

Bible Study on Guarding Our Speech

1. What does the ninth Commandment forbid? Exodus 20:16
2. What did John the Baptist say to the soldiers who asked him for advice regarding how to live? Luke 3:14
3. What is the test of a perfect character? James 3:2
4. How did Christ teach the importance of guarding our speech? Matthew 12:36, 37
5. What conduct is condemned by the Scriptures? Leviticus 19:16
6. To what are the words of a gossip compared? Proverbs 26:22
7. What is the effect of gossip? Proverbs 17:9
8. What would happen if there were no gossipers? Proverbs 26:20
9. What result follows backbiting and similar evils? Galatians? 5:14, 15
10. To whom is the promise made of abiding in the presence of God? Psalm 15:1-3
11. Of what sin were the Pharisees guilty? Luke 12:1
12. How did the Pharisees show themselves to be guilty of hypocrisy? Matthew 15:7, 8
13. What does Christ call one who readily sees the faults of others but does not see their own? Matthew 7:5
14. How does a hypocrite treat his neighbor? Proverbs 11:9; 23:7
15. What becomes of a hypocrite's hope of salvation? Job 8:13

Everywhere today men have become confused and unsettled. They anxiously look for something or some institution to which they can appeal as a source of confidence, some authority in moral and religious matters. This is why we see such a steady procession of well-known people to the Catholic Church. A writer in a Protestant journal explained it thus: "I hold no brief for the Roman Catholic Church. It would be impossible for me intellectually to accept its teachings. But, if Roman Catholicism wins ultimately, it will be because men and women, tired in soul, stand ready to forget its many archaic remnants of the past, and kneel before its altar, where for them an avenue may lead to the presence of their God." *The Time of the End*, p. 121.

FEBRUARY 2015

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

With Pope Francis's visit to the Philippines, the overwhelming response of Filipino Catholics—and some non-Catholics—to the pope's visit delivers a clear message: People want God to draw near and to be blessed with His presence. *Adventist Review*, Feb. 2, 2015.

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Bread from on High

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The End-time False Prophet by George McCready Price

The Bible's description of the false prophet, the two-horned beast, would be surprising enough if it were meant to apply long ago; but since it is meant for our modern age, the description given in Revelation 13:11-17 is evidently meant to amaze and alarm us.

This creature is portrayed by Inspiration as more dangerous than any preceding power, more dangerous because more cunningly deceptive. He is pictured as the most consummate impostor and deceiver in all human history. The conglomerate leopard beast is described as blasphemous and cruel; but the false prophet is spoken of as slick and clever, with the ability to work amazing wonders that appear to be actual miracles for the purpose of inducing everybody to worship the leopard beast.

The prediction is that he actually succeeds in this nefarious work and gets all but a few to make a living, breathing image of the conglomerate beast, and induces all the earth dwellers to worship the first beast and its image. Thus the deadly wound is completely healed. This is why this upstart two-horned beast is called the false prophet.

All this is a religious activity; only in a very secondary sense can it be

regarded as political. A prophet of any sort, true or false, is a religious not a civil official. Because its entire career is so effective in its deception and seduction, this creature is in reality one of the worst and most dangerous in all prophecy.

Who is it that he is deceiving? The last generation of mankind, supposedly the best educated, the most intelligent and sophisticated of all the race. That it is the last generation is proved by the fact that this false prophet is described as being finally "cast alive" (with its partner, the leopard beast) into the first lake of fire at the second coming of Christ. (Revelation 19:20.)

Several identification marks help us decide that this two-horned beast, the false prophet, must symbolize the democratic Protestantism of the Occidental world, most typically seen in the United States of America.

Identifying Elements:

The Time. This two-horned beast is described as arising after the first career of the conglomerate beast has ended in 1798, that is, beginning at about the time when the first beast received its deadly wound. At that time the first beast lost its power to persecute what it defined as "heresy" among those who did not worship as it dictated.

The Place. The record is that this new beast did not

arise out of the sea, as did the preceding symbols, but "out of the earth" (Revelation 13:11.) All students of prophecy know that the origin from the sea means that the preceding world powers arose amid the thickly populated parts of the Old World by war and conquest. In contrast, we know that the American republic arose in a part of the world previously unoccupied by any important nation and grew into power by methods essentially different from those of any preceding nation. The only place where such a development would be possible would be in the New World.

Its Youthfulness. Its lamblike feature would indicate that it was a young and gentle-looking power when first seen by the prophet.

These three points positively identify this new world power, but they are made from the narrower, national point of view. When we rise to the broader, more universal view, other marks of identification need to be considered.

The False Prophet. This name indicates that this new power is primarily religious, not merely secular. This must mean Protestantism, for this is the only important religious force in the New World apart from Catholicism. But it must be an

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apostate, degenerate form of Protestantism, for it is a false prophet. It proves its falseness by deceiving the people into making a living, breathing image of the first beast. The modernism, or evolutionism, which has taken possession of Protestantism in both Europe and America is ample proof of apostasy; but this work of deceiving the world into worshiping the leopard beast is the outward proof of its base apostasy.

A World Leader. The prophecy makes it plain that this false prophet must be a genuine world leader, the outstanding religio-political power of the last days. Since ideas are stronger than civil or military might, the American dream about liberty and progress, plus its evolutionary view of philosophy and religion, has intoxicated and hypnotized the entire civilized world. The falseness of these utopian dreams makes the name of false prophet appropriate.

Two Horns Like a Lamb. These correctly represent the civil liberty and religious liberty which in actual practice as well as in theory were incorporated into the character of this country from its beginning embedded into its Constitution. These principles are the secret of America's power and prosperity. Because of these two heavenly principles, the nation which they represent is unlike those presented under the preceding symbols found in Daniel 7 and 8.

Hence, because of this intrinsic difference between America in her rise and early career and the other nations represented by the preceding symbols, it follows that in her early days America cannot possibly qualify as one of the series of the seven heads, for these seven heads represent nations under the control of Satan in his work of trying to run the world. Only in its second phase, after it abandons these two guiding

principles of civil and religious freedom and begins to speak "as a dragon," does it become like the others.

But though there are plenty of signs of apostasy all around us, the official change from the lamblike horns to the dragon voice has not yet occurred. It is still future. Similarly, the mystery of iniquity was already working in Paul's day; plenty of signs of apostasy were visible by the time of the Council of Nicea; still more were apparent when the capital was moved to Constantinople and the dragon thus gave the bishops his seat and great authority in A.D. 538. Neither does the two-horned beast begin to qualify as fulfillment of the prophecy until it begins to act like the others in making open war against God and the people of God.

In the early days of the world the Bible dwelt much on the replacement of one

great power by another—Medo-Persia replaced Babylon, Greece replaced Medo-Persia, and Rome replaced Greece. But in the sight of Heaven the spread of ideas is much more important than the shift of national boundary lines. And since the work of God and its opposition have both become global in extent, the prophecies of the last days ignore national distinctions and deal with the spread of doctrines or ideologies.

Hence we should train ourselves to think of the entire world of our day as divided into just three groups: the dragon, the conglomerate leopard beast, and the false prophet. This threefold division of the world is repeatedly mentioned in the Book of Revelation. Such a threefold classification of the world during the time of the end must ignore nationalities and deal with doctrines and ideas. ☞

Deadly Wound is Being Healed

"And his deadly wound was healed: and all the world wondered after the beast." Revelation 13:3

At the end of a week devoted to pressing for Christian unity, Pope Francis said on Sunday that the way ahead is for various denominations to reject "proselytism and competition" among themselves. The trick, he said, is for Christians to stop being "self-enclosed" and "exclusive," and to focus instead on spreading the Gospel. "Our shared commitment to proclaiming the Gospel enables us to overcome proselytism and competition in all their forms," Francis said. "All of us are at the service of the one Gospel!" Although Francis has repeatedly called on Christians to invite others to the faith, he has also condemned "proselytism" on multiple occasions, by which he means coercive or aggressive missionary techniques. Christian unity, Francis said, won't be achieved by subtle theoretical discussions in which each party tries to convince the other of the soundness of their opinions.

On Thursday, during a private audience with an ecumenical delegation from Finland, the pope said that "a shared Christian witness is very much needed in the face of the mistrust, insecurity, persecution, pain, and suffering experienced so widely in today's world." Earlier on Sunday, during his weekly prayer of the Angelus, Francis told the crowd gathered at St. Peter's that "it's a bad thing that Christians are divided," and that it's because of sin, history, and the devil that what was born as one is now divided. Source: Crux: Covering all things Catholic, January 26, 2015

SPINACH AND CHICKPEAS



Spinach and Chickpeas

Makes 6 servings

- 2 pounds baby spinach, rinsed
- 1 Tbsp. olive oil
- 1 medium onion, chopped
- 5 cloves of garlic, peeled, minced
- 1 (19 oz) can chickpeas, rinsed
- 1 1/2 tsp. dried thyme
- 1 1/2 tsp. dried oregano
- 1/4 tsp. salt
- 1/2 vegetable broth or water

1. Rinse spinach and let drain in a colander. With water still clinging to it, place half the spinach in a large pot over medium heat. Cook, adding the remaining spinach by the handful until all is added and wilted, 6 to 8 minutes. Drain in a colander. Let cool slightly, then coarsely chop.
2. Carefully wipe out the pan, then heat 1 tablespoon oil over medium heat. Add onion and garlic and cook, stirring, until the onion is tender and lightly browned, 8 to 10 minutes. Stir in chickpeas, thyme, oregano, and salt. Mash some of the chickpeas in the pot, then cook, stirring, for 3 minutes. Stir in broth, scraping up any browned bits in the bottom of the pot. Add the chopped spinach and stir gently to combine.

Fight Inflammation with Food

Inflammation is the body's response to an infection, injury, or some other stimulus that the body perceives as harmful. At first, inflammation is helpful in bringing healing to the effected tissues, but over time chronic inflammation can damage tissues, artery walls, joints, and organs.

Fortunately, there are many healthy foods that can help lower inflammation in the body. Harvard Health Newsletter recommends increasing fiber in your diet, eating more whole grains, and consuming foods high in omega-3 fats (walnuts, flaxseed and flaxseed oil, olive oil, and canola oil).

High intake of sugar encourages an increase in inflammation, and inflammation causes blood sugar to rise, creating a vicious cycle. Fiber is recommended as an aid to reducing this problem because it slows absorption of food, which helps to keep blood sugar levels steady, without spikes or valleys. The National Institute of Medicine recommends at least 21 grams of fiber per day for women, and 30 grams for men.

Foods high in fiber and protein include beans and legumes such as kidney beans, chickpeas, lima beans, and lentils. Dark leafy vegetables like spinach, broccoli, and kale are high in fiber. Whole grains like rolled oats, whole wheat, brown rice, and quinoa are excellent sources of both fiber and complex carbohydrates.

Whole fruits (not juice) have pectin which is a natural fiber found in pears, apples, and strawberries. Nuts and seeds such as peanuts, walnuts, pecans, pumpkin and sunflower seeds provide fiber and essential minerals.

Some foods and ingredients can increase inflammation in the body. Foods to avoid are refined

grains and products made from white flour, white rice, and white sugar. These foods spike blood sugar, which causes inflammation.

Foods with added sugar, such as "fruit" drinks, soft drinks, sweet snack foods, salad dressings and other bottled sauces should be avoided.

Two other types of foods that also cause inflammation in the body are trans fats and saturated fats. Most stick margarines, partially hydrogenated vegetable oil (Crisco, etc.), deep-fried fast foods, and commercial baked goods contain trans fats that increase inflammation. All animal products contain saturated fats. Beef, pork, chicken, whole milk, ice cream, and butter not only increase inflammation, but also raise cholesterol levels. Limit these to no more than 7% of your total calories.

"Good" fats are found in nuts, pumpkin seeds, and olive, peanut, and canola oils. ☞

Did You Know?

Besides helping to combat childhood obesity, daily physical exercise is essential for children to perform well in school. Physically fit children have stronger language skills and reading comprehension, according to researchers who studied brain activity in aerobically fit and unfit children. Exercise like walking, running, or cycling were found to aid the memory process which could have major effects on the performance of children in school. Just another good reason to make sure that your kids are physically active!