

Lessons from the Past

Years ago the communist government in China commissioned an author to write a biography of Hudson Taylor with the purpose of distorting the facts and presenting him in a bad light. They wanted to discredit the name of this consecrated missionary of the gospel. As the author was doing his research, he was increasingly impressed by Taylor's character and godly life, and he found it extremely difficult to carry out his assigned task with a clear conscience. Eventually, at the risk of losing his life, he laid aside his pen, renounced his atheism, and received Jesus as his personal Savior.

Whether we realize it or not, our example leaves an impression on others.

Burger Delight

2 cups bulgur wheat ½ medium onion, in pieces
1 qt. canned tomatoes OR 1 can tomato paste (6 oz.) and 3 cups water

2-3 garlic cloves 1 cup walnuts
1 Tbsp vegetable salt 2 Tbsp molasses

Place the wheat in a sauce pan. Place the other ingredients in a blender and blend until smooth. Add to wheat. Simmer approximately 20 minutes or until wheat kernels are soft and liquid is absorbed, stirring occasionally. On a cookie sheet, bake at 250-275°F for 45- 60 minutes or until it is a loose burger-like consistency. Stir occasionally. Do not overcook.

Remove from oven while still moist. FREEZES WELL. I usually make a double batch and keep it on hand.

(Excellent on baked potatoes) (Use quinoa in the place of bulghur wheat for Gluten –free option)



Quotable Quotes

“God would have us study the history of his dealing with men and nations in the past, that we may learn to respect and obey his messages, that we may take heed to his warnings and counsels.”

Review and Herald, Nov. 5, 1889



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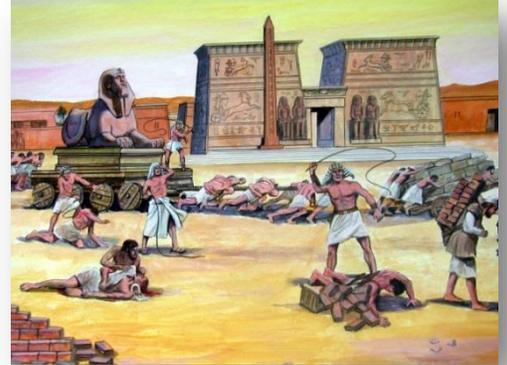
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Things Will Get Worse... Before They Get Better

Several years ago, we responded to an ad for free Bibles and religious books. Upon meeting the man who was giving them away, we found a sad state of affairs. The man declared that while he still believed in God, he didn't like Him very well. He then began to list all the bad things that had happened to him while trying to preach the truth. Sometimes, when everything seems to be going wrong, I still think of and pray for that man, hoping he can see the Light through darkness. Do you ever feel like the more you try to do what is the right, the more goes wrong in your life? One story in the Bible gives a sneak peek behind the scenes. Moses had been

commanded by God to go speak to Pharaoh and tell him to "Let my people go." But even Moses was unprepared for what happened first. Pharaoh, not only refused to let the people go, he actually began making life even harder for the Israelites. Exodus 5:6-9 records, *"And Pharaoh commanded the same day the taskmasters of the people, and their officers, saying, Ye shall no more give the people straw to make brick, as heretofore: let them go and gather straw for themselves. And the tale of the bricks, which they did make heretofore, ye shall lay upon them; ye shall not diminish ought thereof: for they be idle; therefore they cry, saying, Let us go and sacrifice to our God. Let there more work be laid upon the men, that they may labour therein; and let them not regard vain words."*



We have again and again seen this scenario played out as we have observed those trying to come out of Egypt (the world) as well as trying to quit working for Pharaoh (Satan). The wives and families of ministers and ardent lay people fall under heavy attack. Many times we have observed family members die, apostatize from the truth, or battle chronic disease from unavoidable causes. Satan tries everything to keep people too busy to spread the gospel.

Vehicles break down, computer, media and sound systems fail, buildings collapse and everyday necessities like food, water, clothing, and sewage disposal suddenly become a struggle for survival. Pharaoh/Satan is still saying "Let more work be laid upon the men, that they may labor therein..." The Bible records, *"And Moses returned unto the LORD, and said, Lord, wherefore hast thou so evil entreated this people? why is it that thou hast sent me? For since I came to Pharaoh to speak in thy name, he hath done evil to this people; neither hast thou delivered thy people at all."* Exodus 5:22,23

This story demonstrates that often things get worse before they get better. The prince of evil contests every inch of ground over which God's people advance in their journey toward the heavenly city. In all the history of the church, no reformation has been carried forward without encountering serious obstacles. And yet God will have a people today as He has in every age, who come out of the world. *"Here is the patience [endurance] of the saints: here are they that keep the commandments of God,*

and the faith of Jesus." Rev. 14:12 The faith of Jesus is simply the faith that Jesus

demonstrated for us while here on earth. Perhaps the most potent example is on the cross when Jesus' heart cry was *"My God, my God, why hast thou forsaken me? why art thou so far from helping me, and from the words of my roaring?"* (Psalm 22:1, Matthew 27:46) Despite this cry of despair, His very next words demonstrated faith that pierced the darkness of His present situation. Luke records, *"And when Jesus had cried with a loud voice, he said, Father,*

into thy hands I commend my spirit: and having said thus, he gave up the ghost." Luke 23:46

When it seems like everything is going wrong and sometimes we may even *feel like* God has turned his back on us, the faith of Jesus will pierce the gloom of this world and allow us to see freedom ahead. The Biblical record is encouraging, for scarcely ten chapters later the Israelites are found singing after they left Egypt and crossed the Red Sea. *"Then sang Moses and the children of Israel this song unto the LORD, and spake, saying, I will sing unto the LORD, for he hath triumphed gloriously: the horse and his rider hath he thrown into the sea."* Ex. 15:1

We can know that God is still in control. For *"faith is the substance of things hoped for, the evidence of things not seen."* Heb. 11:1 Faith rests not upon how we feel at the time, but on the promises found in God's word. *"Faith in God's word, prayerfully studied and practically applied, will be our shield from Satan's power and will bring us off conquerors through the blood of Christ."* {Maranatha 208.6} Jesus promised, *"These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world."*

John 16:33

Wreck or Recreation?

Recently, we were blessed with the gift of a trip to Yellowstone National Park. While there, we went and watched Old Faithful, a geyser that spouts off regularly, spraying water high into the air. Later, as I was resting on a bench, a man sat down and asked me, "So were you impressed?" After clarifying that he was speaking about the geyser and stating that I always enjoy visiting



Old Faithful, I returned the question. He answered that he was not impressed. He was 75 and this was his first and would certainly be his last visit to Yellowstone. A little taken aback, I asked what he had expected and he stated that he had expected more noise. Today, we live in a fast-paced age and sometimes we miss the value of quietness and silence. Sometimes we want something noisier than the still small voice of God. (1 Kings 19:11-13) Yet the Faithful and True Witness, who also has a voice like many waters (Rev. 1:15), says *"Be still [slow down], and know that I am God: I will be exalted among the heathen, I will be exalted in the earth."* Psalm 46:10

One of the best remedies for stress is rest, but proper rest is more than just sleep. Rest combines relaxation, recuperation, restoration, and recreation. It has been said, *"A change is as good as a holiday..."* Studies show that *"People who take vacations have lower stress, less risk of heart disease, a better outlook on life, and more motivation to achieve goals."*

<http://www.webmd.com/balance/features/take-a-break>

God established the health principle of weekly rest on the seventh day of Creation. (Gen. 2:1-3) Later Jesus told us, *"The sabbath was made for man, and not man for the sabbath:"* Mark 2:27. Science has demonstrated that the human body has a circaseptan rhythm (weekly clock) in connection with a variety of physiological functions. *"Some that have been identified included heart rate, ...natural hormones in breast milk, swelling after surgery...Fibrogen, a blood-clotting factor..."*, etc. (Proof Positive pg.504). Historic accounts also uphold the necessity of weekly rest. *"Atheistic revolutionaries tried, unsuccessfully, to get rid of the seven-day week. In 1793 the leaders of the French Revolution produced a new calendar divided into three ten-day 'decades.' It never caught on, and Napoleon abandoned it in 1805."* <http://www.almanac.com/content/why-week-has-seven-days> This 10-day plan had disastrous results. *"The mental institutions filled rather quickly to capacity and then some"* demonstrating that weekly rest is necessary for health in a stressful world. (Proof Positive pg.504)

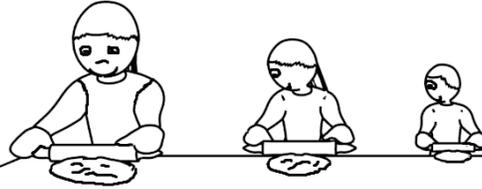
But other vacations during the year may also be necessary for health. Under the Biblical theocracy, God commanded, *"Three times thou shalt keep a feast unto me in the year."* Exodus 23:14 These feasts allowed the people a diversion from ordinary labor while spiritually renewing their minds. This combination is essential in true re-creation. *"When He [Jesus] said that the harvest was great, and the laborers were few, He did not urge upon His disciples the necessity of ceaseless toil, but said, "Pray ye therefore the Lord of the harvest, that He will send forth laborers into His harvest." Matthew 9:38... Christ's words of compassion are spoken to His workers today just as surely as they were spoken to His disciples. "Come ye yourselves apart, ... and rest awhile," He says to those who are worn and weary."* {DA 361,362} *Studies show that "taking a break from work not only improves your mood, but your health: One long-term study found that men who **don't take vacations are 30 percent more likely to have heart attacks than those who do. For women, it's 50 percent. Women who fail to take vacation are more likely to suffer from depression."*** <http://www.washingtonpost.com/news/local/wp/2014/08/01/would-we-be-happier-if-we-all-vacationed-at-once-yes-research-says/>

Even a short excursion into nature for renewal of spirit is essential to health. Especially those who engage in mental labor need to rest their minds. Solomon said, *"And further, by these, my son, be admonished: of making many books there is no end; and much study is a weariness of the flesh."* Eccl. 12:12 Healthful options for counteracting the stress of a modern fast-paced society include gardening, hiking, pleasant yard work, snow shoeing or cross country skiing, camping, canoeing, bicycling, photographing animals, gathering a wild-flower bouquet and many more. Anything we can do to vary our activity will provide rest. Take time to de-stress and enjoy the wonders of nature that God designed just for you and your health.

Memory Text

1 Timothy 4:12

"Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity."



Patience helped her mother. Her little brother copied her and helped to. Jesus was glad that Patience was a good example too her brother.

Passion's mother asked Passion to clean her room. Passion complained and pouted. Her little sister copied her and pouted too. Jesus was sad that Passion was a bad example to her sister.



GOD'S AMAZING CREATURES

Fennec foxes live in the Sahara desert in North Africa. The ears of a fennec fox are so good that the fennec fox can even hear animals underground. They mainly eat insects, small mammals, and birds. The fennec fox weighs about 1.5–3.5 lb. Families of fennec foxes dig out dens in sand to live in to keep them safe. We don't live in holes, but Jesus sends angels to keep us safe, just like He helps the fennec fox to be safe.



Answers: 1. things, our admonition, 2. Lord, out, 3. bondage, world, 4. Pharaoh, dragon, 5. great dragon, Devil,

STUDY TO SHOW THYSELF APPROVED

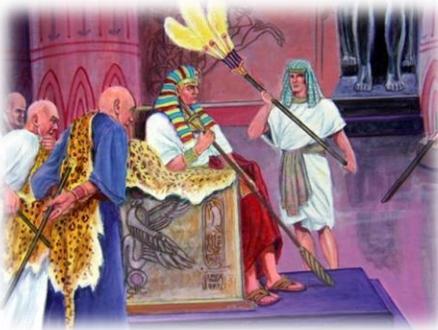
Getting a Practical Application from Scripture

“All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness:” 2 Timothy 3:16

1. There are many lessons we can learn from Bible stories. *“Now all these _____ happened unto them for ensamples: and they are written for _____, upon whom the ends of the world are come.” 1 Corinthians 10:11* The word ensample means *“An example; a pattern or model for imitation.”* Thus, all the stories in the Bible have lessons for us.

Let’s look at the story of Israel. For years they were in Egypt serving the cruel Pharaoh. What practical lessons can we learn from Israel’s experience?

2. First, what would be a modern Egypt? *“I am the _____ thy God, which have brought thee _____ of the land of Egypt, out of the house of bondage.” Exodus 20:2.* Egypt is called the house of bondage.
3. So what bondage might we be in today? *“While they promise them liberty, they themselves are*



the servants of corruption: for of whom a man is overcome, of the same is he brought in _____. For if after they have escaped the pollutions of the _____ through the knowledge of the Lord and Saviour Jesus Christ, they are again entangled therein, and overcome, the latter end is worse with them than the beginning.” 2 Peter 2:19, 20. Egypt, the house of bondage, is a picture of the world, the bondage of sin. Many today are enslaved in sin, just like the Israelites were slaves in Egypt.

4. Who is Pharaoh? The Pharaoh in the story of the Israelites was a cruel king. A modern application would have to be a cruel, wicked ruler. Ezekiel 29:3 tells us, *“Speak, and say, Thus saith the Lord GOD; Behold, I am against thee, _____ king of Egypt, the great _____ that lieth in the midst of his rivers, which hath said, My river is mine own, and I have made it for myself.”*
5. In Revelation 12:9, we are told who the spiritual dragon is. *“And the _____ was cast out, that old serpent, called the _____, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him.”*

The record of the children of Israel is a lesson for us –God’s people, who are enslaved in worldliness and sin. Pharaoh’s cruelty finds its counterpart in the devil’s cruel oppression. Study through the story of Israel’s slavery and deliverance, asking God what He wants you to learn from it. Then apply it to your life.

CLOSE TO DANGER

“And Pharaoh said, I will let you go, that ye may sacrifice to the LORD your God in the wilderness; only ye shall not go very far away: intreat for me.” Exodus 8:28

Continued on next page

Have you ever heard the story of a lady who wanted a coachman? Two or three called to see her about the post, and, in answer to her enquiries, the first applicant said, "Yes, madam, you could not have a better coachman than myself." The lady replied, "How near do you think you could drive to danger without an accident?" "Madam, I could go within a yard of it, and yet you would be perfectly safe." "Very well," she said, "you will not suit me."

The second applicant had heard the question upon which the other had been rejected, and therefore he was ready with his answer, "Danger! Madam, why I could drive within a hair's breadth, and yet be perfectly safe." "Then you will not suit me at all," she said. When applicant number three came in, he was asked, "Are you a good driver?" "Well," he replied, "I am careful and have never met with an accident." "But how near do you think you could drive to danger?" "Madam," he said, "that is a thing I never tried; I always drive as far away from danger as ever I can." The lady at once replied, "You are the kind of coachman I want, and I will engage you at once."



In the story of the children of Israel, Pharaoh told them that they could leave, but not go very far away. Today, the devil says the same thing. "I will let you be a Christian, only do not go too far away from my ways. Here, compromise my ways with your Christian ways." He tempts us in different ways to get as close to sin as possible.

Have you ever heard this? "Here, this video only has a little bad language in it, and it's a good replacement for many of the movies." Or, "Yes, I know that my clothing is not as modest as it should be, but I still want to be in fashion." Thousands of professing Christians are the devil's best agents, because although they may go to church, or religious meetings, they have not gone far enough away from the world in their heart.

Are you a Christian that plays with the devil? If so, turn to Jesus Christ today, without delay. He loves even you and He gave his life for you. Will you drive to him, away from the danger of sin?

NEWSFLASH

AS THE DAYS OF LOT

"US Supreme Court rules gay marriage is legal nationwide" <http://www.bbc.com/news/world-us-canada-33290341>
"States cannot keep same-sex couples from marrying and must recognize their unions, the Supreme Court says in a ruling that for months has been the focus of speculation. The decision was 5-4." <http://www.npr.org/sections/thetwo-way/2015/06/26/417717613/supreme-court-rules-all-states-must-allow-same-sex-marriages>



Luke 17:28, 30 "Likewise also as it was in the days of Lot... Even thus shall it be in the day when the Son of man is revealed." (Gen. 19:4,5)

Jude 1:7 "Even as Sodom and Gomorrha, and the cities about them in like manner, giving themselves over to fornication, and going after strange flesh, are set forth for an example, suffering the vengeance of eternal fire."