Italian” herb mix
- 1/2 teaspoon salt
- 1/4 teaspoon dried thyme
- 12 oz. whole-wheat angel hair pasta

1. Put a large pot of water on to boil to cook the pasta. In a large skillet, cook eggplant, stirring occasionally, until just soft, about 5 minutes; add tomatoes, olives, garlic, salt, and herbs, and heat about 5 minutes, stirring occasionally.

2. Cook pasta according to package directions, *al dente* (about 4 minutes), divide into serving bowls, spoon sauce over the pasta and serve immediately; you may serve this with a mixture of grated Parmesan, Asiago, and Romano cheeses, or feta cheese sprinkled over, if desired. Makes 6 servings.

Dialogue on Obesity

Excerpted from *Nutrition Action Newsletter*, May 2010

Q. Why is it so important to prevent obesity?

A. Because it is so difficult to fix. The results of studies on treating obesity are very discouraging, so this is a problem that screams out to be prevented.

Q. Why is it so hard to keep weight off?

A. There’s good research, much of it done by Rudolph Leibel and colleagues at Columbia University, that shows that when people are overweight and lose weight, their biology changes in a way that makes it hard to keep the weight off. Take two women who weigh 150 pounds. One has always weighed 150 and the other was at 170 and reduced down to 150. Metabolically, they look very different. To maintain her 150-pound weight, the woman who has dropped from 170, is going to have to exist on about 15 percent fewer calories than the woman who was always 150.

It’s as if the body senses that it’s in starvation mode so it becomes more metabolically efficient. People who have lost weight burn fewer calories than those who haven’t, so they have to keep taking in fewer calories to keep the weight off. That’s tough to do day after day, especially when the environment is pushing us to eat more, not less.

And Leibel and others have shown that there are changes in hormones, including leptin, that explain why people who lose weight are hungry much of the time.

Q. Does genetics play a role in obesity?

A. Yes. Genetics can help explain why some people are prone to gain weight and some are not. But genetics can’t explain why there are so many overweight people. The fact that so many

people are overweight is all about environment and our response to what it is pushing us to do—eat more than we need to consume.

Q. Are some foods addictive?

A. What’s been studied so far is sugar. There are brain-imaging studies in humans and a variety of animal studies showing that sugar acts on the brain very much like morphine, alcohol, and nicotine. It doesn’t have as strong an effect, but it has a similar effect on the reward pathways in the brain. So when kids get out of school and they feel like having a sugared beverage, how much of that is their brain calling out for this addictive substance?

Q. What do you mean by reward pathways?

A. There are pathways in the brain that get activated when we experience pleasure, and drugs of abuse like morphine hijack that system. The drugs take over the system to make those substances extremely reinforcing and to make us want those things when we don’t have them. The drugs do that by setting up withdrawal symptoms when we don’t have them. The drugs set us up to have cravings for them. The same reward system is activated by foods, especially foods high in sugar.

Q. How much does exercise matter in losing weight?

A. Exercise has so many health benefits that it’s hard to count them. It lowers the risk of cancer, heart disease, and cognitive impairment as people age. There is a very long list of reasons to be active, but recent studies have suggested that with obesity the food part of the equation is much more important than the activity part.

Q. So what’s the answer to the obesity epidemic?

A. I don’t think we have much chance of succeeding with the obesity problem unless the marketing of unhealthy foods is curtailed. ♪