



That I May Dwell Among Them

A little boy once built and painted a toy boat with the help of his father. He put a mast and sails on it and then took it to the park to sail it in the lake. He had a long string tied to it and he watched his little boat go out far into the water. But suddenly the string slipped from his hand and he could not bring his boat back. He ran for his father but when they got back the boat was gone. He was heartbroken.

One day when he was downtown he saw the little boat in a toy store window. He could tell it was his boat by the paint, the size, and the sails. But instead of starting an argument with the store owner he went in and bought the boat. Then he went home hugging the little boat and saying, "Dear, Little boat, how I love you. You are mine, twice mine, for I made you and now I have bought you."

Jesus made us and then bought us too. We are his property twice. Will you give your life to him today?

Apple Fruit Whip Salad

3 medium apples, chopped 1/2 cup raisins or craisins
1/2 cup chopped walnuts 1 batch strawberry fruit whip
Cut apples. Add walnuts and raisins and fold in fruit whip.

Strawberry Fruit Whip

1 cup fresh or frozen (thawed) strawberries
1/2 cup English walnuts or pine nuts
1 Tbsp honey or agave

Blend together until smooth and creamy. Chill before using (optional). This makes a nice dip for sliced apples or bananas. You may also use raspberries instead of strawberries; just add a little more honey.



QUOTABLE QUOTES

"The best religion, the most fervent devotion without Christ is plain idolatry... Every religion which worships God in ignorance or neglect of His Word and will is idolatry."—Martin Luther



Pillars of Faith

The Tabernacle in the wilderness primarily teaches us lessons about Jesus Christ- He is Our High Priest, He is The Lamb of God which taketh away the sin of the world and the bread of life. All the doors represent Jesus the Way, the Truth, and the Life. (**John 14:6, John 10:7,9**)

But the sanctuary also is a wonderful object lesson of how God's church is to be built. (**Eph. 2:19-22; 2 Cor. 6:16; Rev. 3:12, 1 Pet.2:5**) At the door to the holy place, there are five pillars of Truth represented. The pillars were all made of wood covered in gold. (**Ex. 26:37**) Gold represents faith (**1 Pet. 1:7**) Gold also



represents the law (God's words) and love. (**Psalm 19:7,10; Rev. 3:18-19; Psalm 119:72**) The 5 gold Pillars remind us of the Reformation and the five pillars of our faith that the courageous reformers preached, as God was building his church.

"Workers were raised up who ably defended the faith once delivered to the saints. History bears record to the fortitude and heroism of these men. Like the apostles, many of them fell at their post, but the building of the temple went steadily forward. The workmen were slain, but the work advanced. The Waldenses, John Wycliffe, Huss and Jerome, Martin Luther and Zwingli, Cranmer, Latimer, and Knox, the Huguenots, John and Charles Wesley, and a host of others brought to the foundation material that will endure throughout eternity." {Acts of the Apostles p.598}

Recently, there has been a lot of talk about unity based on "Christ" while laying doctrine aside. Scriptures like **Ephesian 4:3-6,13** are often quoted, *"Endeavouring to keep the unity of the Spirit in the bond of peace. There is one body, and one Spirit, even as ye are called in one hope of your calling; One Lord, one faith, one baptism, one God and Father of all, who is above all, and through all, and in you all...Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ: "*



But a study of this scripture and others quickly reveals that unity in Christ is connected to the Spirit of truth (**John 16:13**) and faith (conviction of religious Truth). Before Jesus prayed that his followers would be one (**John 17: 21**) He prayed for them to be sanctified through truth, specifying *"Thy word is truth"* (**John 17:17**).

Is Luther's protest (and the protest of many other reformers) really over as some say? It would be well to review the five pillars of the Reformation since they reflect the principles of true Biblical unity. These were Sola Gratia-Only Grace, Sola Fide-Only Faith, Solus Christus-Only Christ, Soli Deo Gloria-Glory Be to God Alone, and Sola Scriptura-The Bible Only. These pillars of the reformation are made to lean dangerously or are completely broken and removed by such doctrines as the infallibility of the church, placing tradition above the Bible, the veneration of Mary and the saints, purgatory, indulgences, and giving glory, blessing, and worship to a man instead of God. A good carpenter or architect knows that leaning or broken pillars inevitably will bring desolation to the structure they are holding up, causing loss of life to those within.

"Except the LORD build the house, they labour in vain that build it..." Psalm 127:1

Paul warned of a time when doctrine would be downplayed. *“Preach the word; be instant in season, out of season; reprove, rebuke, exhort with all longsuffering and doctrine. For the time will come when they will not endure sound doctrine; but after their own lusts shall they heap to themselves teachers, having itching ears; And they shall turn away their ears from the truth, and shall be turned unto fables.”* **2 Timothy 4:2-4**

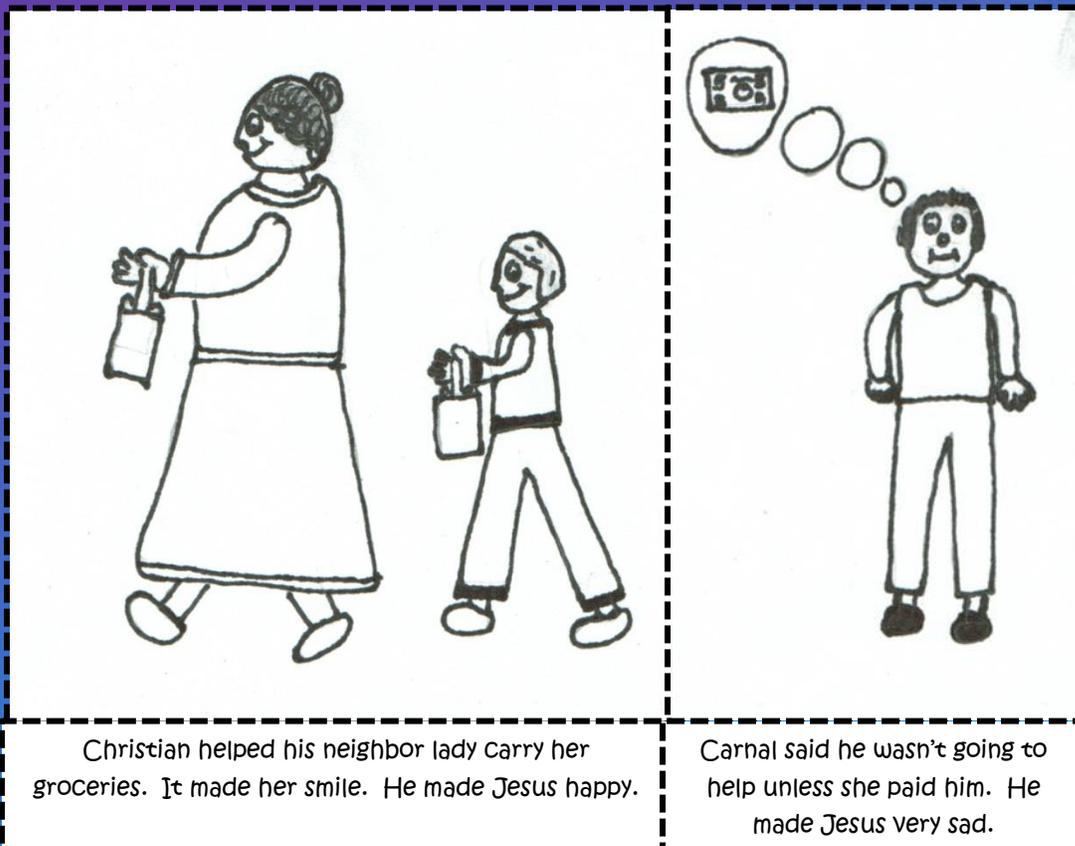
Above all, faith (conviction) is our shield against the fiery darts of the wicked. **(Eph. 6:16)** Today, while there is still time, we must fight the “good fight” and keep the faith. **(2 Timothy 4:7,8)** Now, as Jude bids us, it is time to *“earnestly contend for the faith which was once delivered to the saints.”* **(Jude 3)**

Kid's Corner

Written by D. Roberts age 10 Illustrated by D. Roberts age 9

God's Incredible Creatures

The pygmy seahorse is very tiny. It is about the size of a penny. (2 centimeters) They live in Indonesia and Southeast Asia. It is very hard to find them in the sea grasses and soft corals. The father seahorse takes care of the baby seahorses. God, our Father in heaven, loves and takes care of us.





GIVE US THIS DAY OUR DAILY BREAD

"Take thou also unto thee wheat, and barley, and beans, and lentiles, and millet, and fitches[spelt], and put them in one vessel, and make thee bread thereof...". Ezekiel 4:9



Bread was one of the most important foods in Bible times. Bible Bread was most often unleavened and whole grain, especially to the poorer classes. **"In ancient Egypt people had different diets depending on their status or wealth. The flatbread was the poor people's, while the rich people could choose from about 40 different kinds of bread."** Many of the rich are said to have eaten white bread. www.egypt-cairo.com/egypt_bread

Special bread was used in the sanctuary services and Jesus taught his disciples to pray **"Give us this day our daily bread"** (Matthew 6:11). In the Bible, bread is used as a representation of Christ. Jesus said unto them, **"I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst."** John 6:35 People in many parts of the world no longer understand this analogy because their

white bread, with the bran and the germ as well as most of the nutrients removed, doesn't fill them up.

But whole grain bread is different. **"Researchers at the Swedish University of Agricultural Sciences carried out two cross-over studies in which subjects were asked to rate their hunger, satiety, and desire to eat during an eight-hour period following consumption of various isocaloric grain foods at breakfast. All forms of whole rye – rye bread with milled or whole kernels, and milled rye porridge – provided greater satiety than the control refined wheat bread..."** Nutrition Journal, April 11, 2011; 10:31

During WWII the English, along with growing "victory gardens", had to start eating whole grain bread instead of their usual white variety, so as not to waste the precious wheat. Not surprisingly, the health of the people actually improved during this time. One doctor states, **"Bread constitutes one of the most important articles of diet. It should never be omitted from the dietary as it furnishes food elements almost impossible to replace elsewhere"** Agatha Thrash M.D.

A study at Utah State and Duke University even found that **"whole grains and nuts and legumes were positively associated with higher cognitive functions and may be core neuroprotective foods.."** American Journal of Clinical Nutrition. 2013 Nov; 98(5):1263-71. (Wengreen et al.)

There may be more religion in a good loaf of bread than many people think. But besides benefiting brain function **"Current scientific evidence indicates that whole grains play an important role in lowering the risk of chronic diseases, such as coronary heart disease, diabetes, and cancer, and also contribute to body weight management and gastrointestinal health."** Journal of Nutrition, May 2011;141(5):1011S-22S. Epub March 30, 2011

Just as portrayed in the Bible, whole grain breads are a very important food for health, proving yet again that, **"Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."** Matthew 4:4

Studies quoted from <http://wholegrainscouncil.org/whole-grains-101/health-studies-on-whole-grains>

NUTRIENTS AND TRACE ELEMENTS FROM WHOLE GRAINS IN BREAD

Carbohydrates, Protein, Fatty Acids, Magnesium, Calcium, Manganese, Sulphur, Selenium, Pyridoxine, Pantothenic Acid, Niacin, Riboflavin, Thiamine, Vitamin E, Inositol, Folic Acid, Choline, Biotin, Sodium, Silicon, Boron, Barium, Selenium, Fluorine, Iodine, Silver, Potassium, Zinc, Iron, Phosphorus, Chlorine, Sodium, and Copper



Little Runner's Health Tip

Ellie, the Elephant grows big and strong by eating lots of grains and plants. You can grow big and strong too, by eating grains that are good for you like whole grain bread and oats.

Study To Show Thyself Approved



Sanctuary Tribute

King of Kings, we love your way,
Revealed in the Sanctuary;
Our High Priest, we thank you now,
That our burdens you carry.
Lamb of God, may we day by day,
Follow your pathway to glory,
The Way, the Truth, The Life, The Door,
A most amazing story.

Prince of Peace, Emmanuel,
Our only hope of salvation;
Sanctify us through thy truth,
A chosen generation;
As you died for us may we live,
Ever the gospel to share;
The Sanctuary, the path to God,
The truth a gem so rare.
—S. Roberts

1. The Wilderness Tabernacle is an Object Lesson of the Plan of Salvation-At-one-ment (The plan for Connecting Man, Severed by Sin, with God again)

Hebrews 9:24 *“For Christ is not entered into the holy places made with hands, which are the _____ of the true; but into heaven itself, now to appear in the presence of God for us:”*

2. The Day of Atonement was to be on the tenth day of the seventh month.

Lev. 16:29,30 We are living in the antitypical (fulfillment of the type or shadow) Day of Atonement when the sanctuary was to be _____. It was 2300 days/years (**Daniel 8:14**)[Note: In Bible prophecy a day=a year **Ez. 4:6, Num. 14:34**]from the going forth of the commandment to restore and build Jerusalem. **Daniel 9:24,25**

3. Jesus is our High _____. **Hebrews 3:1;Heb. 4:14** On the day of atonement the high priest laid aside his special robes and put on the clothes of a common priest. **Lev.16:4** The atonement process began when Jesus laid aside his kingly robes and came to the earth as a common _____. **Philippians 2:7,8**

4. The high priest killed a bullock for an atonement for himself and his house. A ram was also offered for a burnt offering. **Lev. 16: 5,6,11** He also brought two goats and presented them before the door of the tabernacle. (**Lev. 16:7,8**)

Hebrews 10:4 says *“For it is not possible that the blood of bulls and of goats should take away sins.”* The sacrifices represented *“...the offering of the body of Jesus Christ _____.”* **Heb. 10:10** See also **vs. 11,12**

5. The high priest took a censer with incense into the most Holy Place and



sprinkled the blood of the bullock before the _____ seven times. **Lev.**

16:13,14 Jesus presents his own character before the Father in the place of the repentant sinner as his name comes up in the investigative judgment. **Gal. 3:13; Heb. 9:24**

6. Then the high priest went out into the courtyard and killed the Lord’s goat for a sin offering. **Lev. 16:15** He sprinkled the blood of the Lord’s goat before the mercy seat. **Lev. 16:15** He then went into the Holy Place and put blood on the horns of the altar and sprinkled the blood of the bullock and the goat _____ upon the altar.

Lev. 16:16-19

7. This is how the sanctuary is cleansed. When Jesus is done taking all our cases before the Father in the Most Holy Place he will say, *“He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be _____ still.”* **Revelation 22:11**

Answers: 1-figures 2-cleansed 3-priest, man 4-once for all 5-mercy seat 6-seven times 7-holy

PROFITABLE TRADITIONS

Cultivate godliness- An excellent idea for this time of the year is to study the sanctuary. Type and antitype met when Jesus died and there are many beautiful pictures of Christ in the Sanctuary. One idea is to have a trespass offering box. *“It would be well to have a trespass-offering box in sight, and have all the household agreed that whosoever speaks unkindly of another or utters angry words, shall drop into the trespass-offering box a certain sum of money. This would put them upon their guard against the wicked words which work injury, not only to their brethren, but to themselves.”* Review and Herald March 12, 1895. Activities could also include making a model of the sanctuary (or a piece of its furniture) or using felts to tell about it. A sanctuary themed vespers is also a good idea. Making shaped cookies is a good way to reinforce ideas with small children (when you make them, when you decorate them and when you eat them) ex. Items in the ark- Aaron’s rod, 10 commandments, a bowl of manna.



Substitute to the Guillotine

“But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.” Romans 5:8

The dungeons of Paris were crowded with men and women who were destined for the guillotine in July of 1794. One night an old man walked through the prison where he had been brought that day. As he looked on those that were sleeping, he was startled to see a face that he recognized. He stopped and gazed upon the sleeping form. Yes, he was sure it was his own son.

The father sat down beside the son and tried to think how he could save his son from the awful fate that would be his. The father smiled to himself as he thought of a plan.

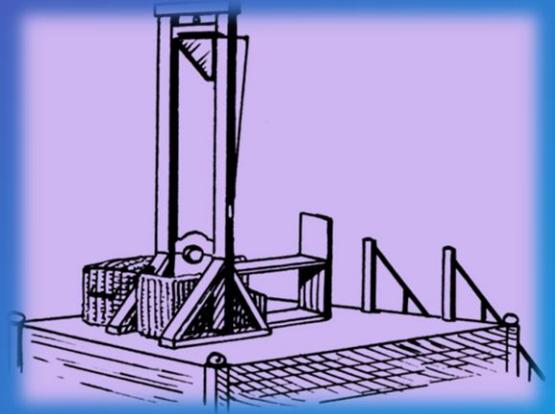
“I know what I can do,” he said to himself. “We both have the same name. I can answer for him and go to the guillotine in his place.” All night he sat beside his son hoping that he would not wake up. In the morning when the name “Jean Simon de Loiserolle” was called, the father answered for his son.

On the way to execution, they passed the office where the records were kept, and again his name was called, “Jean Simon de Loiserolle, age 37.”

“The name is correct, but my age is 73,” answered the father. The soldier made the correction, then checked off the name.

Three days later the Reign of Terror came to an end, and when the prison was opened, Jean Simon de Loiserolle Jr. walked out a free man.

We too can leave the prison of sin to have a new life. Jesus Christ the Lamb of God came to save sinners from Sin’s Prison. Will you choose to accept his sacrifice and leave Sin’s Prison?



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