

Present Truth

2 Peter 1:12

Dear Readers,

July 2003

“Grace be unto you, and peace, from God our Father and the Lord Jesus Christ.” (Colossians 1:2) The camp meeting in West Virginia was a great blessing. During the first half of the camp meeting the campers were challenged with heavy rain, which made us appreciate the sunshine for the last two days very much. The camp meeting was filled with timely messages that both challenged and strengthened us to go forward in our Christian experience. The meetings ended with several baptisms on Sabbath afternoon. I would like to personally thank each of you who were able to attend these meetings. It was a pleasure to meet you. It would not have been the same without you. For those who were not able to attend, I am sorry for the blessings you missed. I hope you will be able to receive the videos or audio cassettes of the meetings, which are now available.

The Soon Coming of Jesus Christ and Earth's 1000 Years of Rest

by Martin Bledsoe

Today there are many different theories concerning the return of Christ to the earth. One of the most popular is the following, which states:

“Christ will come and secretly gather (rapture) His saints just prior to a seven-year period of tribulation. During this seven-year period the antichrist will be revealed and many sinners and Jews will be saved. At the end of the tribulation period Christ will come again and set up His millennial kingdom over the wicked who survive the tribulation and will reign upon the earth for a thousand years.”

In the light of Bible truth, this theory cannot stand. May we take a moment and see what the Bible really says about the return of Christ?

The following study is condensed and fast paced, and by no means covers every detail of these great events. Hopefully, at a later time we can look at the following subjects in more detail.

To begin, let us consider the question: Does Christ come to gather His elect before or after the tribulation? Jesus answered this question when He explained, “Immediately *after* the tribulation of those days shall the sun be darkened, and the moon shall not give her light, and the stars shall fall from heaven, and the powers of the heavens shall be shaken: and *then* shall appear the

sign of the Son of man in heaven: and *then* shall all the tribes of the earth mourn, and they *shall see* the Son of man coming in the clouds of heaven with power and great glory. And he shall send his angels with a *great sound of a trumpet*, and they shall *gather* together his elect from the four winds, from one end of heaven to the other.” (Matthew 24:29-31)

Jesus Christ clearly stated that He would return after the tribulation. Now is there anything secret about this? He said the tribes of the earth would see Him and mourn, and He said there would be a great sound of a

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trumpet at His return. According to Jesus, there is nothing secret about His return.

Did you know that there is no verse in the Bible that speaks of a seven-year tribulation? The principle text used to support this idea, Daniel 9:27, does not speak about the end times at all, but is a prophecy concerning Christ's first coming, and was fulfilled long ago. There is nothing in the Bible about the antichrist being revealed during a seven-year tribulation period. Then where did this idea originate? A Roman Catholic Jesuit priest, by the name of Francisco Ribera, invented this doctrine in the sixteenth century in order to refute the teachings of Martin Luther and the other reformers. The reformers accurately taught that the papacy of Rome is the little horn of Daniel 7, the antichrist beast of Revelation 13, and the whore of Revelation 17. Most of the modern protestant churches have left the light that was shining so brightly during the reformation, and have adopted an unscriptural and unhistorical view of prophecy. As we have just seen, a "secret rapture" would completely contradict the clear teachings of our Lord Jesus Christ.

The Fate of the Wicked at the Second Coming

Now let's take a moment and see how Christ described His coming and the effect it will have upon the wicked.

The Son of God said, "As it was in the days of Noe, so shall it be also in the days of the Son of man. They did eat, they drank, they married wives, they were given in marriage, until the day that Noe entered into the ark, and the flood came, and *destroyed* them *all*. Likewise also as it was in the days of Lot; they did eat, they drank, they bought, they sold, they planted, they builded; But the same day that Lot went out of Sodom it rained fire and brimstone from heaven, and *destroyed* them *all*. Even thus shall it be in the day when the Son of man is revealed." (Luke 17:26-30)

Isn't this rather plain? The Lord will return, the wicked will be destroyed and the righteous will be spared, just like Lot and Noah were spared when the ancient world and Sodom were destroyed. As we read further in the chapter, we see Christ giving basically the same warning that He gave in the parable of the virgins. (See Matthew 25.) Many professed Christians will not be ready when He returns. Do they get another chance after the return? NO! Jesus plainly stated that He would answer them, "Verily I say unto you, *I know you not.*" (Matthew 25:12) He represented this also in Luke 17:35

and 36 where He said, "Two women shall be grinding together; the one shall be taken, and the other left. Two men shall be in the field; the one shall be taken, and the other left." Now some teach that those who are left will remain alive and experience seven years of tribulation. In truth, it is those who are taken that are receiving the "trouble." Those who are "taken" are those who are not prepared to meet the Lord when He comes, and they are taken in death, just like the wicked were taken in death when the flood came. Of these people, Jesus said they "knew not until the flood came, and *took them all away*; so shall also the coming of the Son of man be." (Matthew 24:39)

When the disciples heard Jesus say that some would be taken at His coming, they asked, "Where, Lord?" Then Christ answered, "Whosoever the body is, thither will the eagles [or vultures] be gathered together." (Luke 17:37) Here Christ is clearly teaching that those who are taken will be dead; their bodies will be food for the birds. The Bible states that the wicked will be consumed with the spirit of Christ's mouth, and shall be destroyed with the brightness of His coming. (See 2 Thessalonians 2:8.)

Revelation chapter 19 depicts, in graphic detail, the return of Christ, with Him calling for the birds of the air to "come and gather yourselves together unto the supper of the great God; That ye may eat the flesh of kings, and the flesh of captains, and the flesh of mighty men, and the flesh of horses, and of them that sit on them, and the flesh of *all men*, both free and bond, both small and great.... The remnant [those who remained] were *slain* with the sword of him that sat upon the horse, which sword proceeded out of his mouth: and *all* the fowls were filled with their flesh." (Revelation 19:17, 18, 21) This description, connected with Luke 17:37, makes it clear that the ones taken are the wicked, who will be taken in death.

Isaiah wrote, "Come near, ye nations, to hear; and hearken, ye people: let the earth hear, and all that is therein; the world, and all things that come forth of it. For the indignation of the Lord is upon *all* nations, and his fury upon all their armies: he hath *utterly destroyed them*, he hath delivered them to the slaughter." (Isaiah 34:1, 2)

If a person could only imagine the destruction which the coming of Christ will bring upon the earth, there wouldn't be a doubt in his mind concerning the death of the wicked. The Bible describes Christ's second coming by saying, "The kings of the earth, and the great

men, and the rich men, and the chief captains, and the mighty men, and every bondman, and every free man, hid themselves in the dens and in the rocks of the mountains; And said to the mountains and rocks, Fall on us, and hide us from the face of him that sitteth on the throne, and from the wrath of the Lamb.” (Revelation 6:15, 16)

During the sixth plague there will be an earthquake like never before. “Every island [will flee] away and the mountains [will not] be found.” (Revelation 16:20) “And there [will fall] upon men a great hail out of heaven, every stone about the weight of a talent.” (Revelation 16:21) Isaiah described this time in the following manner, “For the windows from on high are open, and the foundations of the earth do shake. The earth is utterly broken down, the earth is clean dissolved, the earth is moved exceedingly. The earth shall reel to and fro like a drunkard, and shall be removed like a cottage; and the transgression thereof shall be heavy upon it; and it shall fall, and not rise again.” (Isaiah 24:18-20)

The Condition of the Earth During the Millennium

The Bible states that “the slain of the Lord shall be at that day from one end of the earth even unto the other end of the earth: they shall not be lamented, neither gathered, nor buried; they shall be dung upon the ground.” (Jeremiah 25:33) Why won’t they be buried? Because there will be no one to bury them! Everyone will be dead. When Christ gathers His people, and they return to heaven for a thousand years, and the wicked are destroyed, then will come to pass the saying, “Behold the Lord maketh the earth empty, and maketh it waste, and turneth it upside down, and scattereth abroad the inhabitants thereof... The land shall be utterly empty and utterly spoiled: for the Lord hath spoken this word.” (Isaiah 24:1, 3)

The earth will be empty and it will be darkened. Jeremiah describes the emptiness of the earth after the birds have fled from the great supper that was depicted in Revelation 19. He wrote, “I beheld the earth, and, lo, it was without form, and void; and the heavens, and they had no light. I beheld the mountains, and, lo, they trembled, and all the hills moved lightly. I beheld, and, lo, there was *no man*, and all the birds of the heavens were fled. I beheld, and lo, the fruitful place was a wilderness, and all the cities thereof were broken down at the presence of the Lord, and by his fierce anger. For thus hath the Lord said, The whole land shall be desolate; yet will I not make a full end.” (Jeremiah 4:23-27)

At this time Satan will find himself in the abyss (translated “bottomless pit” in Revelation 20) that was once a beautiful lively planet. He is bound by a chain of circumstances; there is no one to tempt, no one to destroy and no soul to steal. The saved are in heaven with Christ. The lost are dead. He is alone with his demons, for a thousand years, to contemplate the destruction of the earth and the coming judgment.

Even those who hold to other teachings concerning the return of Christ, will often liken the thousand years to the Sabbath of the earth; *but* they do not understand how the earth keeps a sabbath. “Your land shall be desolate, and your cities waste. Then shall the land enjoy her sabbaths, as long as it lieth desolate.” (Leviticus 26:33, 34)

The End of the Millennium

God said to Jeremiah, “The whole land shall be desolate; yet will I not make a full end.” After the thousand years Christ will return and set His feet upon the Mount of Olives, the same place from which He ascended. “And the Mount of Olives shall cleave in the midst thereof toward the east and toward the west, and there shall be a very great valley; and half of the mountain shall remove toward the north, and half of it toward the south.” (Zechariah 14:4) Then the holy city, New Jerusalem, with all the saints safely within its walls, will settle in the newly created plain. (See Zechariah 14:10, 11; Revelation 21:2.)

“When the thousand years are expired, Satan shall be loosed out of his prison.” (Revelation 20:7) How is Satan loosed? you might ask. The answer is found in the same chapter. “But the rest of the dead lived not again until the thousand years were finished.” (Revelation 20:5) With the return of Christ to the earth, the wicked dead are raised. Now Satan is loosed; he once again has people to deceive. The wicked are again subject to the one they served in their previous life. Satan gathers them (the resurrected wicked) “together to battle: the number of whom is as the sand of the sea. And they went up on the breadth of the earth and compassed the camp of the saints about, and the beloved city [New Jerusalem].” (Revelation 20:8, 9) As Satan and the wicked are gathered around the beloved city, with their hearts full of hatred, Jesus Christ, the Judge of the universe, appears sitting upon His throne. The knees of the wicked are unbuckled and they bow before the majesty of the Son.

Paul prophesied this when he wrote, “God also hath highly exalted [Christ], and given him a name which is

above every name: That at the name of Jesus *every* knee should bow... And that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.” (Philippians 2:9-11)

The Final Destruction of the Wicked

The lives of the wicked flash before their eyes. They are convicted of their sins, and judged according to their works. “And fire came down from God out of heaven, and devoured them.” (Revelation 20:9) “Their flesh shall consume away while they stand upon their feet, and their eyes shall consume away in their holes, and their tongue shall consume away in their mouth.” (Zechariah 14:12) This is when the Scripture will be fulfilled which says, “The heavens being on fire shall be dissolved, and the elements shall *melt* with fervent heat.” (2 Peter 3:12)

So we see the earth has gone from a green lively planet before the plagues are poured out, to an abyss during the millennium, and now to a lake of fire after the millennium. The wicked are rewarded with torments in the flames of hell fire until they are fully consumed and brought to ashes. Some will be destroyed almost instantly, others will suffer longer; all are rewarded according to their works. The end result of the eternal fire is the same as it was during the days of Sodom.

Jude wrote, “And the angels which kept not their first estate, but left their own habitation, he hath reserved in everlasting chains under darkness unto the *judgement* of the *great day*. Even as Sodom and Gomorrah, 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*.” (Jude 1:6, 7) We see here that the cities of Sodom and Gomorrah suffered *eternal fire*, even though they are not still burning, but have long since been turned into ashes.

Peter wrote about God’s destruction of Sodom and Gomorrah when he wrote, “And turning the cities of Sodom and Gomorrah into *ashes* condemned them with an overthrow, making them *an ensample* unto those that after should live ungodly.” (2 Peter 2:6)

What was the effect of the *eternal fire*? It burned them up; there wasn’t anything but ashes left! And notice that both Jude and Peter said this was an example to all them who live ungodly. Even Satan, who will suffer the longest in the flames, will be brought to the same destruction. Note: Forever is translated from *aeon*, defined as “from age to age.”

God prophesied about Satan’s complete destruction when He spoke to Satan through the prophet Ezekiel, saying, “*I will destroy thee*, O covering cherub [winged angel], from the midst of the stones of fire,... therefore I will bring forth a fire from the midst of thee, it shall devour thee, and I will bring thee to ashes upon the earth in the sight of all them that behold thee. All they that know thee among the people shall be astonished at thee: thou shalt be a terror, and *never shalt thou be any more*.” (Ezekiel 28:16-19)

According to God, Satan will be completely destroyed, never to return. He will share this fate with all his angels and the wicked. The destruction will be so complete that there will not even be a coal left to warm at when it is finished. “Behold, they shall be as stubble; the fire shall burn them; they shall not deliver themselves from the power of the flame: there shall not be a coal to warm at, nor fire to sit before it.” (Isaiah 47:14)

A New Heaven and a New Earth

After all this takes place, God will create a new heaven and a new earth. Peter wrote, “Nevertheless we, according to his promise, look for new heavens and a new earth, wherein dwelleth righteousness.” (2 Peter 3:13) Once the wicked are destroyed, the sea of fire will be cooled and the earth will be re-created. John saw this in vision and he wrote, “I saw a new heaven and a new earth: for the first heaven and the first earth were passed away; and there was no more sea.” (Revelation 21:1) The earth will once again be perfect, the saved who had safely dwelt in the city, the New Jerusalem, will come forth, and the meek shall inherit the new earth. (See Matthew 5:5.)

Malachi foretold this when he wrote, “And ye shall go forth, and grow up as calves of the stall. And ye shall tread down the wicked: For they shall be *ashes under the soles* of your *feet* in the day that I shall do this, saith the Lord of hosts.” (Malachi 4:2-3) We look for the time very soon when it can be said, “Behold the tabernacle of God is with men, and he will dwell with them, and they shall be his people, and God himself shall be with them, and be their God. And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.” (Revelation 21:3, 4)

(Brother Martin Bledsoe writes from his home in Kentucky. If you would like to contact Martin, you can write him at PO Box 1171, Evarts, Kentucky 40828. His e-mail address is: Martintheman@hotmail.com. *Editor*)



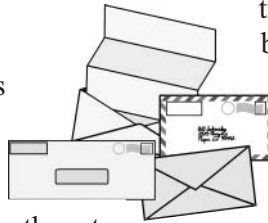
Letters from our Readers



(Each month we receive letters that help us to know how God's work is progressing throughout the world. Because we think you are interested in this work as well, we are printing some of them for you. If you do not wish your letter to be printed, please let us know when you write. We cannot guarantee the truthfulness of every letter contained herein. *Editor*)

The Work Around the World

"I have received the package you sent. I was browsing the literature and found that the message is both thrilling and fascinating. I can't wait to spread the truth to other people. I will try to duplicate the literature and distribute them to many people.



"The subject on the Trinity has been thoroughly dealt with and truly Babylon has fallen already. Thank you for sharing such enlightenment. Your love is beyond compare.

"I wish and pray that I could reach several individuals, hence I have started sharing this good news of salvation. There is joy in my heart. I am really so glad that I can't express the joy I have.

"I also do commend you for the puzzle you inserted—oh! what a brilliant Bible study guide."

South Africa

"We now have a unique opportunity to translate the video tapes in *The Good News About God* series into Portuguese. A brother in our community has the necessary equipment to do that, but I have to translate all the speaking. We plan to put the written words on the video in Portuguese immediately. Afterwards we plan to translate the voice.... We plan to produce all the tapes in CD format and also put them on the Internet.

"Please look into the possibility of coming to Brazil and having a conference series here."

Brazil

"Dear Brother Beachy, we are very happy because you and Brother Howard Williams came to our house, and also because you clarified my doubt and confusion. Many times I was confused about God, the Son and the Holy Spirit, whether they are one or three. But you gave very nice Bible verses and you proved what the Bible says about God."

India

"I ran across your website and I was very impressed. I am from West Virginia,... but I spend most of my time in Europe.... I went to the Seventh Day Baptists and was ordained and worked for them in missionary outreach to the Nordic area and the old Soviet Union. For the last 13 years I have engaged in independent ministry trying to

bring the Bible and the Sabbath to Muslims in various ways.... We hold Sabbath services in our home, in an effort to attract Muslims... always including the ten commandments, which we make the basis of everything. We have no contact or co-operation with any religious establishment, and I have had no communication from the Seventh Day Baptists for over a decade, probably because of my anti-trinitarian stand.... We had

never, until seeing your website, found any like believers who maintained the original anti-trinitarian doctrine. I should be pleased to have some contact with you, and perhaps on my next visit home to meet you."

Finland

Literature

"Please send me your free newsletter.... Someone left a tract of yours at my house. It sounds credible and I would like to hear more."

Minnesota

"My husband and I enjoy your news/magazine. Our daughter is in the army and is in Iraq. Would you please send our daughter the magazine and keep her and all the troops in your prayers. If you have any extra back issues, please mail them also, as she will share reading material with others. Thanks so much!"

Ohio

"Please remove me from your distribution list. Please notify me when this is complete which is soon I hope. God Bless."

Michigan

"I wish to write a few words of encouragement to you. Your ministry has touched my soul! As I read *Present Truth* there is a beauty of simplicity. There is a revealing of the love of God for me that touches my heart. Spiritual truth softens the heart towards God. Through your ministry I have been led to the central core truth of Christianity—the love that the Father and His Son have for us.

"The 'orthodox Christianity' of our day (both Catholic and Protestant)—has at its core a lie for its central belief—the trinity. The world is in the darkness of spiritual apostasy. Smyrna Gospel Ministries is a light in God's hands to help enlighten a darkened world.

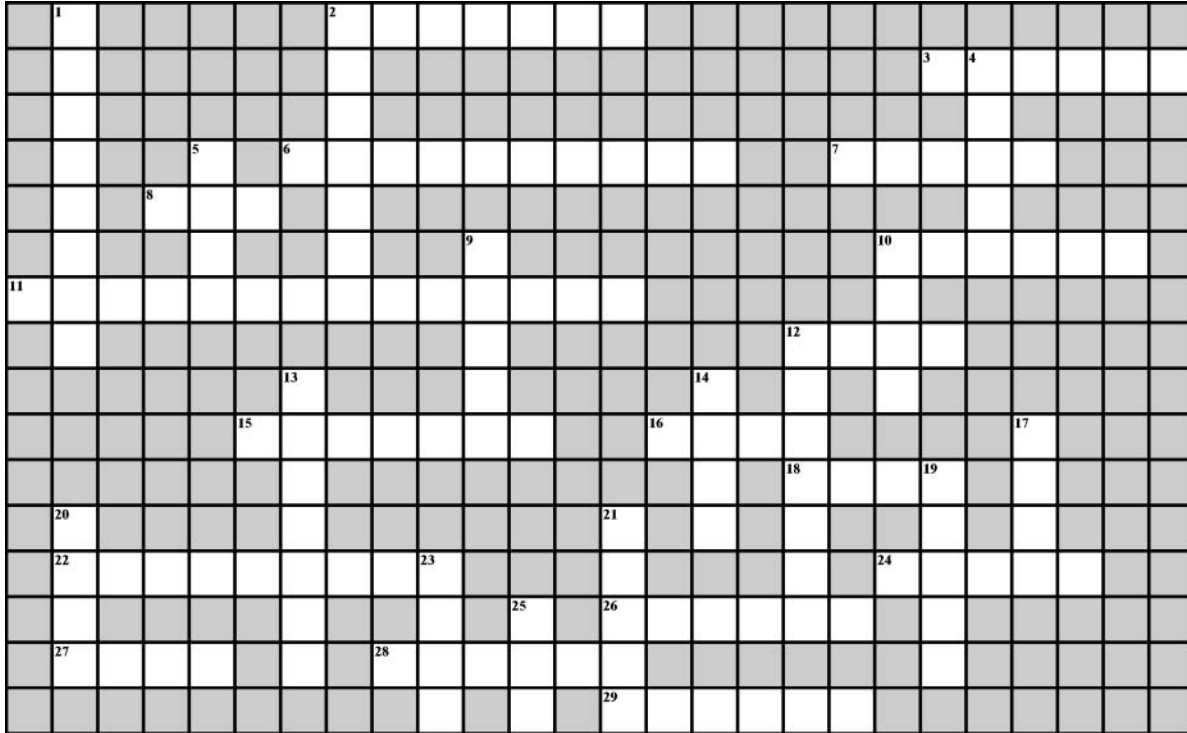
"I'm thankful for the devotion of Allen Stump, Lynnford Beachy, David Clayton and Howard Williams, and the other dedicated workers at Smyrna and Restoration Ministries. I hope others around the world will catch the spirit of this message and do their part in spreading it. What a spiritual boost you are to my life. Thank you, thank you!"

Utah

Something for the Young at Heart

This month we are continuing a series of crossword Bible studies that are based on the “These Last Days” Bible Lessons. In order to maintain the flow of the study, this crossword puzzle is not split into Across and Down sections—Across or Down is indicated at the end of each line.

Nebuchadnezzar's Dream



Answers are on page 11

- God tells us His plans in advance so that we might _____. John 14:29—**2 Down**
- Jesus said we ought to understand the prophecies of _____. Mark 13:14—**26 Across**
- **Note:** Read Daniel 2:1-35. Then find answers to these questions:
- King Nebuchadnezzar was troubled to know the _____. Daniel 2:3—**7 Across**
- The king asked the wise men to show him the _____ of the dream. Daniel 2:6—**11 Across**
- Who gave this dream to the king? Daniel 2:28—**8 Across**
- The dream was given to reveal things that must come to _____. Daniel 2:29—**17 Down**
- Nebuchadnezzar saw a great _____ in his dream. Daniel 2:31—**4 Down**
- The head of this image was made of _____. Daniel 2:32—**23 Down**
- The breast and arms were made of _____. Daniel 2:32—**29 Across**
- The belly and thighs were made of _____. Daniel 2:32—**24 Across**
- The legs were made of _____. Daniel 2:33—**14 Down**
- The feet were made part of iron and part of _____. Daniel 2:33—**12 Across**
- King Nebuchadnezzar was represented by the _____ of gold. Daniel 2:38—**20 Down**
- What nation did Nebuchadnezzar represent? Daniel 1:1—**2 Across**
- After Nebuchadnezzar's golden kingdom another _____ was to arise. Daniel 2:39—**13 Down**
- When Babylon fell the kingdom was given to the _____ and Persians. Daniel 5:28—**21 Down**
- By what animal is Medo-Persia symbolized in Chapter 8? Daniel 8:3, 4, 20—**25 Down**
- What animal smote the ram? Daniel 8:5-7—**10 Down**
- What nation does this animal represent which would conquer Medo-Persia? Daniel 8:21—**10 Across**
- This third kingdom would rule over all the _____. Daniel 2:39—**19 Down**
- When the first king of Greece fell, the kingdom would be divided into _____ parts? Daniel 8:8, 21, 22—**5 Down**
- **Note:** The great horn between the goat's eyes represented Alexander the Great, who died at a young age without arranging for a successor to rule the kingdom. True to prophecy, the territory was divided into four smaller kingdoms ruled by four generals, and remained divided until superseded by the next world empire.
- After this a _____ came forth. Daniel 8:9 (2 Words)—**6 Across**
- After Greece, the fourth kingdom that comes to power will be of a _____ countenance. Daniel 8:23—**3 Across**
- **Note:** After Greece, the fourth and final nation to rule the world was the Roman empire.
- The ram was “great,” the goat was “very great” and the little horn was _____ great. Daniel 8:9—**22 Across**

- **Note:** Each kingdom was greater than the one before. The little horn could not be one of the kings of Greece, for there was no greater Grecian king than the first king, Alexander the Great.
- From its point of origin, this kingdom spread toward the south, east, and the ____ land. Daniel 8:9—**1 Down**
- **Note:** Rome, coming from the west, gained control of Egypt, Syria, and Palestine.
- According to Nebuchadnezzar's dream, this fourth kingdom would be as strong as _____. Daniel 2:40—**16 Across**
- This kingdom would then be _____. Daniel 2:41—**15 Across**
- **Note:** The Roman Empire divided up the territory and eventually became the modern nations of Europe.
- The Bible says that these kingdoms will mingle themselves together but will not _____ to one another. Daniel 2:42, 43—**28 Across**
- **Note:** Time and again since the fall of Rome men have attempted to unite the world under a single government. But the word of God has declared that it cannot be done, and according to that decree all attempts have failed.
- God will set up His eternal kingdom "in the _____ of these kings." Daniel 2:44—**27 Across**
- God's kingdom will break in pieces and _____ the kingdoms of men. Daniel 2:44—**12 Down**
- What represented God's kingdom in Nebuchadnezzar's dream? Daniel 2:45—**9 Down**
- Daniel said the dream is certain and the interpretation _____. Daniel 2:45—**18 Across**

Lessons on Faith (Part 9)

by Alonzo T. Jones

"Being justified by faith, we have peace with God through our Lord Jesus Christ." (Romans 5:1)

Since faith is the depending upon the word of God only, for what that word says, being justified by faith is simply being accounted righteous by depending upon the word only.

And since the word is the word of God, dependence upon the word only is dependence upon God only, in the word. Justification by faith, then, is justification—being accounted righteous by dependence upon God only, and upon him only because he has promised.

We are all altogether sinners—sinful and ungodly. We are, therefore, all subject to the judgment of God. (Romans 3:9-19) Yet for all of us there is escape from the judgment of God. But the only way of escape from the judgment of God is *to trust in God*.

When David had sinned in numbering the people and so had incurred the exemplary judgment of God, the Lord gave him his choice as to whether there should be seven years' famine or he should flee three months before his enemies or there should be three days' pestilence. But David would not choose at all. He deferred it all to the Lord, for *him* to choose, saying, "Let us fall now into the hand of the Lord, for his mercies are great." (2 Samuel 24:11-14)

When depending upon God alone, in his word, for righteousness, we have peace with God, because thus we really obtain righteousness and "the work of righteousness shall be peace, and the effect of righteousness quietness and assurance forever." (Isaiah 32:17)

When depending upon God alone in his word, for righteousness we have peace through our Lord Jesus

Christ, because "He is our peace, who hath made both" God and man "one," "having abolished in his flesh the enmity" "for to make in himself of twain—of God and man" one new man, *so* making peace." (Ephesians 2:14, 15)

Further: when depending upon God alone, in his word, for righteousness, we have peace with God through our Lord Jesus Christ, because God *has* "*made peace* through the blood of his cross, by him to reconcile all things unto himself . . . whether they be things in earth or things in heaven. And *you*, that were sometime alienated and enemies in your mind by wicked works, yet *now hath* he reconciled in the body of his flesh through death to present you holy and unblameable and unrepachable in his sight: *IF ye continue in the faith*"—if you continue to depend only upon God alone in his word. (Colossians 1:20-23)

When he has made the way so plain, the justification so complete, and the peace so sure to all, and asks all people only to receive it all by simply accepting it from him and depending upon him for it, why should not every soul on earth be thus justified and have the peace of God through our Lord Jesus Christ?

This is "what the Scripture means when urging upon us the necessity of exercising faith." Are *you* exercising faith? Are you justified by faith? Have you righteousness by faith? Have you peace with God through our Lord Jesus Christ?

"Have faith in God." (Mark 11:22)



(This article was first printed in the February 14, 1899 issue of *The Review and Herald*. It is also found on pages 33, 34 of the book *Lessons on Faith* by A. T. Jones and E. J. Waggoner.

Editor)

Fearfully and Wonderfully Made (Part 18)

By George McDaniel

(This is the eighteenth in a series of health articles that are designed to help you gain a deeper appreciation for God's amazing handiwork of the human body and a better understanding of how it works and how it can be better maintained by simple methods. George McDaniel is my father-in-law, and has been a registered nurse for many years, which, along with much research, has taught him many useful health principles. I pray that you are being blessed by these articles. *Editor*)

Air - Part 2

The body can compensate for a lack of food intake in several ways. 1) It slows down the metabolism rate of cellular activity. 2) It uses stored reserves of carbohydrate, protein, and fat. 3) It recycles nutrients made available by the breakdown of cells. When forced to use body tissue for energy production, it first uses non-essential tissues. It does all it can to preserve vital tissues. A person can live for several weeks without eating.

The body also has mechanisms to compensate for a lack of water intake. 1) Urinary output decreases. 2) The urine becomes more concentrated. 3) The circulatory system reduces blood flow to less vital areas of the body. A person can live for several days without drinking.

The body has no way to compensate for a deprivation of oxygen. Cells deprived of oxygen die in a few minutes. Brain cells, which have the highest energy level of all the cells in the body, die after being without oxygen for only eight minutes in most circumstances. There have been instances where people who drown in cold water have been revived after being without oxygen for up to 30 minutes and have suffered no apparent loss of brain function. This is due to the slowing down of metabolic activity by the cold water. Cells need a continuous supply of oxygen to enable them to produce energy and, as soon as this stops, the cells die very quickly.

One currently-held theory of aging is that the aging process involves dysfunctional oxygen metabolism. Cells, tissues, and body organs age because they cannot maintain normal oxygen metabolism.

In last month's article, proper breathing technique was mentioned. What happens to the air we inhale? It is filtered, warmed, and moisturized as it passes through the nose and throat. It then passes through the larynx, down the trachea, and into the branching bronchial tubes. These tubes continue to branch, getting smaller and smaller and more numerous. Finally the air passes through the terminal bronchiole into a cluster of about 20 tiny air sacs, called alveoli. This terminal bronchiole with its air sacs is called a respiratory unit. There

are about 200,000 of these units in each lung. If the alveoli in the lungs were stretched out flat they would cover about 750 square feet (about 70 square meters).

Each sac in a respiratory unit is surrounded by a network of tiny blood vessels. These vessels are separated from the air sacs by a very thin membrane. Here is where the basic function of the lung occurs. Oxygen from the air in the sacs passes through the membrane into the red blood cells and carbon dioxide passes from the red blood cells into the air sacs. The oxygen is then taken to every cell in the body, and exchanged once more for carbon dioxide. Once inside the cell, the oxygen goes to the mitochondria where it plays an important part in the reactions which change the glucose and fat from the diet into energy. Every step in the process is mediated by an enzyme. Anything that interferes with any step in this whole process causes the body to operate less efficiently and can result in disease and death.

Some examples of conditions that can cause a decrease in oxygen to the cells:

- ◆ Anything that causes weakness or paralysis of the respiratory muscles or interferes with their movement, such as spinal cord injury, drug overdose, central nervous system lesion or infection, myasthenia gravis, Guillotine Barre syndrome, or even massive obesity or tight corsets such as women used to wear. These things make it difficult, or impossible, for the lungs to get the air they need for optimal function of the body.
- ◆ Asthma and bronchitis cause a narrowing of the air passages and thus reduce the volume of the air available.
- ◆ Emphysema results from exposure to irritating substances such as tobacco smoke or other environmental toxins. It results in the breakdown of the walls of the alveoli so that instead of there being 20 small air sacs at the end of the terminal bronchiole there may be one large one, thus greatly reducing the surface area available for gas exchange.
- ◆ Exposure to dust containing certain minerals can result in conditions called silicosis and black lung disease. This causes the walls of the alveoli to become stiff so that they are unable to expand and contract to let air move in and out.
- ◆ There are some conditions that cause a build up of fluid in and around the alveoli which block the exchange of gases into and out of the blood. This includes such things as congestive heart failure, pneumonia, inhalation of smoke or irritating chemicals, or aspiration of liquids.

All of these things mentioned so far only involve one end of the system that gets oxygen to the cells. Anything that hinders circulation of the blood also impedes the intake of oxygen and the release of carbon dioxide. Arteriosclerosis causes not only a hardening, but also a narrowing of the arteries and thus restricts blood flow. This can cause symptoms such as angina pain of the heart and cramping pain of leg muscles, known as intermittent claudication. This pain becomes more severe during exercise. As the condition worsens, even mild exercise will cause pain. The pain is due to a lack of oxygen in the cells involved.

At the cellular level there are also many things that can interfere with oxygen uptake. Dehydration is one cause. Another is heavy metals. Heavy metals such as lead, mercury and arsenic disrupt the enzymes needed for the utilization of oxygen.

Here is a list of some factors that can put us at risk for decreased oxygen to the body:

- ♦ Unresolved anger
- ♦ Spiritual void
- ♦ Lack of physical fitness
- ♦ Sleep difficulties
- ♦ Chronic dehydration
- ♦ Poor dietary choices which leads to nutritional deficiencies
- ♦ Constipation and slow bowel transit time
- ♦ Food allergies and incompatibilities
- ♦ Environmental sensitivity
- ♦ Hormonal imbalances
- ♦ Toxic metal overload
- ♦ Cumulative synthetic chemical overload
- ♦ An overburdened liver system
- ♦ A polluted blood system

This list is not complete but it shows that there are many factors that can lead to dysfunctional oxygen metabolism which results in illness and premature aging. You will notice that some of these risk factors are physical, some are psychological, and some are spiritual. Our relationships with one another and with God are at least as important to our health as are the purely physical factors.


Paul tells us in 1 Corinthians 10:31, "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." This tells us that everything we do, even our eating and drinking, has a spiritual side to it. If we have a spiritual emptiness in us it causes stress. We learned last month that stress causes the muscles to become tense and affects our breathing. It also depresses the immune system and makes us more liable to become sick. J. I. Rodale, who founded and served as editor for many years of the magazines *Organic Gardening* and *Prevention*, noted the relationship

between mood and health in a book entitled *Happy People Seldom Get Cancer*.

Poor health doesn't usually strike all at once, like lightning out of a clear blue sky. It comes on gradually, little by little. Many people don't even notice their health is gradually worsening until some catastrophic event occurs, such as a heart attack or cancer. Then they become interested in health, but it is a long and difficult process to regain the health they have lost. Many never do because they don't know how and don't know where to go for help.

Many people also accept, without question, statements from friends or health care providers that aches and pains and physical and mental weakness are to be expected as one grows older. Unfortunately, because of the lifestyle they have lived all their lives, this is all too true for too many people.

How much better it would be to follow correct lifestyle practices from the time one is young and remain strong and active well past 100 years of age. There are many things that I wish I had known forty or fifty years ago. We can't go back in time and make changes but we can make changes now that will affect the future.

There is still more to say about air, but it will have to wait until next time. 

Health Tip #1

Garlic and the Common Cold

One of the best ways I have found to avoid the common cold is to use fresh garlic. For me, almost every time I catch a cold it starts with a sore throat. This usually begins very mildly in the evening, just before bedtime. As soon as I notice this happening, I like to take one or two cloves of fresh garlic and eat it, with some crackers or something light to help it go down. (I get nauseous if I eat garlic on an empty stomach.) I have found that every time I do this the cold is completely avoided, and the next morning the sore throat is gone and I do not get a cold at all. I have found this to work every time I have tried it, and everyone I know who has tried it has had the same results.

If I do not do this as soon as I notice a sore throat coming on I will wake up the next morning with a much worse sore throat, and all the symptoms of a cold will follow. If I take the garlic any time later than when the sore throat begins it seems to have no effect. It may shorten the cold and reduce its severity, but it is almost unnoticeable. It has to be done at the very first sign of the cold.

Note: Fresh raw garlic is much better than processed garlic pills. Also, it works better if it is crushed which allows chemicals inside to mix to provide maximum benefit. This can be done by chewing. If you wish to minimize offensive garlic breath you can crush it and then swallow it without chewing. Editor



The Work in Africa

by Lynnford Beachy



The work in Africa is progressing very well despite the persecution and difficulties the ministers suffer. There are many ministers in Africa who have taken up the torch of truth to share the light of the gospel with the dying world around them.

I would like to share with you a few letters we received from ministers in Africa that will help you to get an understanding of what is going on in there.

Kenya

“Rejoice in the lord always, again I say rejoice” because the work is continuing to expand on all fronts of Nairobi even though workers are few. I thank God for what He is doing here. Many people were touched with the message and some were converted to the faith during my visit to some areas of Nairobi and my work on the streets and also in the buses where I distributed some tracts.

I visited a trinity believing church and when I went in they gave me time to speak to them, thinking that I would have no proof to show them that God is not a trinity. I proved to them from the Bible the truth about God and most of them accepted it and were converted to the faith. I challenged the pastor of this church to tell me the name of the Holy Spirit since the Father has a name and the Son has a name. Again I asked him to tell me where the Bible tells us to keep the first day of the week as the Lord’s day. This happened in front of his church. The pastor answered me and said, “I have no answer at this time, but let me go and search for scripture proofs that God is a trinity and I will show them to you later.” When I was at home I received a call from him, asking me to meet with him so he could give me the answers. Immediately I went as we agreed because I was very much interested to hear his answers. When I saw him he was different. He started by asking me in a humble way, “Where did you get this truth from?” Then he said, “I can’t prove from the Bible that God is a trinity.” I told him that he was right, and I explained that I received this truth from my dear brothers and sister from the USA. I continued explaining to him that I also have other brothers in Kenya who are teaching this truth. He concluded by saying, “If you go all

around Nairobi, you can’t find people teaching the truth like you are.” He said, “I have seen the light and the truth from the Bible. I will change my church to a Sabbath-keeping church and quit worshiping many gods; instead, we will worship only one God, the Father of Jesus.” He said many other things that I cannot write them all down for you. This is a short report, but you can see that the truth is getting home this Sabbath.

This is just a short sample of the letters we receive from Kenya where the Lord is greatly blessing His work to spread the truth about God’s love in giving His only begotten Son to die for our sins, and the truth about the Sabbath.

Zimbabwe

As far as we are aware, Zimbabwe is the only place in Africa where a printing work has been established for the purpose of spreading the truth about God and other distinctive teachings that have been presented in *Present Truth*. So far they have printed literature that has gone to Zambia, Congo, Malawi, Tanzania, Kenya, and Uganda. With their meager finances, they do what they can to spread the message of God’s love. We recently received this letter:

I would like to invite you to join us in thanking the Lord for being so good to us during our two-week crusade, which ended with a baptism ceremony. It was really interesting to see precious souls being baptized in the name of Lord Jesus amid great opposition from their former brethren. I could not foresee us carrying out the crusade because the former brethren did all they could to stop us from witnessing and preaching. They even went to the extent of using the local authorities to try to stop us.

Praise be unto God for He brought a spirit of confusion upon those who were sent to stop the work of God. It reminded us of the confusion at the Tower of Babel. For sure, if God be for us, who can be against us? I thank God for giving us courage to continue with His work.

Above all, we thank God for being so good to His people. Because of His love, twelve souls were baptized and eight souls are awaiting the next baptism.

I pray that the Lord may keep these precious souls for His name's sake. Finally, I would like to extend this request on behalf of the brethren there. Most of them have no clothes to put on. Some are even ashamed to come for worshiping because of nakedness. If there are any who can give old clothes or rags for both old and young, it will help a great deal. May the Lord bless as you pray for these brethren.

If you would like to send clothes to these brethren, please send them directly to Zimbabwe. Contact us and we will give you their address.

South Africa

I just want to let you know that this gospel is spreading like hot cakes. I am studying with a group of people who are really seeing that there is an error with the trinity doctrine. They are realizing the truth just as I realized it. I am sending the literature you gave me to others so much that I cannot meet the demand. Thank you for the videos you are sending to me, as people will appreciate the message more when they see someone preaching.

Video and audio cassettes are of great importance. Send them and I will notify you of the results. I am now really fascinated with this great truth from you Bereans, so much that if I am going to die let it be for the truth.

A dear friend of mine would like to receive booklets and newsletters from you. He has been touched by the truth you are sharing with us.

There are several people in South Africa who are busy distributing truth-filled literature, cassettes and videos to those around them. Please continue to pray for this work as the Lord takes the reins into His own hands.

Uganda

Grace and peace be yours in abundance through the knowledge of God and of Jesus our Lord.

Thank you for the material sent to me for study and consideration. I have read all of it, but I could not watch the video tape yet because I do not have a video player.

I am not content with surface work, nor do I take the sayings of others for the truth. We are to study God's Word diligently, earnestly and prayerfully and be ready to obey whatever the Lord says. Our salvation depends upon the knowledge of God and Jesus Christ, who is the way, the truth and the life. (John 14:6)


Apostasy takes time, like the change of Sabbath to Sunday, therefore we are to keep aware of the advice of Jesus Christ, where He said that we should watch and pray. I am studying and taking serious consideration of the materials sent to me. I will also add that the form of education we saw in Uganda in the early years up to 1970 has disappeared. The higher the university degrees obtained the more worldly one seems to become. We are to be watchful and pray, and hold fast what we have that none takes away our crown.

May the grace of God and the love of Jesus Christ be with you and your ministry.

The truth has touched many lives in Uganda, and it is continually spreading. While Howard Williams and I were in Africa, we had the privilege of studying with two of the ministers who are now working in Uganda to spread this message. They gained a deep appreciation for the truth, and this appreciation has spread to others. Please continue to pray for these workers in Uganda, and the salvation of souls who are lost in darkness and sin.

Conclusion

Please pray for all the work in Africa as it is growing rapidly and many people are accepting the truth. Please pray that they will be steadfast and follow the Lord and His truth unto the end. Also, please pray that the Lord will supply all the needs of these brethren, some of whom are suffering persecution from their former brethren.

On behalf of the brethren in Africa I would like to thank each of you who have prayed for the work in Africa, for the Lord has certainly answered many of your prayers, so please keep it up. 

Answers to "Nebuchadnezzar's Dream" Crossword Puzzle on page 6



Meeting Schedule

I would like to inform you of some upcoming meetings that will be held in several cities across the country in July and August of this year. Lynnford Beachy will be speaking at the following locations:

Moab, Utah Meetings: On Friday evening, July 18, and Sabbath morning, July 19, 2003, we will be holding meetings at the conference room of the Moab Valley Inn, located at 711 S. Main St. in Moab, Utah. The first meeting will begin at 7 p.m. Friday evening, and the Sabbath morning meetings will take place from 9 a.m. to 12 p.m. with a fellowship meal immediately following. For more information contact Dave Seibert at: (435) 259-5336.

Tucson, Arizona Meetings: On Friday evening, July 25, and all day Sabbath, July 26, 2003, we will be holding meetings at The Tree of Life Ministry located at 4545 S. Mission Road in the Mountain Vista Mobile Home Park, Trailer #317. The first meeting will begin at 7 p.m. on Friday evening, with the Sabbath meetings being held from 9:30 a.m. to 12:00 p.m., followed by a fellowship dinner and afternoon meetings beginning at 3 p.m. For more information contact Valerie Williams at: (520) 731-2212.

Sacramento, California Meetings: On Sabbath afternoon and evening, August 2, 2003, we will be holding meetings at a home located at 5405 Celestial Way, Citrus Heights, California (Sacramento area). The meetings will begin at 3 p.m. and continue until 8:30 p.m. with an evening meal provided. For more information contact Sally Specht at: (707) 965-1379, or after July

31 call (916) 965-6393. If you plan to attend please be sure to call Sally ahead of time so she can make proper arrangements.

Northern Minnesota Meetings: On Friday evening, August 8, 2003, we will be having a meeting starting at 7 p.m. in a home near Fertile, Minnesota. On Sabbath, August 9, 2003, from 9 a.m. to 12 p.m., we will be having meetings at the Embassy Community Center on the corner of 3rd St. and Eaton Ave. N. in Fosston, Minnesota. For more information contact Joseph Lahud at: (218) 945-3733. *Editor*

Note: Due to camp meeting, deaths in our family, and a sickness, my secretary (also my mother-in-law), Esther McDaniel, and I have gotten behind in our correspondence. In addition, we will be out of the office most of July and the first half of August, so please be patient with us. We will answer your calls and letters as soon as possible. Thank you for your consideration. *Editor*

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Note: If you move, please send us your new address. If you inadvertently get deleted from our mailing list, without your request, please write us and verify your valid address.

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