

## Bible Study on Truth, the Way to Life

1. Does it matter what one believes, so long as he is sincere? 2 Thessalonians 2:11-13; John 3:19-21
2. Did Joshua think that it was OK to chose our own way about what is truth? Joshua 24:14, 15
3. What solemn charge did Paul give to Timothy concerning his public work? 2 Timothy 4:1, 2
4. What did Paul tell Titus? Titus 2:1, 7
5. Of what kinds of doctrines should we be aware? Ephesians 4:14; Hebrews 13:9
6. What is a "wind of doctrine"? Jeremiah 5:12-14
7. What danger comes with listening to false doctrine? 2 Timothy 2:16-18; Jeremiah 8:5, 6
8. What kind of worship comes with false doctrine? Matthew 15:9
9. Why do men prefer false doctrine? 2 Timothy 4:3, 4
10. By what doctrines will some be misled at the end of time? 1 Timothy 4:1; 2 Peter 2:1, 2
11. How do we prove the truthfulness of doctrine? 1 Thessalonians 5:21; Isaiah 8:19, 20
12. For what is all Scripture profitable? 2 Timothy 3:16
13. What will sound doctrine enable the believer to do? Titus 1:9
14. Can we close our ears to truth and remain innocent before God? Proverbs 28:9
15. What will happen to those who reject truth? Matthew 15:14
16. For whom will the gates of heaven be opened? Isaiah 26:2; Revelation 22:14

**“The condescension and agony of God’s dear Son were not endured to purchase for man liberty to transgress the Father’s law and yet sit down with Christ in His throne. It was that through His merits and the exercise of repentance and faith the most guilt sinner might receive pardon and obtain strength to live a life of obedience. The sinner is not saved in his sin, but from his sins. Those who profess to keep the law of God and yet at heart are indulging in sin are condemned by the True Witness. The doctrine which teaches freedom, through grace, to break the law is a fatal delusion.”** *Faith and Works*, p. 31.

## APRIL 2015

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

“Religious tolerance is something we should all practice; however, there have been more persecution and atrocities committed in the name of religion and religious freedom than anything” else.” Walter Koenig

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# Bread from on High

Vol. VI, No. 4

April 2015

## The Mind of Christ in You

by E. G. White

“In the beginning was the Word, and the Word was with God, and the Word was God ... and the Word was made flesh, and dwelt among us.” “Forasmuch then as the children are partakers of flesh and blood, He also Himself likewise took part of the same; that through death He might destroy him that had the power of death, that is the devil.” (John 1:1, 14; Hebrews 2:14).

“Let this mind be in you, which was also in Christ Jesus” (Philippians 2:5). After Christ had condescended to leave His high command, step down from an infinite height and assume humanity, He could have taken upon Him any condition of humanity He might choose.

But greatness and rank were nothing to Him. He selected the lowest and most humble walk of life. The place of His birth was Bethlehem, and on one side His parentage was poor, but God, the owner of the world, was His Father.

No trace of luxury, ease, selfish gratification, or indulgence was brought into His life, which was a continual round of self-denial and self-sacrifice. In accordance with His humble birth, He had apparently no greatness or riches, in order that the humblest believer need not say Christ never knew the

stress of pinching poverty. Had He possessed the semblance of outward show, of riches, of grandeur, the poorest class of humanity would have shunned His society; therefore He chose the lowly condition of the far greater number of the people.

Before Christ left heaven and came into the world to die, He was taller than any of the angels. He was majestic and lovely. But when His ministry commenced, He was but little taller than the common size of men then living upon the earth. Had He come among men with His noble, heavenly form, His outward appearance would have attracted the minds of the people to Himself, and He would have been received without the exercise of faith.

The faith of men in Christ as the Messiah was not to rest on the evidences of sight, so that they believe on Him because of His personal attractions. It was because of the excellence of character found in Him, that people should believe in Him.

“For in Him dwelleth all the fulness of the Godhead bodily” (Colossians 2:9). In Christ dwelt all the fullness of the Godhead. But the only way in which He could reach men was to veil His glory by a garb of humanity.

Christ ever retained the utmost hatred for sin, but He loved the purchase of His



blood. He suffered in the place of sinful men, taking them into union with Himself.

This is the mystery into which angels desire to look. They desire to know how Christ could live and work in a fallen world, how He could mingle with sinful humanity. It was a mystery to them that He who hated sin with intense hatred felt the most tender, compassionate sympathy for the beings that committed sin.

Christ could have done nothing during His earthly ministry in saving fallen man if the divine had not been blended with the human. The limited capacity of man cannot define this wonderful mystery—the blending of the two natures, the divine and the human. It can never be explained. Man must wonder and be silent. And yet man is privileged to be a partaker of the divine nature, and in this

*Continued on p. 2*

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way we can to some degree enter into the mystery.

When we want a deep problem to study, let us fix our minds on the most marvelous thing that ever took place in earth or heaven—the incarnation of the Son of God. God gave His Son to die for sinful human beings a death of ignominy and shame. He who was Commander in the heavenly courts laid aside His royal robe and kingly crown, and clothing His divinity with humanity, came to this world to stand at the head of the human race as the pattern-man. He humbled Himself to suffer with the human race, to be afflicted in all our afflictions.

Adam had the advantage over Christ, in that when he was assailed by the tempter, none of the effects of sin were upon him. He stood in the strength of perfect manhood, possessing full vigor of body and mind. He was surrounded with the glories of Eden, and was in daily communion with heavenly beings.

It was not thus with Jesus. For four thousand years the race had been decreasing in physical strength, in mental

power, in moral worth; and Christ took upon Him the infirmities of degenerate

*“For we have not an high priest which cannot be touched with the feelings of our infirmities; but was in all points tempted like as we are, yet without sin. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.” Hebrews 4:15*

humanity. Only thus could He rescue man from the lowest depths of degradation.

“Being in the form of God,” He “thought it not robbery to be equal with God.” The Son of God came voluntarily to accomplish the work of atonement. There was no obligatory yoke upon Him; for as God He was independent and above all law. Christ’s position with His Father is one of equality. This enabled Him to become a sin-offering for transgressors. He was fully sufficient to magnify the law and make it honorable.

The angels, as God’s intelligent messengers, were under the yoke of obligation; no personal sacrifice of theirs

could atone for fallen man. Christ alone was free from the claims of the law to

undertake the redemption of the sinful race. He had power to lay down His life and to take it up again. To redeem man, Christ became obedient unto death, even the death of the

cross. (Philippians 2:8).

The humanity of the Son of God is everything to us. It is the golden linked chain which binds our souls to Christ and through Christ to God. This is to be our study. Christ was a real man, and He gave proof of His humility in becoming a man. And He was God in the flesh.

When we approach the subject of Christ’s divinity clothed with the garb of humanity, we may appropriately heed the words spoken by Christ to Moses at the burning bush, “Put off thy shoes from off thy feet, for the place whereon thou standest is holy ground.”

We must come to the

study of this subject with the humility of a learner, with a contrite heart. And the study of the incarnation of Christ is a fruitful field, and will repay the searcher who digs deep for hidden truth.

Christ is the representative of God to man and the representative of man to God. He came to this world as man’s substitute and surety, and He is fully able to save all who repent and return to their allegiance. Because of His righteousness, He is able to place man on vantage ground.

Christ our Passover has been sacrificed for us. He gave His precious, innocent life to save guilty human beings from eternal ruin, that through faith in Him we might stand guiltless before the throne of God.

“Now unto Him that is able to keep you from falling, and to present you faultless before the presence of His glory with exceeding joy, to the only wise God our Saviour, be glory and majesty, dominion and power, both now and ever. Amen.” (Jude 24, 25). ☞

“So far no Christian tradition has been able to embrace the LGBT community without first changing its views about women. The same reasoning that concludes that homosexuality is a sin is also behind the traditional evangelical view that husbands are the spiritual leaders of marriages and men are the leaders in church ... It’s not an accident that the women’s-liberation movement preceded the gay-liberation movement.” Elizabeth Dias “Inside the Evangelical Fight Over Gay Marriage,” *TIME*, January 15, 2015

“There is nothing heroic about silencing or twisting Scripture to force it to endorse LGBT views. There is nothing good. There is nothing worth celebrating. To leave behind Scripture is the essence of folly, and the stuff of cowardice. We are all tempted to do so; we all carry the spirit of Peter, who denied Christ, in our heart. But his action was not courageous. It was treasonous.”

Owen Strachan, January 16, 2015  
from [www.patheos.com/blogs/thoughtlife/](http://www.patheos.com/blogs/thoughtlife/)

## VEGETABLE LO MEIN



**Vegetable Lo Mein**

**Makes 4 servings**

351 calories; 9 g fat ; 0 mg cholesterol; 53 g carbohydrates; 4 g total sugars; 13 g protein; 5 g fiber; 427 mg sodium; 492 mg potassium.

- 8 ounces lo mein noodles or linguine
- 1 tsp. toasted sesame oil
- 1 medium onion, halved and then sliced into 1/4 in. pieces
- 1 clove of garlic, peeled, minced
- 1 Tbsp. fresh minced ginger root
- 12 oz. fresh broccoli florets, cut into four pieces
- 2 Tbsp. reduced-sodium soy sauce
- 2 Tbsp. peanut oil, divided
- 6 oz fresh shiitake mushrooms, stems removed and caps thinly sliced
- Dash of salt
- 1 Tbsp. sriracha hot sauce (optional)

1. Cook noodles according to package directions. Drain and return the noodles to the pot and toss with sesame oil; set aside.
2. Heat a large heavy skillet over high heat, swirl in 1 Tbsp. peanut oil, add ginger and garlic and stir-fry until fragrant, about 10 seconds. Add mushrooms and broccoli and stir-fry until all the oil is absorbed, about 30 seconds. Swirl in the remaining 1 tablespoon oil and add the noodles and stir-fry until just combined, about 15 seconds. Add soy sauce and swirl it in; sprinkle with salt and stir until the noodles are heated through.

## Staying Flexible to Protect Mobility

**We don’t like to talk about it** but as we get older, our muscles not only lose strength, but also become stiff. Stiffness can interfere with your ability to move just as surely as can muscle weakness.

You need muscles to be flexible in order to extend your arms and legs, walk across a room, and maintain your balance. In fact, there’s a connection between stiffness and muscle weakness.

If you don’t maintain flexibility, you’ll lose muscle tissue, which will actually make you weaker overall. Weakness will cause problems with balance, making you more prone to falls. It will also mean that you will have trouble climbing stairs or any activity that requires flexibility in movement.

What will help? Daily stretching. If you’re in better shape and still have some flexibility, stretching three times a week will help keep you in shape. If you have trouble with stair climbing or difficulty rising from a sitting position, you should check with your physician before undertaking stretching exercises to avoid joint injury.

Once you have the OK, start stretching by warming up the muscles. March in place for a few minutes, lifting your knees higher than when you normally walk. This flexes both the knees and hips. Next, slowly open your arms wide and then close them in a hugging position. Hold each position for a few seconds to maximize the stretch.

Simple moves like these are called dynamic stretches because you hold them in place. They prepare muscles for activity. Following the stretching you should spend 5 to 30 minutes doing an aerobic exercise, such as walking, to get the blood flowing to the muscles.

**Calf stretch:** stand up straight while holding the

back of a sturdy chair. Extend your right leg straight back and press the heel toward the floor. Allow your knee to bend as you do so, while keeping the heel grounded to the floor. Hold 10 to 30 seconds. Repeat with your left leg. Do 2 to 4 reps (one rep is extending each leg one time).

**Quadriceps stretch:** stand at the chair as before with your feet together and hands on the back of the chair. Bend your right knee upward, and reach back to grasp your foot, lifting it toward your buttock. Keep pelvis in a neutral position (don’t lean). Hold for 10 to 30 seconds, then slowly lower your foot to the floor. Repeat with left leg. Do 2 to 4 reps.

**Shoulder stretch:** sit upright in a chair with your feet firmly placed in front of you. Put your left hand on your right shoulder, and cup your left elbow with your right hand. Extend your left arm while gently pulling your arm to your chest. Hold for 10 to 30 seconds. Return to starting position, and relax; then repeat on the opposite side. Do 2 to 4 reps. ☞

### Did You Know?

Our body is constantly building new bone and breaking down old bone. For most of us, this restructuring process is in balance, but as we get older many of us starting breaking down more bone than we rebuild. If the loss becomes too great it may cause osteoporosis—brittle bones that break easily. Alcohol consumption, smoking, taking corticosteroids or thyroid medications over a long period of time also damage bone.