



October  
2015

A QUARTERLY NEWSLETTER WITH THE PURPOSE OF SHARING NEWS REGARDING THE WORK BEING DONE IN NAMIBIA, FOR THE UPLIFTING AND ENCOURAGEMENT OF FELLOW CHRISTIANS AND TO SERVE AS A PLATFORM FOR LIKE MINDED CHRISTIANS TO SHARE TESTIMONIES OF CHRIST'S WORKINGS IN THEIR LIVES. TO BE AN OBJECT OF REFLECTION, REFLECTING THE BEAMS OF LIGHT RECEIVED FROM THE TRUE LIGHT.

God, having raised up his Son  
Jesus, sent him to bless you, in  
turning away every one of you  
from his iniquities.

**ACTS 3:26**

## THE LAW OF GOD, THE STANDARD OF TRUE SANCTIFICATION

*"And the very God of peace sanctify you wholly; and I pray God your whole spirit, and soul, and body be preserved blameless unto the coming of our Lord Jesus Christ." 1 Thessalonians 5:23.*

Sanctification is obtained only in obedience to the will of God. Many who are willfully trampling upon the law of Jehovah, claim holiness of heart and sanctification of life. But they have not a saving knowledge of God or of his law. They are standing in the ranks of the great rebel. He is at war with the law of God, which is the foundation of the divine government in Heaven and in the earth. These men are doing the same work as their master has done in seeking to make of none effect God's holy law. No commandment-breaker can be permitted to enter Heaven; for he who was once a pure and exalted covering cherub, was thrust out for rebelling against the government of God.

With many, sanctification is only self-righteousness. And yet these persons boldly claim Jesus as their Saviour and sanctifier. What a delusion! Will the Son of God sanctify the transgressor of the Father's law,--that law which Christ came to exalt and make honorable? He testifies, *"I have kept my Father's commandments."* God will not bring his law down to meet the imperfect standard of man; and man cannot meet the demands of that holy law without exercising repentance toward God, and faith toward our Lord Jesus Christ.

*"If any man sin, we have an Advocate with the Father, Jesus Christ the righteous."* But God has not given his Son to a life of suffering and

ignominy and a shameful death to release man from obedience to the divine law. So great is the deceptive power of Satan, that many have been led to regard the atonement of Christ as of no real value. Christ died because there was no other hope for the transgressor. He might try to keep God's law in the future; but the debt which he had incurred in the past remained, and the law must condemn him to death. Christ came to pay that debt for the sinner which it was impossible for him to pay for himself. Thus, through the atoning sacrifice of Christ, sinful man was granted another trial.

It is the sophistry of Satan that the death of Christ brought in grace to take the place of the law. The death of Jesus did not change, or annul, or lessen in the slightest degree, the law of ten commandments. That precious grace offered to men through a Saviour's blood, establishes the law of God. Since the fall of man, God's moral government and his grace are inseparable. They go hand in hand through all dispensations. *"Mercy and truth are met together; righteousness and peace have kissed each other."*

Jesus, our substitute, consented to bear for man the penalty of the law transgressed. He clothed his divinity with humanity, and thus became the Son of man, a Saviour and Redeemer. The very fact of the death of God's dear Son to redeem man, shows the immutability of the divine law. How easily, from the transgressor's standpoint, could God have abolished his law, thus providing a way whereby men could be saved, and Christ remain in Heaven! The doctrine which teaches freedom, through grace, to break the law, is a fatal delusion. Every transgressor of God's law is a sinner,

and none can be sanctified while living in known sin

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 guilty sinner might receive pardon, and obtain strength to live a life of obedience. The sinner is not saved in his sins, but from his sins.

The soul must first be convicted of sin, before the sinner will feel a desire to come to Christ. *"Sin is the transgression of the law."* *"I had not known sin but by the law."* When the commandment came home to Saul's conscience, sin revived, and he died. He saw himself condemned by the law of God. The sinner cannot be convinced of his guilt, unless he understands what constitutes sin. It is impossible for an individual to experience Bible sanctification while he holds that if he believes in Christ it is immaterial whether he obeys God's law or disobeys it.

Those who profess to keep the law of God, and yet at heart are indulging in sin, are condemned by the True Witness. They claim to be rich in a knowledge of the truth; but they are not in harmony with its sacred principles. The truth does not sanctify their lives. God's word declares that the professed commandment-keeper whose life contradicts his faith, is blind, wretched, poor, and naked

God's law is the mirror presenting a complete reflection of the man as he is, and holding up before him the correct likeness. Some will turn away and forget this picture, while others will employ abusive epithets against the law, as though this would cure their

defects of character. Still others who are condemned by the law will repent of their transgressions, and, through faith in Christ's merits, will perfect Christian character.

The whole world is guilty in God's sight of transgressing his law. Because the great majority will continue to transgress, and thus remain at enmity with God, is no reason why none should confess themselves guilty and become obedient. To a superficial observer, persons who are naturally amiable, who are educated and refined, may appear perfect in life. *"Man looketh on the outward appearance; but the Lord looketh on the heart."* Unless the life-giving truths of God's word, when presented to the conscience, are understandingly received, and then faithfully carried out in the life, no man can see the kingdom of Heaven. To some, these truths have a charm because of their novelty, but are not accepted as the word of God. Those who do not receive the light when it is brought before them, will be condemned by it.

In every congregation in the land there are souls unsatisfied, hungering and thirsting for salvation. By day and by night, the burden of their hearts is, What shall I do to be saved? They listen eagerly to popular discourses, hoping to learn how they may be justified before God. But too often they hear only a pleasing speech, an eloquent declamation. There are sad and disappointed hearts in every religious gathering. The minister tells his hearers that they cannot keep the law of God. "It is not binding upon man in our day," he says. "You must believe in Christ; he will save you; only believe." Thus he teaches them to make feeling their criterion, and gives them no intelligent faith. That minister may profess to be very sincere; but he

is seeking to quiet the troubled conscience with a false hope.

Many are led to think that they are on the road to Heaven, because they profess to believe in Christ, while they reject the law of God. But they will find at last that they were on the way to perdition, instead of Heaven. Spiritual poison is sugar-coated with the doctrine of sanctification, and administered to the people. Thousands eagerly swallow it, feeling that if they are only honest in their belief they will be safe. But sincerity will not convert error to truth. A man may swallow poison, thinking it is food; but his sincerity will not save him from the effects of the dose.

God has given us his word to be our guide. Christ has said, *"Search the Scriptures; for in them ye think ye have eternal life; and they are they which testify of me."* He prayed for his disciples, *"Sanctify them through thy truth; thy word is truth."* Paul says, *"I verily thought with myself, that I ought to do many things contrary to the name of Jesus of Nazareth."* But this belief did not make his course right. When Paul received the gospel of Jesus Christ, it made him a new creature. He was transformed; the truth was planted in his soul, and gave him such faith and courage as a follower of Christ that no opposition could move him, no suffering daunt him. Men may make what excuse they please for their rejection of God's law; but no excuse will be accepted in the day of Judgment. Those who are contending with God, and strengthening their guilty souls in transgression, must very soon meet the great Lawgiver over his broken law.

The day of God's vengeance cometh,—the day of the fierceness of his wrath. Who will abide the day of his coming? Men have hardened their

hearts against the Spirit of God; but the arrows of his wrath will pierce where the arrows of conviction could not. God will not far hence arise to deal with the sinner. Will the false shepherd shield the transgressor in that day? Can he be excused who went with the multitude in the path of disobedience? Will popularity or numbers make any guiltless? These are questions which the careless and indifferent should consider and settle for themselves. —  
*Mrs. EG White*

### Tests of True Prophets

The greatest and most important test is the fruit they bear. We shall know them by their fruits. If their teachings are lived out, what kind of life will it be? Will it be a consecrated life to the cause of God? How is it with those who have believed them the most devotedly?

God talks to His people through His prophets: *"Jeremiah the prophet, speaking from the mouth of the Lord."*  
**2 Chron. 36:12.**

The entire system of the religion we profess, is determined by the life and character of those who believe and live out the teachings of the prophet of God.

All revelation is from God the Father, and He gives it to His Son, who in turn sends it to His prophets by His angel: *"The revelation of Jesus Christ, which God gave unto Him . . . and sent and signified it by His angel unto His servant John."* Then the prophet bears record of what he sees and hears.

### Let us walk in the Light

It is so easy to lose our focus during the week, to take our eyes off from Jesus and end up in sin again.

What is darkness – It is the shadow of Death – **Matthew 4:13-17**

Anyone living in spiritual darkness has eternal death as their end. It was the very first principle taught to man in Eden – **Genesis 2:17**

The Bible says, “*the soul that sinneth, it shall die.*”- **Ezekiel 18:4, 20**

According to **1<sup>st</sup> John 3:4**, to sin, is to break God’s laws. So a life of disobedience to God’s laws does not lead to eternal life as taught by many but to eternal death.

As Christians we are to walk or live in the shadow of God, which is light, and since Jesus professes to be this Light, it means we are to walk in Christ – **John 8:12**

In order to walk in this light we need to know where it is, we need to see it. In the life of Christ we read how blind people came to Him for healing so that they could see, and once healed they were able to see Christ and then follow Him, or walk in the light. – **Mark 8:23-25, Luke 24:16, 31**

In the same way when we realize that we are living in darkness, this shadow of death, when we realize we are living a life of sin and are spiritually blind, it is then that we should come to Christ for healing. We can only follow this Light, if we can see Christ.

Just as our spiritual eyes plays an important role in our salvation so does our literal eyes.

The Bible says that our body is the Temple or Sanctuary of God – **1 Corinthians 6:19**

If we look at the Old Testament Sanctuary we see that there was a candlestick in the Holy Place which provided the light for the sanctuary. – **Exodus 25:31-35, 26:35**

In the Body Sanctuary, this light or candlestick is the eye – **Matthew 6:22, 5:14**

It was the work of the priests to ensure that these candlesticks were to be lighted and in the very same way, it is our High Priest which will light our candlesticks, or eyes, in order that there may be light in the whole body sanctuary.

As long as our eyes be single, or remain on Christ, our whole body will be full of light, and only then can we be a light to the world. – **Matthew 5:16-48**

If our feet are full of light, we will walk in the Light.

If our hands are full of light, we will do the works of the Light.

If our mind is in the light, we will have the thoughts of the Light.

The world will then behold these good works (*which is the result of beholding this light [Christ]*), and glorify our Father.

But we should be careful that our eyes do not become weary, we should remain watchful – **Matthew 26:43**

If our eyes close, the light goes out and we no longer know Christ – **Luke 24:16, 31**



The Body Sanctuary will be in darkness.

The feet will walk in darkness.

The hands will do the works of darkness.

The mind will have thoughts of darkness.

Jesus says a man who walks in darkness, will definitely stumble – **John 11:10**

This person won't be able to know where he is going. – **John 12:35**

**If we behold sin instead of Christ, we will remain in darkness.**

We cannot be Christians and enjoy looking at sin, for when our eyes are taken off from the High Priest, the candlestick will go out and no light will be left in us.

Christians are those who were once in darkness but when saved by Christ, they begin to walk in the Light; they begin to walk as Children of the Light.

If we follow Christ we will not walk in darkness – **John 8:12, 1 John 1:7**

*"For thou hast delivered my soul from death; wilt not thou deliver my feet from falling, that I may walk before God in the light of the living?" – Psalms 56:13*

So my appeal to all Christians is this, **"come ye, and let us walk in the light of the LORD."** – **Isaiah 2:5**

*"God, having raised up his Son Jesus, sent him to bless you, in turning away every one of you from his iniquities."* – **Acts 3:26**

In loving kindness,  
Brother C Fourie



## The Importance of Seed Sowing

*"Cast thy bread upon the waters, for thou shalt find it after many days."* – **Eccl. 11:1**. It would be difficult to conceive of a symbol expressing more completely the idea of wasted energy, or effort utterly thrown away. To grasp the full meaning of the simile, stand some day on the banks of a rushing, foaming river, swollen by the monsoon, and watch your bread as it is whirled quickly away. To the earnest toiler, who through the heat and burden of the day has carried the printed page from house to house, the thought often comes, *"After all, is the result of my labour equal to the effort put forth?"* To such, from heaven comes the above simile, with the blessed assurance, *"Thou shalt find it after many days."*

We shall not know this side of the harvest home, the result of our faithful casting into the whirling currents of humanity, of the bread of life. There we shall be surprised at what we *"find,"* when we see the full result of our seed-sowing.

So, the divine exhortation follows *"give a portion to seven, and also to eight; for thou knowest not what evil shall be upon the earth."* Verse 2. None are to be passed by. The portion God assigns us is to be given to *"seven,"* a complete number, and then lest we should still pass some by, the Lord adds, *"also to eight."*

Those of us who had the misfortune to pass through the Kingston earthquake were made to realize something more of the meaning of the concluding portion of verse 2. As we stood in the midst of the wreck and ruin, and saw thousands of our fellow beings dead and mangled about us, who but a few moments before were in the full vigor of life, planning for many years to

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Unto the upright there ariseth light in the darkness: he is gracious, and full of compassion, and righteous. – Psalms 112:4

come, there was borne home to our hearts a deeper meaning of the expression, "*for thou knowest not what evil shall be upon the earth.*" In these last days, when calamities by land and sea are multiplying, and earthquake, pestilence and famine are in the land, and violence is rapidly filling the earth, we dare not delay. Those who today are alive and ready to hear the message, may on the morrow be far beyond any help we can render.

So we must press on giving no heed to what seem unfavourable circumstances or a forbidding outlook. "*He that observeth the wind shall not sow; and he that regardeth the clouds shall not reap.*"

As we sow now so shall we reap in the harvest home. The season for sowing is rapidly slipping by. It will not return. Our joy in the harvest home shall be in proportion to our toil in the sowing time. Therefore, "*in the morning sow thy seed, and in the evening withhold not thy hand; for thou knowest not whether will prosper, either this or that, or whether they both shall be alike good.*" — Geo. F. Enoch

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#### GIVE YOUR BEST.

One day, on the steps of one of the public buildings of Florence, Italy, an old, disabled soldier sat playing a violin. By his side stood a faithful dog. In the mouth of the dog was an old veteran's hat. Now and then a passer-by would drop in a coin. A gentleman passing, stopped and looked at the picture. He stepped up and asked for the violin. He tuned it, and began to play. The sight of a well-dressed man playing a violin in such a public place, and with such associations, attracted the passers-by, and they stopped. The music was so charming that they stood

enchanted. The number of contributions largely increased. The hat became so heavy that the dog growled. It was emptied, and was soon filled again. The company grew until a great congregation was gathered. The performer played one of the national airs, handed the violin back to its owner, and quietly retired. One of the company present said: "*This is Amard Bucher, the world-renowned violinist. He did this for charity; let us follow his example,*" and immediately passed the hat for the collection for the deserving old man. Mr. Bucher did not give a penny, but he gave something better, his ability. If you cannot give money to God, give all the ability He has given you.—Selected.

#### Father on Deck

YEARS ago, Captain D... commanded a vessel sailing from Liverpool to New York, and on one voyage he had all his family with him on board. One night, when all were asleep, there arose a sudden squall, which came sweeping over the waters until it struck the vessel, and threw her on her side, tumbling and crashing everything that was movable, and awakening the passengers to a consciousness that they were in imminent peril. Everybody on board was alarmed. Captain D... had a little girl on the ship, just eight years old, who, of course, awoke with the rest. "What is the matter?" cried the frightened child. They told her a squall had struck the ship. "Is father on deck?" she asked. "Yes, father's on deck." The little one dropped herself on her pillow again without a fear, and in a few moments was fast asleep, in spite of wind and waves. Child of God, shame to your doubts and fears!—is not our Father on - deck? Remember this when the next squall strikes your bark — "I will never leave thee nor forsake thee."—Selected.

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# Health Page

## Health is all about LIFESTYLE! (Part 4)

**Mrs. M Bunting**

So far we have learned that we are responsible for the state of our being, through the life choices that we make. By sharing the framework within the Laws of Health we can better learn and understand the laws of our being. We discussed the Laws of Health, Godly Trust and Open Air, Daily Exercise and we now move on to **SUNLIGHT**.

### G O D 'S P L A N.

G – Godly Trust  
O – Open Air  
D – Daily Exercise  
S - Sunlight  
P – Proper Rest  
L – Lots of Water  
A – Always Temperate  
N – Nutrition

Sunlight is a very important remedy to health, but the problem with this remedy is that people get too much of it (over exposure), we put all kinds of sun creams on our bodies and then we sit in the sun like “baked potatoes”, until we get Melanomas and other forms of cancers on the body. Because the sun combined with the lotions on the skin which contains chemicals, is the main problem for developing these conditions.

**Genesis 1:16** “And God made two great lights; the greater light to rule the day,”.....

- It is Necessary for growth of all living things, without the sun nothing would live

- The sun helps to restore the sick to health, when used wisely.
- Lowers blood sugar and blood pressure
- Calms the nerves and strengthens the mind / releases happy hormones.
- Destroys germs on the skin.
- Stimulates the liver to detoxify poisons.
- Increases adrenaline.
- Through perspiration/sweating, it helps to eliminate chemicals and toxins. The skin being the largest organ of the body.
- Lack of it causes severe depression. (Ever heard of the winter blues, it's because there is no sunshine) and sadly it is now written in the books of psychology as a disease and it's called “seasonal depression disorder”). Now what would you say? Someone with seasonal depression disorder, is it a lack of medication that caused it? Or a lack of sunshine?

### Spiritual Lesson:

The Word of God in **Malachi 4:2** says, “*But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall.*”

### A Beautiful promise!

“*Life in the open air is good for body and mind. It is God's medicine for the restoration of health. Pure air, good water, sunshine, the beautiful surroundings of nature.... These are God's means for restoring the sick to health in natural ways. To the sick it is worth more than silver or gold to lie in the sunshine or in the shade of the trees.*” {Counsels on Health, pg 166}.

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# RECIPES

## FRUIT SALAD

### Ingredients:

1 can pineapple chunks - drained with juice reserved  
 1 orange, peeled and segmented  
 1 kiwi -- peeled, halved and sliced  
 1 cup seedless grapes  
 1 cup quartered strawberries  
 2 tablespoons lime juice  
 ½ teaspoon poppy seeds

### Directions:

In a large bowl, toss pineapple, orange, kiwi, grapes and strawberries. In a small cup or bowl, combine lime juice, poppy seeds and 1/4 cup reserved pineapple juice. Stir well and toss with fruit.

**Genesis 1:29** “And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.”

INCOMPATIBLE		
COMPATIBLE		COMPATIBLE
Fruits	Neutral	Vegetables
<b>Most fruits:</b> Apples Apricots Bananas Blackberries Blueberries Cantaloupe Cherries Cranberries Currants Dates Gooseberries Lemons Limes Loganberries Mango Nectarines Oranges Peach Pear Persimmons Pineapple Plums Raspberries Strawberries Tangerines Watermelons	<b>All grains:</b> Barley, Buckwheat, <b>Bulgur</b> , Corn, <b>Millet</b> , Oats, Rice, Rye, Wheat, etc. <b>All legumes:</b> Carob, Chick peas, Kidney beans, Lentils, Lima beans, <b>Mung beans</b> , Peanuts, Soya beans etc. <b>All nuts:</b> Almonds, Brazil, Cashews, Chestnuts, Coconuts, Hazelnuts, Macadamias, Pecans, Walnuts, etc. <b>All seed:</b> Flax seed, Poppy seed, Pumpkin seed, Sesame, Sunflower, etc. <b>Some Vegetables:</b> Cucumber, Herbs, Lettuce, Sprouts, Watercress <b>Some fruits:</b> Avocados, Olives	<b>Most Vegetables:</b> Artichokes Asparagus Broccoli Beets Brussels sprouts Cabbage Carrots Cauliflower Celery Eggplant Green beans Green peppers <b>Kale</b> Leeks Okra Onions Parsnips Potato Pumpkin Radish Spinach Squash Sweet potato Turnip

[http://amazingdiscoveries.org/H-deception-health-compatible\\_fruits\\_vegetables](http://amazingdiscoveries.org/H-deception-health-compatible_fruits_vegetables)

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# PROJECTS

## Printing Press Project:

Since mentioning the printing press as one of our projects in our January 2015 issue we have slowly but surely grown into the projected vision.

Light in Darkness have welcomed a new labourer of Christ who have devoted her life to God. She is currently in charge of our mini “printing press”, where she will be printing tracts of ours and that of the ministry, Bible Picture Pathways.



In order to make people aware of our tracts and to inform them that we are now fully operational we have sent various friends and supporters some of our tracts and a list of the titles available.

Since we are now printing our own tracts, we are able to lower the costing price per tract, and if we can find a cheaper source for the paper and ink we would be able to lower it even further.

This project is evangelism driven and not profit driven. It was started by Bible Picture Pathways and adopted by Light in Darkness. We are counselled that this is a good way for all to partake in spreading God’s Word.

*“There should be more earnest efforts made to enlighten the people upon the great subject of health reform. Tracts of four, eight, twelve, sixteen, and more pages, containing pointed, well-written articles on this great question, should be scattered like the leaves of autumn. Small tracts on the different points of Bible truth applicable to the present time should be printed in different languages and scattered where there is any probability that they would be read. God has placed at the command of his people advantages in the press, which, combined with other agencies, will be successful in extending the knowledge of the truth. Tracts, papers, and books, as the case demands, should be circulated in all the cities and villages in the land. Here is missionary work for all. – Review and Herald, Nov 4, 1875*

We would appreciate it so much if we can work together in spreading the gospel to every corner of Namibia. These tracts will help and make outreach easier. Ask us for a free sample of each, read them and decide which ones you would like to order.



They can be left in a shopping basket for the next person, left in all types of public places, or given directly to friends or family and don’t forget the



bathroom, the possibilities are endless, be creative.

If you are able and want to print them yourself, you can follow this link and download them for free.

The folding instructions are included.  
<http://www.biblepicturepathways.com/booklets.php>

Each one of us is called individually to spread the gospel, to share the wonderful truths of God. Let us not be found wanting or asleep at this important time of earth's history.

The first angel's message must be given *"unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people,"*—**Revelation 14:6**

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### Special Work

ALL who are truly consecrated to God will engage with the greatest zeal in the work for which He has done the most, for which He has made an infinite sacrifice,— *the work for the salvation of souls*. This is the special work to be cherished and sustained, and never allowed to flag.

### FAITH, NOT FEELINGS.

A class of persons are in great trouble about their feelings. They are afraid they don't feel right, or don't feel enough. So they get into doubt, and the devil will keep them on that plank for a few weeks, and then let them down into the pit again. I want to say there isn't a word about feeling in the Scriptures in reference to salvation. It doesn't say, "He that feeleth," it is "He that believeth,"—not one word about feeling.

I do a great many things that I don't feel like doing. Obedience means marching right on whether we feel like it or not. Many times we go against our feelings. Faith is one thing; feeling is another. What was it that made the slaves free? Was it their feelings? Suppose they had tried it—just imagined they were free, and acted on that feeling. They would very soon have heard the crack of the slave-driver's whip. No; it was Abraham Lincoln's proclamation. Now, the proclamation of the Gospel is, *"He that believeth . . . hath everlasting life."* I remember some years ago—

O, how I used to pray for feeling! I thought faith was feeling, and that some strange kind of feeling would come stealing over me. But it wasn't that at all. Then I found in Rom. 10: 17 this text— and how it came upon me like a flash of light — *"Faith cometh by hearing, and hearing by the word of God."* Sometimes we go right against our feelings. Don't mind your feelings. Let feelings take care of themselves. What you want is to obey. When people begin talking about their feelings, bring them right to Scripture.—*D. L. Moody*.

# BIBLE READINGS

*“Hallowed by the Creator’s rest and blessing, the Sabbath was kept by Adam in his innocence in holy Eden; by Adam, fallen, yet repentant, when he was driven from his happy estate. It was kept by all the patriarchs, from Abel to righteous Noah, to Abraham, to Jacob. When the chosen people were in bondage in Egypt, many, in the midst of prevailing idolatry, lost their knowledge of God’s law; but when the Lord delivered Israel, He proclaimed His law in awful grandeur to the assembled multitude, that they might know His will, and fear and obey Him forever. From that day to the present, the knowledge of God’s law has been preserved in the earth, and the Sabbath of the Fourth commandment has been kept.” Great Controversy, page 453*

## The Sabbath

- **Gen. 2:3.** Instituted by God.
- **Gen. 2:2, 3; Ex. 20:11.** The Sabbath is a memorial of creation. E. 251.
- **Ex. 20:9-11.** The seventh day is the Sabbath of the Bible.
- **Mark 2:27.** It was made for man.
- **Gen. 2:3.** God blessed the Sabbath.
- **Ex. 31:15.** Sanctified the Sabbath.
- **Ex. 20:11.** Hallowed the Sabbath.
- **Lev. 19:30.** Commands us to keep the Sabbath.
- **Ex. 20:8.** Commands us to recognize the sanctity of the Sabbath. T., v. 6, pp. 349-352.
- **Ex. 16:23, 25, 26.** A threefold miracle marked the Sabbath during the wilderness wanderings. P.P. 296.
- **Deut. 5:15.** God will have His goodness commemorated in the observance of the Sabbath.
- **Neh. 9:12-14.** The Lord shows favor to His people in appointing a Sabbath.
- **Ex. 23:12.** Considerate kindness was shown in appointing the Sabbath.
- **Ex. 31:13.** The Sabbath is a sign of God’s power to sanctify His people.
- **Heb. 4:4, 9.** The Sabbath is a type of the heavenly rest.

## Christ and the Sabbath

- **Mark 2:28.** Christ is Lord of the Sabbath. D.A. 288.
- **Luke 4:16.** Jesus was accustomed to keep the Sabbath when he was on the earth.
- **Matt. 24:20.** Taught His disciples to pray that they might not break the Sabbath. D.A. 630.
- **Luke 4:31; 6:6.** Christ taught on the Sabbath day.
- **John 5:5-9.** Healed on the Sabbath day.
- **Mark 3:1-5.** He taught that it was right to perform acts of mercy on the Sabbath day. D.A. 286.
- **Matt. 12:12; Luke 13:16.** The Saviour recognized the Sabbath law.
- **Ex. 20:10; Deut. 5:14.** Servants and cattle should be allowed to rest upon the Sabbath.
- **Lev. 23:3; Ex. 20:10.** No manner of work is to be done on the Sabbath. T., v. 6, pp. 354-356.



- **Neh. 10:31; 13:15-17.** No purchases are to be made. P.K. 667, 671.
- **Neh. 13:19; Jer. 17:21.** No burdens are to be carried. P.K. 411.
- **Ex. 16:23.** Food prepared the day before. T., v. 6, p. 357; M.H. 307.
- **Gen. 1:5, 8, 13, 19, 23, 31.** Day begins with the evening.
- **Lev. 23:32; Mark 1:21, 32.** Sabbath begins at sunset.
- **Neh. 13:19.** All work set aside when it begins to be dark, before the Sabbath.
- **Acts 16:13.** Divine worship is to be celebrated on the Sabbath.
- **Acts 13:27; 15:21.** The Scriptures are to be read on the Sabbath.
- **Acts 13:14, 15, 42-44; 17:2; 18:4.** The word of God is to be preached on the Sabbath. A.A. 229.
- **Num. 28:9; Matt. 12:5; John 7:23.** Work connected with religious services is allowed on the Sabbath.
- **Matt. 12:1; Luke 13:15, 16; 14:1.** Necessary wants may be supplied on the Sabbath day.

#### **The relation of God and His people on Sabbath**

- **Ex. 20:10; Lev. 23:3; Deut. 5:14.** It is the Sabbath of the Lord thy God.
- **Ex. 31:15.** The Sabbath of rest. P.P. 47.
- **Ex. 16:23.** The rest of the holy Sabbath.
- **Isa. 58:13.** It is God's holy day.

- **Rev. 1:10.** It is the Lord's day. A.A. 581.
- **Gen. 2:2, 3.** It is the rest day of the Lord. D.A. 769.
- **Ex. 34:21.** A rush of work is no excuse for breaking the Sabbath. P.P. 314.
- **Amos 8:5.** Sabbath-breaking is classed with false balances and short measures.
- **Neh. 13:22.** Saints observe the Sabbath.
- **Ps. 118:24; 58:13.** Saints rejoice in the Sabbath.
- **Neh. 13:15, 20, 21.** Testify against those who desecrate the Sabbath.
- **Isa. 58:13, 14.** There is a blessedness in honoring it. D.A. 207.
- **Isa. 56:2-6.** There is a blessing in keeping the Sabbath. P.P. 48.
- **Isa. 66:22, 23.** The Sabbath will be kept throughout eternity.

#### **The wicked and the Sabbath**

- **Lam. 1:7.** The wicked mock at the Sabbath.
- **Isa. 56:2.** They pollute it.
- **Neh. 13:17.** They profane it. P.P. 113.
- **Amos 8:5-7.** The wicked weary of the Sabbath.
- **Eze 22:26.** They hide their eyes from the Sabbath.
- **Neh. 13:15.** They also bear burdens upon the Sabbath.
- **Neh. 10:31.** The wicked traffic on the Sabbath.
- **Luke 13:14; John 9:16.** Sometimes they pretend to be zealous for it.

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 Unto the upright there ariseth light in the darkness: he is gracious, and full of compassion,  
 and righteous. – Psalms 112:4



# Articles

## The Altar of Sacrifice (Bible Picture Pathways)

A priest visiting in a hospital stopped at the bedside of a dying woman. He offered to forgive her sins and offer extreme unction.

"Let me see your hands", she whispered.

The priest held out his hands.

"You are an imposter," she gasped.

"The only one who can forgive my sins has prints of nails in his hands."

As we follow the sanctuary path onward, we find this statement to be true. Not only do we find that Christ is the door and the only way to heaven; (John 14:6) we also find, as we come to the altar of burnt offering, where the lamb was sacrificed, that "*without shedding of blood is no remission [forgiveness, pardon].*" (Heb 9:22) "*For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.*" (Rom. 6:23)

Jesus, Himself was represented by the lamb. John 1:29 tells us, "*The next day John seeth Jesus coming unto him, and saith, Behold the Lamb of God, which taketh away the sin of the world.*"

Therefore, the altar typifies the cross where the Lamb of God died. Yet, there is so much more that we can learn from God's explicit directions regarding its design. We will cover only a few tidbits here.



Exo 38:1-3 states, "*And he made the altar of burnt offering of shittim wood: five cubits was the length thereof, and five cubits the breadth thereof; it was foursquare; and three cubits the height thereof. And he made the horns thereof on the four corners of it; the horns thereof were of the same: and he overlaid it with brass. And he made all the vessels of the altar, the pots, and the shovels, and the basons, and the fleshhooks, and the firepans: all the vessels thereof made he of brass.*"

The altar was foursquare. The number 4 shows that the gospel (the good news of Jesus dying to save us from sin) is to go to the four corners of the earth. Mark 13:27 "*And then shall he send his angels, and shall gather together his elect from the four winds, from the uttermost part of the earth to the uttermost part of heaven.*" (Also Rev. 7:1; 14:6; Matt. 28:18-20)

In addition, there were four horns on four corners of the altar. Horns represent power (Dan. 8:7, Hab. 3:4) and the blood applied to the horns morning and evening reminds us that our strength is in daily coming to Jesus for salvation. Luke 1:68, 69 says "*Blessed be the Lord God of Israel; for he hath visited and redeemed his people, And hath raised up an horn of salvation for us in the house of his servant David;*" Paul reiterates the power of the gospel going to the world when he says in Romans 1:16 "*For I am not ashamed of the gospel of Christ: for it is the power of God unto*

salvation to every one that believeth; to the Jew first, and also to the Greek.”

**It is the sacrifice of Christ on the cross that gives us the hope of salvation. But it is also here that we find our duty as followers of Christ. “The Christian church was founded upon the principle of sacrifice. “If any man will come after Me,” says Christ, “let him deny himself, and take up his cross daily, and follow Me.”{5T 307.1}(Luke 9:23)**

Rom 12:1 gives a secondary meaning of the altar of sacrifice, saying “I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.” “God requires the body to be rendered a living sacrifice to him, not a dead or a dying sacrifice. ... The apostle Paul gives us this admonition: “Ye are not your own; for ye are bought with a price; therefore, glorify God in your body and in your spirit, which are God’s.” All should be very careful to preserve the body in the best condition of health, that they may render to God perfect service, and do their duty in the family and in society.” {CD 21.1}

Romans 12:2 continues by giving directions as to how we are to be a living sacrifice. “And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.” David declares we must humbly admit our sins, “The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise.” Psalm 51:17 While 1 Samuel 15:22 teaches obedience, “And Samuel said, Hath the LORD as great delight in burnt offerings and sacrifices, as in obeying the voice of the LORD? Behold, to obey is better

than sacrifice, and to hearken than the fat of rams.”

If we continue to look at some of the details of the sacrificial service we can learn many more lessons pertaining to our spiritual walk. “And the LORD spake unto Moses, saying, ... And thou shalt say unto them, This is the offering made by fire which ye shall offer unto the LORD; two lambs of the first year without spot day by day, for a continual burnt offering. The one lamb shalt thou offer in the morning, and the other lamb shalt thou offer at even;” (Numbers 28:1, 3, 4)

**The lambs were offered as a sacrifice morning and evening.** We, too, should come before God morning and evening for worship and with the sacrifices of praise. 1 Peter 2:5 explains, “Ye also, as lively stones, are built up a spiritual house, an holy priesthood, to offer up spiritual sacrifices, acceptable to God by Jesus Christ.” Psalm 116:17 adds, “I will offer to thee the sacrifice of thanksgiving, and will call upon the name of the LORD.” Heb 13:15,16 says, “By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to his name. But to do good and to communicate forget not: for with such sacrifices God is well pleased.”

“Like the patriarchs of old, those who profess to love God should erect an altar to the Lord wherever they pitch their tent. . . . Fathers and mothers should often lift up their hearts to God in humble supplication for themselves and their children. Let the father, as priest of the household, lay upon the altar of God the morning and evening sacrifice, while the wife and children unite in prayer and praise. In such a household Jesus will love to tarry.” {CG 518.4}

But let's go back to the sacrifice, the blood of the lamb without spot or blemish directly typified "... the precious blood of Christ, as of a lamb without blemish and without spot:" 1 Peter 1:19 *But it also reminds us that our gifts to Jesus are also to be without spot. Peter wrote, "Wherefore, beloved, seeing that ye look for such things, be diligent that ye may be found of him in peace, without spot, and blameless."* 2 Peter 3:14 Ephesians 5:27 reiterates what he requires of his church, *"That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish."*

So also, *"We are to give ourselves to the service of God, and we should seek to make the offering as nearly perfect as possible. God will not be pleased with anything less than the best we can offer. Those who love Him with all the heart, will desire to give Him the best service of the life, and they will be constantly seeking to bring every power of their being into harmony with the laws that will promote their ability to do His will. {PP 352.3} To make this practical, when we are in charge of Sabbath School or Church our offering to God should be well prepared. If we are putting together literature, it should be to the best of our ability. Sometimes we seem to think less of what we do for God than we would of a worldly employer. I once heard it said "If you worked for your boss like you work for God, would you keep your job?" Col. 3:23 says "And whatsoever ye do, do it heartily, as to the Lord, and not unto men;"*

When King David was to offer a sacrifice 2 Samuel 24:24 says, *"And the king said unto Araunah, Nay; but I will surely buy it of thee at a price: neither will I offer burnt offerings unto*

*the LORD my God of that which doth cost me nothing. So David bought the threshingfloor and the oxen for fifty shekels of silver.*

Yet how many give to God a sacrifice which costs them nothing. They just give what little they have left the little time and energy they have left at the end of the day, or worse yet at the end of the week. The money they have left after they buy everything they need or want. Only the missionary effort they can do comfortably without risking their reputation.

Oh, that we would learn the lessons of the Altar of Sacrifice and take up our cross and follow Him who gave all for us.

### Typical & Anti-Typical Day of Atonement

**Esmarie Wait**

*(Concludes from July 2015 Issue)*

### Afflicting Our Souls

*And the LORD spake unto Moses, saying, Also on the tenth day of this seventh month there shall be a day of atonement: it shall be an holy convocation unto you; **and ye shall afflict your souls**, and offer an offering made by fire unto the LORD. And ye shall do no work in that same day: for it is a day of atonement, to make an atonement for you before the LORD your God. **For whatsoever soul it be that shall not be afflicted in that same day, he shall be cut off from among his people.** And whatsoever soul it be that doeth any work in that same day, the same soul will I destroy from among his people. Ye shall do no manner of work: it shall be a statute for ever throughout your generations in all your dwellings. It shall be unto you a sabbath of rest, and **ye shall afflict your souls**: in the ninth day of*

*the month at even, from even unto even, shall ye celebrate your sabbath. (Lev 23:26-32)*

Three times God said that we are to afflict our souls, which makes the matter highly important! So during this time of Holy convocation we are to afflict our souls!

What does it mean to afflict your soul?

*But he giveth more grace. Wherefore he saith, God resisteth the proud, **but giveth grace unto the humble.** Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded. **Be afflicted, and mourn, and weep:** let your laughter be turned to mourning, and your joy to heaviness. **Humble yourselves** in the sight of the Lord, and he shall lift you up. Speak not evil one of another, brethren. He that speaketh evil of his brother, and judgeth his brother, speaketh evil of the law, and judgeth the law: but if thou judge the law, thou art not a doer of the law, but a judge. (Jas 4:6-11)*

Those that afflict their souls are humble; there is also mourning and weeping involved.

*God calls upon his people to act. Will they awake? Will every one who professes godliness seek to put away every wrong, confess to God every secret sin, and afflict the soul before him? Will they, with great humility, investigate the motives of every action, and know that the eye of God reads all,--searches out every hidden thing? Let the work be thorough, the consecration to God be entire. He calls for a full surrender of all that we have and are. Review & Herald, Aug 23 1881*

*And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him. And I heard a loud voice saying in heaven, Now is come salvation, and strength, and the kingdom of our God, and the power of his Christ: for the accuser of our brethren is cast down, which accused them before our God day and night. And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death. Therefore rejoice, ye heavens, and ye that dwell in them. Woe to the inhabitants of the earth and of the sea! for the devil is come down unto you, having great wrath, because he knoweth that he hath but a short time. (Rev 12:9-12)*

The Bible says Woe to the inhabitants of the Earth - brothers and sisters we are living in the end times there is a woe pronounced on the earth; the devil is going around as a roaring lion seeking whom he may Devour.

We must pray that our minds become sober, so that we can realize the hour in which we are living! There are no playing games anymore.

*When men are cast down, then thou shalt say, There is lifting up; **and he shall save the humble person.** (Job 22:29)*

God saves those that are humble!

*For thus saith the high and lofty One that inhabiteth eternity, whose name is Holy; I dwell in the high and holy place, with him also that is of a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite ones. (Isa 57:15)*



God dwells in those who are humble and of a contrite spirit!

*We can receive of heaven's light only as we are willing to be emptied of self. We cannot discern the character of God, or accept Christ by faith, unless we consent to the bringing into captivity of every thought to the obedience of Christ. To all who do this the Holy Spirit is given without measure. In Christ "dwelleth all the fullness of the Godhead bodily, and in Him ye are made full." Colossians 2:9, 10,*

*If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land. (2Ch 7:14)*

Part of afflicting our souls is repentance that our sins may be blotted out.

*Be patient therefore, brethren, unto the coming of the Lord. Behold, the husbandman **waiteth** for the precious fruit of the earth, and **hath long patience** for it, until he receive the early and latter rain. (Jas 5:7)*

Why is God waiting?

He is waiting for us! The latter rain cannot be poured out on an un-afflicted soul!

*Blessed is he whose transgression is forgiven, whose sin is covered. Blessed is the man unto whom the LORD imputeth not iniquity, and in whose spirit there is no guile. When I kept silence, my bones waxed old through my roaring all the day long. For day and night thy hand was heavy upon me: my moisture is turned into the drought of summer. Selah. I acknowledged my sin unto thee, and*

*mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin. Selah. For this shall every one that is godly pray unto thee in a time when thou mayest be found: surely in the floods of great waters they shall not come nigh unto him. (Psa 32:1-6)*

This is the experience of true soul affliction, to repent, to call sins by its rightful name, confessing definite and to the point exactly what you have done...

Why do we need to confess? God already knows our sins... God wants us to confess putting us in a mental state of realizing what we have done.

*He that covereth his sins shall not prosper: but whoso confesseth and **forsaketh** them shall have mercy. (Pro 28:13)*

We have to forsake our sins, we have to let them go!

But we cannot produce repentance out of ourselves; it is a gift that the Lord gives us...

*Him hath God exalted with his right hand to be a Prince and a Saviour, for **to give repentance to Israel**, and forgiveness of sins. (Acts 5:31)*

*And I will pour upon the house of David, and upon the inhabitants of Jerusalem, the spirit of grace and of supplications: and **they shall look upon me whom they have pierced**, and they shall mourn for him, as one mourneth for his only son, and shall be in bitterness for him, as one that is in bitterness for his firstborn. (Zec 12:10)*

Jesus is that gift!

Cause when we behold Jesus and see and truly realize what our sins have done it causes mourning and weeping. And then our souls are afflicted.

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Unto the upright there ariseth light in the darkness: he is gracious, and full of compassion, and righteous. – Psalms 112:4



*There can be no self-exaltation, no boastful claim to freedom from sin, on the part of those who walk in the shadow of Calvary's cross. They feel that it was their sin which caused the agony that broke the heart of the Son of God, and this thought will lead them to self-abasement. Those who live nearest to Jesus discern most clearly the frailty and sinfulness of humanity, and their only hope is in the merit of a crucified and risen Saviour. – Great Controversys 88, pg 471*

With affliction of soul comes fasting...

*Then I proclaimed a fast there, at the river of Ahava, that we might afflict ourselves before our God, to seek of him a right way for us, and for our little ones, and for all our substance. (Ezr 8:21)*

Now we have been living in the great antitypical “Day of Atonement” since 1844. We cannot fast that long, so what fast are we to enter in afflicting our souls?

Fasting in the “Day of Atonement” is doing away with every thing that’s harmful and using in moderation that which is good.

**It is the Health message!**

*Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. And every man that striveth for the mastery is **temperate in all things**. Now they do it to obtain a corruptible crown; but we an incorruptible. (1Co 9:24-25)*

**The light God has given on health reform is for our salvation and the salvation of the world.** Men and women should be informed in regard to the human habitation, fitted up by our Creator as His dwelling place,

*and over which He desires us to be faithful stewards. "For ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be My people." - Welfare Ministry, pg 130*

*As our first parents lost Eden through the indulgence of appetite, our only hope of regaining Eden is through the firm denial of appetite and passion. Abstemiousness in diet, and control of all the passions, will preserve the intellect and give mental and moral vigor, enabling men to bring all their propensities under the control of the higher powers, and to discern between right and wrong, the sacred and the common. All who have a true sense of the sacrifice made by Christ in leaving His home in heaven to come to this world that He might by His own life show man how to resist temptation, will cheerfully deny self and choose to be partakers with Christ of his sufferings. - Counsels on Diets & Foods, pg 59*

*God requires His people to cleanse themselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of the Lord. All those who are indifferent and excuse themselves from this work, waiting for the Lord to do for them that which He requires them to do for themselves, will be found wanting when the meek of the earth, who have wrought His judgments, are hid in the day of the Lord's anger. I was shown that if God's people make no efforts on their part, but wait for the refreshing to come upon them and remove their wrongs and correct their errors; if they depend upon that to cleanse them from filthiness of the flesh and spirit, and fit them to engage in the loud cry of the third angel, they will be found wanting. The refreshing or power of*

***God comes only on those who have prepared themselves for it by doing the work which God bids them, namely, cleansing themselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.***  
**- Counsels on Diets & Foods, pg 33**

#### THE PEACE OF GOD.

"My peace I give unto you." John 14:27. All true peace is the gift of God. Man cannot make peace for himself, and the world cannot give what it does not possess. All worry and anxiety is earth-born, except that anxiety which would lead us to seek for salvation. *"The sorrow of this world worketh death."* It is in the bewildering maze of earthly disappointments, and sorrowful regrets over "what might have been," that the soul is shut out from the sweet consolation and life-giving companionship of Heaven. God would have all men possess His peace, but all will not agree to His terms.— *"Oh that thou hadst harkened to My commandments! then had thy peace been as a river, and thy righteousness as the waves of the sea."* Isa. 48:18. Unrest is the result of disobedience; for *"there is no peace, saith My God, to the wicked."* Some specter-hand of vengeance ever haunts the conscience of the transgressor. The peace of God can only possess the soul that is in full harmony with God. It is "perfect love" alone that can cast out fear. The soul that does not love cannot obey, and the soul that does not obey has not yet learned to trust, and the soul that cannot "trust" can never know the peace of God. The world can only behold with amazement the peace of a truly Christian life. That peace is heaven-born and the world cannot understand it. It is the "peace that passeth knowledge." He alone to whom it is given knows the peace that *"I give unto you."* The mote that

flashes in the sunbeam cannot hide the glory of the day-star; neither can the busy whirl of the world's unrest disturb the atmosphere of heaven. Two artists were engaged to picture on canvas their ideas of peace. One artist threw upon his canvas the outlines of a beautiful lake, calm and clear as the midnight sky. Its deep water reflected a thousand charms from the landscape that cast its girdle of peace round the silent tide. The other artist painted a foaming cataract, awful in its restless fury. The thundering waters seemed to give forth the very voice of terror. Just under this mighty cataract, on a slender twig, a little bird had built her nest. And there, while the roaring waters rolled by, almost washing the sides of her moss-covered home, that little believer sat in calm confidence. That was peace. The other picture was only stagnation. God has not planned to remove man from all disturbing conditions and unpleasant environments to give him peace. To meet human needs that peace must be given even when and where the tempest rolls by. In the life of Christ we have God's idea and God's example of peace. That calm life of loving dignity was unmoved by the worry and bitterness that crowded His steps. Place-seekers and earth-hungry multitudes hurried to and fro then as now, but Christ stepped aside from the mad rush of policy or gain. His *"meat and drink"* was to do the will of God. Men sought for His life; the red hand of the murderer followed Him; the selfish soul of a companion betrayed Him; yet in the very hour of His betrayal, with Calvary in sight, He could turn and bequeath the precious legacy of "My peace" to the sorrowing disciples! Seek earnestly the *"peace of God that passeth all understanding."* It will keep you in perfect peace, even in the midst of a world that knows no peace.

# NATURE

## DIE HOEP-HOEP

Deur Christa Kuehl



Die Hoep Hoep se nes word gewoonlik in n boom holte gevind of daar waar n gat in n muur is. Die mannetjie en wyfie is net n paartjie vir die tydperk van die broei seisoen. Die wyfie lê vier tot vyf eiertjies, sy is ook die een wat die eiers uitbroei. Die mannetjie se plig weer die wyfie te voer terwyl sy broei. Die eiers begin broei uit vanaf die 15de dag.

Die hoep hoep kuikens skei n



olie af wat stink om vyande en parasiete weg te hou. So ook die wyfie om haar kuikens te beskerm. Die mannetjie en wyfie sorg vir die kuikens tot en met hulle vanaf die 26ste dag die nes verlaat.

Die voorreg wat ons het, is dat hierdie nes op die skoolgronde is en my dogter Nadia monitor hul gewoontes. Wat

opvallend is, is die verantwoordelikheid, om hul kuikens te versorg. Nie eendag verslap hulle as ouers, om geduldig die kossies te gaan soek en uit te deel nie.

Dit het my laat dink. Hoeveel te meer verwag God van ons mensekinders om so verantwoordelik teenoor ons kinders op te tree. Die volgende aanhaling ;

*“While there are weighty responsibilities devolving upon the parents to guard carefully the future happiness*

Die kuikens in die holte van die boom.



Die kolletjies is hulle ogies.

*and interest of their children, it is also their duty to make home as attractive as possible. This is of far greater consequence than to acquire estates and money. Home must not lack sunshine. The home feeling should be kept alive in the hearts of the children, that they may look back upon the home of their childhood as a place of peace and happiness next to heaven... children have sensitive, loving natures. They are easily pleased, and easily made unhappy. By gentle discipline, in loving words and acts, mothers may bind their children to their hearts.” – Adventist Home, page 21*

# TESTIMONIES

Dear Sister Lenien,

The Present Truth Bible Church at Diyogha Village would like to thank you for the Message of God you brought to us through Brother Admiral and his friend. (*Brother Austen*), (*Light in Darkness Ministry*) The Church was in darkness, but now it received the Light, because of you who opened the door. Now we are a happy people...May God bless you and your family at large, in the name of Jesus, Amen.

Elder Eduards

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I am blessed.  
Are you blessed?

No person, friend or enemy, can take away God's blessing from you and me -- except when we allow them.

Many years ago the Lord plucked me out of the fire of tradition like a burning piece of wood. I was caught up in traditions that kept me from God's truth. In spite of opposition and reaction from my family and friends, I decided to follow the Lord -- and He blessed.

At the time I was working for a company in a workshop as a motor mechanic. The company was known as Harrington Motors Pty. Ltd. (Ltd meaning limited.) The company was limited. Limited in every respect. I became aware of limited companies -- in fact all companies are limited. I worked for two companies in the motor trade, both limited.

But then I began to work for another company, namely Father, Son, and Holy Spirit, Unlimited. They are unlimited beyond our fondest dreams.

There were blessings Unlimited.  
There were opportunities Unlimited.  
There were experiences Unlimited.  
There were challenges Unlimited.  
There were God's solutions Unlimited.

When I took the step to join this Company, not all people were happy with that. Leaving a job where I received a salary, to do something where I did not know what I was going to earn. This was a step even my fellow church members could not understand -- especially with my wife not working, and two little children both under three years old. People called me irresponsible. Others gave me only three months before I would be back in the workshop.

That was 54 years ago.

I was blessed -- abundantly blessed ...  
And nobody could ever take my blessing away.

Braam

\*\*\*

Reading chapter forty of the Great Controversy, "God's people delivered", something came to my mind that made me to be ashamed of myself. I realised how big of a sinner I am and how lost we are without Christ. The words "Worthy, worthy is the Lamb that was slain" made me think of it in this way: 'the Lamb of God is the only worthy One'.



I thought of all the saved people and the honour and glory they will receive when they get to heaven, thinking that I deserve to go with Christ at His second coming because of all my “good works”, however the chapter reveals another striking reality. It reads: *“The righteous cry with trembling, ‘who shall be able to stand?’”*. These words *‘who shall be able to stand’* appears 3 times in the chapter showing that even the righteous that came out of the 7 plagues, fear that they are not worthy to stand in that day before the only worthy One.

Fortunately the sentence does not end there, it continues: *“the righteous cry with trembling, ‘who shall be able to stand? The angel’s song is hushed, and there is a period of awful silence. Then the voice of Jesus is heard, saying, ‘My grace is sufficient for you.’”* Through His grace we are made worthy to see and stand in His glory, no good works will save us. (If we were to compare our works to what he had done for us, it would be like comparing a sand grain to a whole beach.)

The Lamb alone is worthy, still how many times do we exalt ourselves, our works, our knowledge even our good intentions, drawing attention to ourselves. I am guilty in exalting myself and because of this I led many people away from Christ. The smallest or the slightest honour, credit, acknowledge belongs to Christ, none must be kept for self because the LAMB ALONE IS WORTHY.

His request to His Father was *“I will that they also, whom Thou hast given Me, be with Me where I am.”* John 17:24. We are not worthy to make a request without Christ, thankfully His request was for us so that the gates of Heaven may be open for us. Most of

the time we do not realize how much we owe Christ, yet how impossible it is to repay Him.

If I could, I would copy the whole chapter forty of the Great Controversy here for all to read I can only pray that all would read it, not just this chapter but the whole book.

God bless,  
Lenien

Ek gaan slaap in die aand met God in my kop,  
In die oggend staan ek saam met Hom op  
In die dag stap Hy saam sonder om te kla  
Waar ek nie kan loop, sal Hy my dra.

Al my verse en behoeftes ken Hy so goed  
As ek val, en nie wil opstaan, gee Hy my moed  
As ek bly is en lag, jubel Hy saam met my  
As ek hartseer en bevange is, troos Hy my.

Deur al die seisoene – in winter tot somer  
In die dag en die nag – al is ek ‘n dromer  
Gee Hy die pas aan wat ek moet loop  
Al voel ek soms ook heeltemal gestroop

Hy is die alfa, die omega, die spil waarom alles draai  
In die donker, sal Hy my na die lig toe laat draai  
Hy beskerm ons en vou ons toe in Sy hande  
Hy vra nie jou taal, God bly groot in alle lande

Ons vra en ons smee vir hulp en vir raad  
Vir vrede en gesondheid e nook vir die regte maat  
Maar gesels ons met God in voorspoed en geluk  
Of is Hy net die noodlyn wat on so girieflik pluk?

Leef voluit elke dag wat God aan jou gee  
Bly op jou kniee waar Hy jou krag kan gee  
Leef so jou drome vir almal om te sien  
Wie jy is, en watter God jy dien.

- Skrywer Onbekend



# CHILDREN & YOUTH

## THE RAINBOW.

THERE is not a little boy or girl in all the world who does not like to see the rainbow, and few who have not heard that at its end stands a great pot of gold. Once a little girl ran a long way through mud and bushes to find this pot of gold; but the rainbow vanished from her sight, and she trudged back tired and disappointed. I wonder how many children know the true story of the rainbow. Of course you have all been taught that God put it in the sky so every one could be sure He would never again destroy the earth with a flood. But He does not take a great brush and paint those beautiful colours in the sky, as an artist paints on canvas, although He just as truly paints them.

Do you remember ever seeing a rainbow except when the sun was shining ? No, you cannot, because God uses the sunlight in painting the rainbow. Our heavenly Father has so arranged it that when a ray of light strikes a raindrop it is reflected and thrown off into a beautiful colour. Whether this colour is red, or yellow, or some other of the seven colours into which a ray of light may be divided, depends upon where the raindrop is when the ray of light strikes it. All these colours together, formed by the sun shining on the little drops of rain, make the rainbow. While looking at God's rainbow stretched across the heavens, I have often thought of another rainbow, and I wonder if the children have ever heard about it.

You know Jesus says He is the Light of the world, and has told us that it is our duty to reflect His light. We reflect His light by always doing just as He

would do; and that is by helping others all we can, and saying only kind and pleasant words. Every child that will do this, wherever he happens to be, will be painting one of the colours in a beautiful rainbow for God. - *Sadie Yarnell.*

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## GIRLS IN CHINA.

"What is your name, little one?"  
 "Springtime."  
 "What a strange name."  
 "She was born in the spring-time," volunteered one of the bigger girls.  
 "And what do they call you?" to a little, dirty, neglected-looking lass.  
 "Oh! she is called 'Only,' because she is the only one, and also because she is just a girl."  
 "And what is this big girl's name?" we asked turning to a girl of twelve.  
 "I have no name."  
 "What! no name. But what does your mother call you?"  
 "Oh! she calls me 'Girl,' that's all."

We spoke about this to her father, who was a Christian, and he soon gave her a beautiful high-sounding name, but I am afraid it did not stick to her, and though we tried to call her by her new name when she came to school; at home she was still "Girl" and nothing more. Her mother was not a Christian, and she did not treat "Girl" very well. She would make her do all the dirty work about the house, and when that was done "Girl" had to go off with a big basket on her back, and a rake in her hand, to gather small twigs and straw for fuel. Her mother was often in a bad temper, and then she would beat "Girl" and call her bad names. "Parcel of useless goods!!"

"Idle eater of rice!!!" were some of the strange names her mother would hurl at her. And these were not the worst, but we could not write the others down, they were so bad.

Early on a beautiful sunny morning in the summer time, I saw "Girl" near our front door with her basket and rake, hobbling about on her poor bound feet, gathering straw and rubbish for the kitchen fire. I never saw her again. What had become of her?—She had gone home with her basket, and her mother had met her with curses and blows, and then she had left the house and disappeared, no one knew whither. No trace of her could be found. "I heard a splash in the river," one man remarked carelessly, but what it was that made the splash he could not say.

By-and-by a water-carrier was found who said that about the time "Girl" had been missed he had seen a girl run along the opposite bank of the river, cover her face with her apron, and throw herself into the water. So they searched and inquired, and after some days the poor little body was found entangled among some tall piles far down the river. And that was the end of little "Girl." She was so miserable in this world that she wanted to get away from it all, and she thought that if she could only die she would get rest, and so, as the Chinese call it, she "took the short road."

But would she find rest in that way? Alas! no. There is only one way to find rest from all our troubles and from all our sins. Jesus says, "*Come unto Me, all ye that labour and are heavy laden, and I will give you rest.*"

In China there are many poor girls, and grown-up people too, who, like "Girl," are very miserable, and who, like her,

think that the "short road" is the only way out of their misery. Pray that many of these poor people may come to Jesus, who is the only "Way" to happiness, and holiness, and heaven.

You remember that He said, "*I am the Way, the Truth and the Life,*" and again, "*Suffer the little children to come unto Me, and forbid them not: for of such is the kingdom of heaven.*" - *China's Millions.*

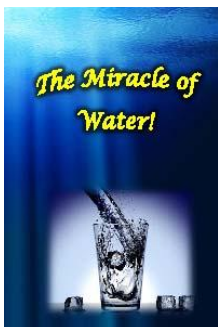
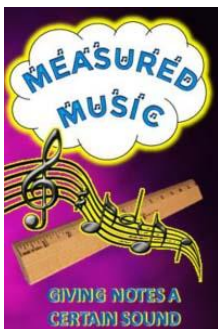
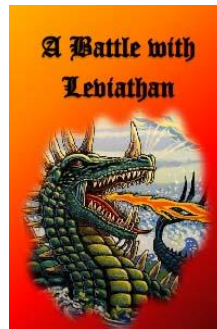
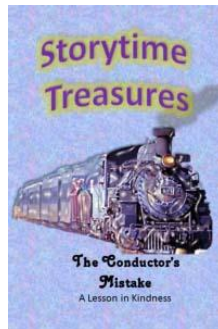
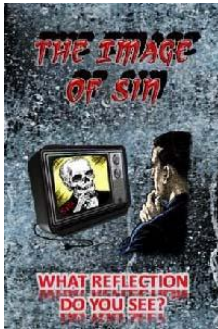
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### The Bravest Battle

The bravest battle that ever was  
fought—  
Shall I tell you where and when?  
On the maps of the world you will find  
it not,  
It was fought by mothers of men.  
Nay, not with cannon or battle shot,  
With sword or nobler pen;  
Nay, not with eloquent word or  
thought,  
From mouths of wonderful men.  
But deep in a walled up woman's  
heart—  
Of woman that would not yield,  
But patiently, patiently bore her part—  
Lo, there is that battlefield.  
No marshaling troop, no bivouac song,  
No banner to gleam and wave;  
And lo, these battles they last so long--  
From babyhood to the grave.  
Yet faithful still as a bridge of stars,  
She fights in her walled-up town—  
Fights on and on in endless wars,  
Then silent, unseen, goes down.

--Joaquin Miller.

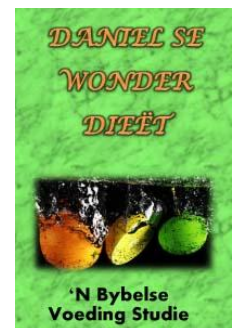
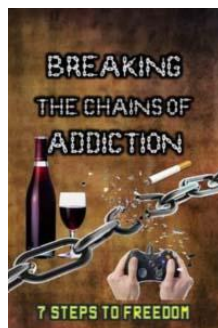
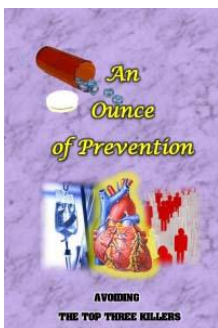
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Unto the upright there ariseth light in the darkness: he is gracious, and full of compassion,  
and righteous. – Psalms 112:4