

Present Truth

2 Peter 1:12

Dear Readers,

October 2004

“Grace be unto you, and peace, from God our Father and the Lord Jesus Christ.” (Colossians 1:2) I pray that this month finds you prospering and in health. The church in Orlando, Florida, has asked us to announce that they will be hosting a camp meeting, January 26-31, 2005, at the River Forest Campground located in the southeast corner of the Ocala National Forest. All are welcome. Make plans early to attend. For more information please contact Bill James by calling (407) 446-7654 or email him at abj1818@earthlink.net. Also, for those of you in the Ohio area, Lynnford Beachy will be speaking at the church in Newark on October 9. For more information please contact Steve Sutton at (740) 763-0155.

Prayer Request: Please continue to pray for Michael Sibanda who is on death row in Zimbabwe for a crime he did not commit. The judges have ruled against him, and he sees no chance for an appeal. You may wish to write him at: Michael Sibanda #3572/01, Harare Central Prison, PO Box CY 188, Causeway, Zimbabwe, Africa.

An Examination of Seven Reasons for Sunday-Keeping

by J. N. Andrews

“All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness; that the man of God may be perfect, thoroughly furnished unto all good works.” (2 Timothy 3:16, 17)

In this text we are assured that every word of the sacred Scriptures was given by the Holy Spirit; that every doctrine which men should believe is therein revealed; that every fault is therein reproofed; that every error is corrected by its words of truth; and that perfect instruction in all righteousness is therein given.

The design of its Author in providing such a book was, that the man of God might thereby be made perfect, thoroughly furnished unto all good works. This is the treasure which God has given to his church. Nor is this all that he has done. To those who are willing to obey the teachings of his word he has promised the Spirit to guide them into all truth.

To men thus situated, Jehovah thus speaks: “Prove all things; hold fast that which is good.” (1 Thessalonians 5:21) That is, bring every part of your faith and practice to the test of God’s sure word; ask the Holy Spirit’s aid, that your mind may be delivered from prejudice, and your understanding enlightened in the word of truth. Then, what you find revealed in that word, hold fast; it is of priceless

value; but relinquish at once every precept or doctrine not therein recorded, lest you make the doctrines of men of equal weight with the commandments of God. “What is the chaff to the wheat? saith the Lord.” (Jeremiah 23:28)

As the first day of the week is now almost universally observed in the place of the Sabbath of the fourth commandment, we design in this study to examine the grounds on which this observance rests. Those who are willing to submit their opinion to the test of Scripture and of reason are invited to unite with us in the examination of this subject. For what reason do men prefer the first day of the week to the ancient Sabbath of the Lord? On what authority do men continually violate the day which God sanctified, and commanded mankind to keep holy? Come, now, and let us reason together. Here is the commandment which it is said has been changed:

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“Remember the Sabbath day, to keep it holy. Six days shalt thou labor, and do all thy work; but the seventh day is the Sabbath of the Lord thy God; in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy man-servant, nor thy maid-servant, nor thy cattle, nor thy stranger that is within thy gates; for in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day; wherefore the Lord blessed the Sabbath day, and hallowed it.” (Exodus 20:8-11)

That this commandment requires men to remember and to keep holy the rest-day of the Creator, which He hallowed at the close of the first week of time, none can deny. We now ask for the authority for the change of this commandment.

Roman Catholics believe that their church had power to change the fourth commandment; and, on that authority alone, they are perfectly satisfied in observing the first day of the week.

Protestants deny the authority of the church or Rome, and attempt to vindicate the change of the Sabbath by an appeal to the Bible. This is what we wish them to do. We ask them, therefore, to present a single text in which it is said that God has changed His Sabbath to the first day of the week. The advocates of the change have none to offer. If they cannot present such a text, will they give us one which testifies that God ever blessed and sanctified the first day of the week? Its observers admit that they have none to present. But will they not give us one text in which men are required to keep the first day holy, as a Sabbath unto the Lord? They acknowledge that they have none. How, then, do they dare to exalt the first day of the week above the Sabbath of the Lord, which the commandment requires us to remember, and keep holy?

The Bible thoroughly furnishes the man of God unto all good works. Can Sunday-keeping be a very good work when the Bible has never said anything in its favor? Or, if it is a good work, can men be very thoroughly furnished in its defense when God has said nothing in its favor? Instead of being a good work, must it not be a fearful sin against God to thus pervert the fourth commandment, when once the mind has been enlightened on the subject?

But there are several reasons urged for the observance of the first day of the week, which we will here notice.

First Reason:

Redemption is greater than creation; therefore we ought to keep the day of Christ's resurrection, instead of the ancient Sabbath of the Lord.

Where has God said this? Sunday-keepers are compelled to admit that he never did say it. What right, then,

has any man to make such an assertion, and then to base the change of the Sabbath upon it? But suppose that redemption is greater than creation who knows that we ought to keep the first day of the week on that account? * God never required men to keep any day as a memorial of redemption. But if it were a duty to observe one day of the week for this reason, most certainly the crucifixion day presents the strongest claims. It is not said that we have redemption through Christ's resurrection; but it is said that we have redemption through the shedding of his blood. “And they sung a new song, saying, Thou art worthy to take the book, and to open the seals thereof; for thou wast slain, and hast redeemed us to God by thy blood, out of every kindred, and tongue, and people, and nation.” (Revelation 5:9) “In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace.” (Ephesians 1:7; Colossians 1:14; Hebrews 9:12, 15)

Then redemption is through the death of the Lord Jesus; consequently the day on which He shed His precious blood to redeem us, and said, “It is finished” (John 19:30), is the day that should be kept as a memorial of redemption, if any should be observed for that purpose.

Nor can it be urged that the resurrection day is the most remarkable day in the history of redemption. It needs but a word to prove that, in this respect, it is far exceeded by the day of the crucifixion. Which is the more remarkable event, the act of Jehovah in giving His beloved and only Son to die for a race of rebels, or the act of the Father in raising that beloved Son from the dead? There is only one answer that can be given: It was not remarkable that God should raise His Son from the dead; but the act of the Father in giving His Son to die for sinners was a spectacle of redeeming love on which the universe might gaze, and adore the wondrous love of God to all eternity. Who can wonder that the sun was veiled in darkness, and that all nature trembled at the sight! The crucifixion day, therefore, has far greater claims than the day of the resurrection. God has not enjoined the observance of either; and is it not a fearful act to make void the commandments of God by that wisdom which is folly in His sight? (1 Corinthians 1:19, 20)

But if we would commemorate redemption, there is no necessity of robbing the Lord's rest-day of its holiness in order to do it. When truth takes from us our errors, it always has something better to take their place.

* **Editor's Note:** Redemption and creation are closely linked, for redemption is creation—it is God creating a new heart in a person, making them a new creature. (Psalm 51:10; Ezekiel 36:26, 27; 2 Corinthians 5:17)

So the false memorial of redemption being taken out of the way, the word presents in its stead those which are true. God has provided us with memorials, bearing His own signature; and these we may observe with the blessing of Heaven. Would you commemorate the death of our Lord? You need not keep the day of His crucifixion. The Bible tells you how to do it.

“For I have received of the Lord that which also I delivered unto you, That the Lord Jesus the same night in which he was betrayed took bread; and when he had given thanks, he brake it, and said, Take, eat; this is my body, which is broken for you; this do in remembrance of me. After the same manner also he took the cup, when he had supped, saying, This cup is the new testament in my blood: This do ye, as oft as ye drink it, in remembrance of me. For as often as ye eat this bread, and drink this cup, ye do show the Lord’s death till he come.” (1 Corinthians 11:23-26)

Would you commemorate the burial and resurrection of the Saviour? You need not keep the first day of the week. The Lord ordained a very different and far more appropriate memorial. “Know ye not that so many of us as were baptized into Jesus Christ were baptized into his death? Therefore we are buried with him by baptism into death; that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life. For if we have been planted together in the likeness of his death, we shall be also in the likeness of his resurrection.” (Romans 6:3-5) “Buried with him in baptism, wherein also ye are risen with him through the faith of the operation of God, who hath raised him from the dead.” (Colossians 2:12)

It is true that the professed church have changed this ordinance to sprinkling, so that this divine memorial of the Lord’s resurrection is destroyed. And that they may add sin to sin, they lay hold of the Lord’s Sabbath and change it to the first day of the week, thus destroying the sacred memorial of the Creator’s rest, that they may have a memorial of Christ’s resurrection! “The earth also is defiled under the inhabitants thereof; because they have transgressed the laws, changed the ordinance, broken the everlasting covenant.” (Isaiah 24:5) When will the professed church cease to pervert the right ways of the Lord? Not until the “inhabitants of the earth are burned, and few men left.” (Isaiah 24:5, 6)

Second Reason:

The disciples met on the day of our Lord’s resurrection to commemorate that event, and the Saviour sanctioned this meeting by uniting with them. (John 20:19)

If every word of this were truth, it would not prove that the Sabbath of the Lord has been changed. But to show the utter absurdity of this inference, listen to a few facts. The disciples did not then believe that their Lord had been raised from the dead, but were assembled for the purpose of eating a common meal, and to seclude themselves from the Jews. The words of Mark and of John make this clear: “He appeared in another form unto two of them, as they walked, and went into the country. And they went and told it unto the residue; neither believed they them. Afterward he appeared unto the eleven as they sat at meat, and upbraided them with their unbelief and hardness of heart, because they believed not them which had seen him after he was risen.” (Mark 16:12-14) John says: “Then the same day at evening, being the first day of the week, when the doors were shut where the disciples *were assembled for fear of the Jews*, came Jesus and stood in the midst, and saith unto them, Peace be unto you.” (John 20:19)

It is a fact, therefore, that the disciples were not commemorating the resurrection of the Saviour; it is equally evident that they had not the slightest idea of a change of the Sabbath. At the burial of the Saviour, the women who had followed him to the tomb returned and prepared spices and ointments to embalm him; the Sabbath drew on; they rested the Sabbath day according to the commandment; and when the Sabbath was past, they came to the sepulcher upon the first day of the week to embalm their Lord. (Luke 23:55, 56; 24:1) They kept the Sabbath, according to the commandment, and resumed their labor on the first day of the week.

Third Reason:

After eight days, Jesus met with his disciples again. John 20:26. This must have been the first day of the week, which is thereby proved to be the Christian Sabbath.

Were it certain that this occurred on the first day of the week, it would not furnish a single particle of proof that that day had become the Sabbath of the Lord. But who can be certain that “after eight days” means just a week? It would be nearer a literal construction of the language to conclude that this was upon the ninth day. As an illustration, read Matthew 17:1: “And after six days, Jesus taketh Peter, James, and John,” &c. Now turn to Luke 9:28: “And it came to pass about an eight days after these sayings, he took Peter, and John, and James,” &c. Then, “after six days” is about eight days in this instance. But if “after eight days” means just a week, how does this prove that Sunday has taken the

place of the Lord's Sabbath? Rather, how does it prove that Sunday has become the Christian Sabbath, when there is not a particle of evidence that either Christ or his apostles ever rested on that day? There is no such term as Christian Sabbath found in the Bible. The only weekly Sabbath named in the Bible is called the Sabbath of the Lord.

Was the act of Christ in appearing to His disciples sufficient to constitute the day on which it occurred the Sabbath? If so, why did He next select a fishing day as the time to manifest Himself to them? (John 21) If it is not sufficient, then the Sunday on which He was first seen of them, the fishing day on which they next saw Him, and the Thursday on which He was last seen of them, may not be Sabbaths. It was not very remarkable that Christ should find His disciples together, inasmuch as they had one common abode. (Acts 1:13)

Fourth Reason:

The Holy Spirit descended upon the disciples on the day of Pentecost, which was the first day of the week. Therefore, the first day of the week should be observed instead of the Sabbath of the Lord. (Acts 2:1, 2)

Admitting that the day of Pentecost occurred upon the first day of the week, it remains to be proved that that day thereby became the Sabbath. But that it was the feast of Pentecost, and not the first day of the week, that God designed to honor, the following facts demonstrate:

1. While the day of Pentecost is distinctly named, the day of the week on which it occurred is passed in silence.

2. The disciples had been engaged in earnest prayer for the space of ten days; for the day of Pentecost was fifty days from the resurrection of Christ, and forty of those days He spent with His disciples. (Acts 1) Forty days from His resurrection would expire on Thursday, the day of His ascension. A period of ten days after His ascension on Thursday would include two first-days, the last of which would be the day of Pentecost. If the design of God had been to honor the first day of the week, why did not the Holy Ghost descend on the first of those first-days? Why must the day of Pentecost come before the Holy Ghost could descend? This answer is obvious: It was not the design of Heaven to honor the first day of the week, but to mark the antitype of the feast of Pentecost. Hence the first day of the week is passed in silence.

The slaying of the paschal lamb on the fourteenth day of the first month had met its antitype in the death of the Lamb of God on that day. (Exodus 12; John 19; 1 Cor-

inthians 5:7) The offering of the first-fruits on the sixteenth day of the first month had met its antitype in the resurrection of our Lord on that day, the first-fruits of them that slept. (Leviticus 23; 1 Corinthians 15:20-23) It remained that the day of Pentecost, fifty days later, should also meet its antitype. (Leviticus 23:15-21) The fulfillment of that type is what the pen of inspiration has recorded in Acts 2:1, 2. God has spoken nothing in this place respecting a change of His Sabbath. Yet grave men, calling themselves Doctors of Divinity, consider this text one of their strongest testimonies for their so-called Christian Sabbath. They might be profited by this advice of the wise man: "Add thou not unto his words, lest he reprove thee, and thou be found a liar." (Proverbs 30:6)

Fifth Reason:

Paul once broke bread upon the first day of the week at Troas. Hence this day was observed as the Christian Sabbath. (Acts 20:7)

We answer that at one period the apostolic church at Jerusalem broke bread every day. (Acts 2:42-46) If a single instance of breaking bread at Troas upon the first day of the week was quite sufficient to constitute it the Sabbath, would not the continued practice of the apostolic church at Jerusalem in breaking bread every day be amply sufficient to make every day a Sabbath? Moreover, as the act of the great Head of the church in breaking bread must be quite as important as that of His servant Paul, must not the day of the crucifixion be pre-eminently the Christian Sabbath, as Christ instituted and performed this ordinance on the evening with which that day commenced? (1 Corinthians 11:23-26)

But on what day of the week did this act of Paul's occur? For, if it is of sufficient importance to make the day of its occurrence the future Sabbath of the church, the day is worth determining. The act of breaking bread was after midnight; for Paul preached to the disciples until midnight, then healed Eutychus, and after this attended to breaking bread. (Acts 20:7-11) If, as time is reckoned at the present day, the first day of the week terminated at midnight, then Paul's act of breaking bread was performed upon the second day of the week, or Monday, which should henceforth be regarded as the Christian Sabbath, if breaking bread on a day makes it a Sabbath.

But, if the Bible method of commencing the day, viz., from sunset, was followed, it would appear that the disciples came together at the close of the Sabbath for an evening meeting, as the apostle was to depart in the morning. If it was not an evening meeting, why did they have many lights there? Paul preached unto them until

midnight, and then broke bread with the disciples early in the morning of the first day of the week. Did this act constitute that day the Sabbath? If so, then why did Paul, as soon as it was light, start on his long journey to Jerusalem? If Paul believed that Sunday was the Christian Sabbath, why did he thus openly violate it? If he did not believe it had become the Sabbath, why should you? And why do you grasp, as evidence that the Sabbath has been changed, a single instance in which an evening meeting was held on Sunday, while you overlook the fact that it was the custom of this same apostle to preach every Sabbath, not only to the Jews, but also to the Gentiles? (Acts 13:14, 42, 44; 16:13; 17:2; 18:4)

Paul broke bread on the first day of the week, and then immediately started on his long journey to Jerusalem. So that this, the strongest argument for the first day of the week, furnishes direct proof that Sunday is not the Sabbath.

Sixth Reason:

Paul commanded the church at Corinth to take up a public collection on the first day of the week; therefore it follows that this must have been a day of public worship, and consequently is the Christian Sabbath. (1 Corinthians 16:2)

We answer, it is a remarkable fact that Paul enjoins exactly the reverse of a public collection. He does not say, Place your alms in the public treasury on the first day of the week; but he says, "Upon the first day of the week let every one of you lay by him in store."

J. W. Morton, in his "Vindication of the True Sabbath," pages 51, 52, says:

"The apostle simply orders that each one of the Corinthian brethren should lay up at home some portion of his weekly gains on the first day of the week. The whole question turns upon the meaning of the expression, 'by him;' and I marvel greatly how you can imagine that it means 'in the collection-box of the congregation.' Greenfield, in his Lexicon, translates the Greek term, 'by one's self, i.e., at home.' Two Latin versions, the Vulgate and that of Castellio, render it, 'apud se,' with one's self, at home. Three French translations, those of Martin, Osterwald, and De Sacy, 'chez soi,' at his own house, at home. The German of Luther, 'bei sich selbst,' by himself, at home. The Dutch, 'by hemselfen,' same as the German. The Italian of Diodati, 'appresso di se,' in his own presence, at home. The Spanish of Felipe Scio, 'en su casa,' in his own house. The Portuguese of Ferreira, 'para isso,' with himself. The Swedish, 'noer sig self,' near himself. I

know not how much this list of authorities might be swelled; for I have not examined one translation that differs from those quoted above."


The text, therefore, does not prove that the Corinthian church was assembled for public worship on that day; but, on the contrary, it does prove that each must be at his own home where he could examine his worldly affairs, and lay by himself in store as God had prospered him. If each one should thus, from week to week, collect his earnings, when the apostle should come their bounty would be ready, and each would be able to present to him what he had gathered. So that, if the first-day Sabbath has no better foundation than the inference drawn from this text, it truly rests upon sliding sand.

Seventh Reason:

John was in the Spirit on the Lord's day, which was the first day of the week. (Revelation 1:10)

This is the kind of reasoning which the advocates of Sunday are invariably obliged to adopt. But we ask, What right have they to assume the very point which they ought to prove? This text, it is true, furnishes direct proof that there is a day in the gospel dispensation which the Lord claims as His; but is there one text in the Bible which testifies that the first day of the week is the Lord's day? There is not one. Has God ever claimed that day as His? Never. Has God ever claimed any day as His, and reserved it to Himself? He has. "And God blessed the seventh day, and sanctified it; because that in it he had rested from all his work which God created and made." (Genesis 2:3) "To morrow is the rest of the holy Sabbath unto the Lord." (Exodus 16:23) "The seventh day is the Sabbath of the Lord thy God." (Exodus 20:10) "If thou turn away thy foot from the Sabbath, from doing thy pleasure on my holy day." (Isaiah 58:13) "Therefore the Son of man is Lord also of the Sabbath." (Mark 2:28)

Then the seventh day is the day which God reserved to Himself when He gave to man the other six; and this day He calls His holy day. This is the day which the New Testament declares the Son of man to be Lord of.

Is there one testimony in the Scriptures that the Lord of the Sabbath has put away His holy day and chosen another? Not one. Then that day which the Bible designates as the Lord's day is none other than the Sabbath of the fourth commandment. 

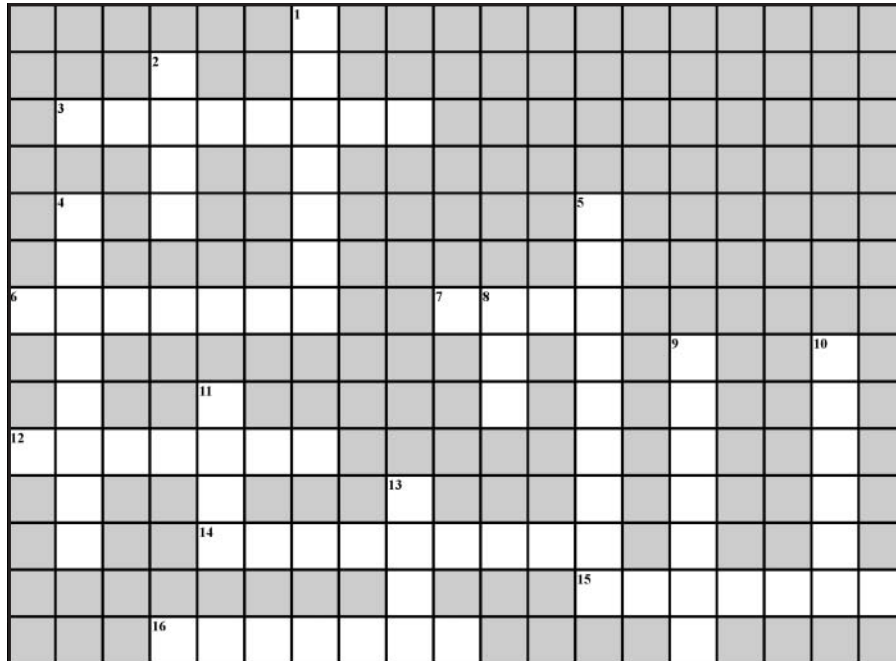
(This article was taken from a tract printed in 1889 by the Pacific Press Publishing Company. Some Bible references have been added where they were left out in the original.

Editor)

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.

The World's Greatest Time Prophecy



Answers are on page 12

Note: You are about to study the longest and most significant time prophecy in the Bible. Given more than 500 years before the death of Christ, it accurately pinpoints the time of His sacrifice. And as the only place in the Old Testament that speaks of a coming “Messiah” by that term, it ranks at the top of all Messianic prophecies. Yet this prophecy, found in the eighth and ninth chapters of the book of Daniel, moves beyond the earthly ministry of Christ to provide a panorama of His present work for us in the courts of heaven.

We will cover the prophecy in three lessons. In the first we will concentrate on establishing the time elements involved. The next two lessons will take us into the throne room of God, opening to our understanding the special work of Jesus for us in these last days.

The prophecy of Daniel 8 begins with a ram and a goat. After discussing the goat’s horns, the vision then turns to the activities of the little horn, which magnifies itself to defy heaven, casting truth to the ground and trampling upon the sanctuary and the host.

- How long would it take until the sanctuary and the host would no longer be trodden upon? Daniel 8:13, 14 (Numbers and letters)—**4 Down**
- Who was commissioned to make Daniel understand the vision? Daniel 8:16—**12 Across**

Note: The angel began to explain the vision. He told Daniel that the ram represented Medo-Persia; the goat and its horns represented Greece. He enlarged a little on the activities of the little horn, but said nothing more about the time factor involved.

- When Gabriel stopped short of a full explanation, Daniel _____. Daniel 8:27—**16 Across**

Note: “Afterward I rose up, and did the king’s business; and I was astonished at the vision, but none understood it.” (Daniel 8:27)

- When Gabriel finally returned to explain the time portion of the vision, how much of the 2300 days did he say was designated for the Jewish people? Daniel 9:21-24 (Numbers and letters)—**6 Across**

Note: Seventy weeks is 490 days. Subtract that from the total 2,300 days, and 1,810 days of the prophecy are left.

- In Bible prophecy, God has appointed a short unit of time to represent a longer time period. What does a day represent? Ezekiel 4:6—**7 Across**

Note: “Each day for a year.” (Numbers 14:34) Applying this rule, 2,300 prophetic days is actually 2,300 literal years, the first 490 of which pertained to the Jews.

- The time period would begin when the command went forth to rebuild _____. Daniel 9:25—**5 Down**
- In fulfilling God’s command, three kings of _____ would need to make decrees regarding the rebuilding of Jerusalem? Ezra 6:14—**10 Down**

Note: The final decree, that of Artaxerxes, is recorded in Ezra 7, and went into effect in the autumn of 457 B.C.

➤ Who would appear after seven weeks and sixty-two weeks? Daniel 9:25—**15 Across**

Note: Sixty-nine weeks is 483 prophetic days. From the autumn of 457 B.C., 483 years takes us to the autumn of A.D. 27. According to the prophecy, that is when the Messiah would appear. “Messiah” is the Hebrew word for “Anointed one.” The Bible tells us that “God anointed Jesus of Nazareth with the Holy Ghost and with power.” (Acts 10:38) That anointing took place at His baptism. (John 1:32) Jesus was baptized in the autumn of A.D. 27, the precise time foretold in Daniel’s prophecy.

➤ After Jesus was baptized, Andrew told his brother, “We have found the ____.” John 1:41—**1 Down**

➤ Shortly after His baptism, Jesus said, “The ____ is fulfilled.” Mark 1:15—**13 Down**

➤ Indicating that Jesus came right on schedule, Paul said, “When the ____ of the time was come, God sent forth his Son.” Galatians 4:4—**9 Down**

➤ In the midst of the seventieth week Jesus would cause the ____ and the oblation to cease. Daniel 9:27—**14 Across**

Note: That “week” would be the last seven years of the “70-week” portion of the prophecy. It extended from the autumn of A.D. 27 to the autumn of A.D. 34. In the spring of A.D. 31, exactly half way through that

seven-year period, Jesus brought to an end the whole system of sacrifices and oblations by offering Himself as the Lamb of God, to whom the whole sacrificial system had pointed.

➤ The veil in the temple in Jerusalem was ____ in twain when Jesus died which signified that its ritual services would never again have any meaning. Matthew 27:51—**2 Down**

➤ Seventy weeks were determined upon the Jewish people to finish the transgression and make an end of _____. Daniel 9:24—**11 Down**

Note: The “seventy-week” portion of the 2,300 years ended in A.D. 34. In that year Israel’s probationary time ceased, and they sealed their rejection of Christ by stoning Stephen. With the Jews no longer God’s chosen people, the gospel began to be proclaimed to the Gentiles, and the Christian church inherited all the privileges promised to the descendants of Abraham. (Galatians 3:29) The temple and the city of Jerusalem were destroyed by Roman armies in A.D. 70. (Daniel 9:26, 27; Mark 13:14)

From the autumn of A.D. 34, 1,810 years of the prophecy remained. Add 1,810 to 34 and it brings us to the autumn of the year 1844.

➤ At the end of the “2300-day” period the sanctuary would be _____. Daniel 8:14—**3 Across**

➤ Knowledge of the prophecies of Daniel would be increased at the time of the _____. Daniel 12:4—**8 Down**

Fearfully and Wonderfully Made

by George McDaniel

Insulin Resistance Syndrome - Part 2

(Insulin resistance is caused by exposing the cells of the body to high levels of insulin. When this happens they become unable to respond normally to insulin. This is a recent development due to the modern diet of large amounts of refined carbohydrates. It is an important health issue because insulin has many functions in the body. As the cells become resistant, the pancreas puts out more insulin to compensate, and the cells respond by becoming more resistant. Eventually disease symptoms occur. If possible, read the previous article, in the September 2004 issue of *Present Truth*, for the introduction to this topic.)

So far we have seen that insulin helps transport glucose into the cell for use as fuel for energy. It also takes excess glucose and turns it into a readily available storage form called glycogen and stores it in the muscle tissue and in the liver. Only a small amount can be stored as glycogen. The rest of the excess is turned into fat and stored in the fat cells.

Insulin is also related to immune function. It has been known for many years that sugar suppresses immune

function. It was discovered about 30 years ago that white blood cells need vitamin C so they can destroy bacteria and viruses. White blood cells require about 50 times more vitamin C inside the cell as is found outside.

Most animals are able to make vitamin C in their livers. It is a process that requires several steps, each step requiring a specific enzyme to accomplish it. Only humans and a couple of other species are not able to do this. One of the others is the guinea pig. Vitamin C is made from glucose. Humans lack one enzyme needed for this process. Since vitamin C and glucose have a similar chemical structure, they compete with one another to enter the cells. If glucose levels are high, there will be less vitamin C allowed into the cell. Also, many people have very low vitamin C levels. The same thing that mediates the entry of glucose into the cell is what also mediates the entry of vitamin C. That is, of course, insulin.

A function of insulin that was mentioned earlier is the storage of excess nutrients, not just glucose. Minerals, such as magnesium and calcium require the assistance of

insulin to be taken in. Magnesium is known as a natural calcium channel blocker. Excess calcium causes muscle cells to contract. Magnesium counteracts this action of calcium. There needs to be a balance. Many people take calcium supplements to help prevent osteoporosis. Very few are aware that they should also take extra magnesium to balance the calcium. Magnesium in the muscle cell helps the muscle relax. Without adequate magnesium, blood vessels constrict, which raises blood pressure.

Insulin also causes the retention of sodium, which results in fluid retention, which also contributes to high blood pressure. High levels of insulin also strongly stimulate the sympathetic nervous system, which will raise the blood pressure.

A study was done a few years ago that showed that heart attacks are more likely following a high carbohydrate meal. It was specifically stated, not after a high fat meal. The immediate effects of the high carbohydrate meal is an increase in insulin, which stimulates the sympathetic nervous system, which can cause arterial spasm. Anyone prone to a heart attack is more likely to get it after a high carbohydrate meal.

Another effect of high insulin levels on the cardiovascular system was mentioned earlier when it was stated that arterial endothelium, the cells lining the inside of the arteries, does not become insulin resistant. One of the actions of insulin is that it causes cells to divide. A doctor in the early 70s was doing insulin experiments with dogs. He accidentally inserted an intravenous catheter into the femoral artery of a dog, instead of putting it into the vein. After about three months of dripping insulin into that artery, he found that it was almost totally occluded with plaque. The artery in the other leg was clear. High levels of insulin in the blood can cause occlusion of arteries. With high insulin levels, due to insulin resistance affecting the heart in so many ways, it is no wonder that heart disease is the main cause of death in this country.

Insulin helps control the activity of other hormones. For instance, growth hormone (GH). The pituitary gland produces GH. It goes to the liver, which then produces IGFs. This stands for insulin-like growth factor. These are the major growth factors of the body. Their molecular structure is almost identical to insulin. Insulin can cross-react with IGF receptors on the cells to promote cellular proliferation. Body builders use insulin to help develop their muscles. Some actually inject insulin, but most simulate the body's own insulin with supplements.

Insulin helps control the production of cholesterol. Cholesterol is the substance the body uses to produce the sex hormones estrogen, progesterone and testosterone.

There is an intermediate hormone called DHEA, which the body can change into estrogen or testosterone. Studies have shown that high levels of insulin resistance cause low levels of DHEA. It is likely that the age-related decline in DHEA is due to increasing insulin resistance.


Diseases result from a lack of communication among the body's cells. Most of us are familiar with athletes' use of what are called anabolic steroids. This term means hormones that build body tissue. The most common is androstenedione, called andro for short. Andro is changed in the body to testosterone. The testosterone is what causes the development of muscle. Most people are also aware that misuse of such substances as androstenedione can have dangerous effects on the health of the user.

Hormones are inter-cellular messengers. There are many hormones that result in building up the body. We have mentioned some of these—growth hormone, IGF, the sex hormones testosterone, progesterone, and estrogen are major ones. There has to be a balance among them, and the receptors for these substances have to be in good working order. There are also hormones that tear down the body, such as cortisol and adrenaline. These are referred to as catabolic hormones. They are also necessary to the proper function of the body. They are produced mainly while we are awake. Anabolic hormones are produced predominately while we are asleep.

Catabolic hormones are also called stress hormones. They are produced to help us deal with stresses. If we are constantly under stress, they are over-produced and we become ill. Insulin resistance is itself stressful and interferes with intercellular communication.

Even a condition such as osteoporosis is related to insulin control. Calcium does not have a homing device that tells it to go to a bone. Bone growth and maintenance are controlled by anabolic hormones, just as is every other aspect of body growth and maintenance. If the cells are insulin resistant, some of the calcium that is taken in may go to the bone, but a lot of it will go to where it is not needed, such as joints, soft tissues, and artery linings.

From all this, we can see how insulin resistance is one of the main causes of disease, since it interferes with the body's ability to respond to hormonal signals in addition to some of the more direct actions on body systems.

Solutions to this problem will be discussed in upcoming articles in this series. 

(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.)

Editor

Encouraging News

by Lynnford Beachy

We would like to share with you some amazing news.

On Tuesday, August 24, I discovered that my sister, Lucinda Beachy (Lucy), from Tucson, Arizona, was missing. On Monday morning, she had gone to Mount Lemmon to hike on some newly-opened trails. The trails had been closed for several months after a fire swept across the mountain, making it difficult to see the trails in certain areas. This did not deter her, since she had hiked these trails many times before, and had even lived with her family on the mountain for several of her childhood years.



Aerial view of Mount Lemmon where Lucy was lost

She had planned, as usual, to be home no later than 3:00 p.m. so she would be there before her daughter returned from school. When she failed to appear on Monday, her three children began to worry. I called her house on Tuesday morning, and discovered that she had been missing since Monday. After offering up earnest prayer for her safety, I telephoned my mother, who then filed a missing person's report with the Pima County Sheriff's Department.

An intensive search began, directed by the Sheriff's Department but led by the Southern Arizona Rescue Association (SARA, an association of volunteers who volunteer their time and resources to find people lost in southern Arizona). Lucy's car was found in the parking lot of Marshall's Gulch, just below the town of Summerhaven, but there was no sign of Lucy.

Over 60 rescue workers searched the rugged terrain of Mount Lemmon. Tracking dogs and helicopters were also used in the search. Two rains had fallen since she was missing, which caused her scent to be very faint. The tracking dogs were not able to find her.

While this was taking place, Lucy's family, myself included, grew more and more concerned for her safety. Of the six siblings who were raised in Tucson, only Lucy remained in Arizona. All the rest of us made our homes in distant places of the United States. By Wednesday evening, several of her family decided that we must go to Arizona to help with the rescue effort. I booked a flight to Tucson, and arrived on Thursday morning. After making preparations, which included purchasing a GPS unit and binoculars, a few friends accompanied me as I went to the mountain to help search for my sister. We prayed earnestly for her safety and began hiking the trails where the rescue workers thought she might be.

My wife arrived that evening with our youngest son, to help in any way she could. We did not find Lucy on Thursday. As night began to fall, we were forced to call off the search until morning. At 7:00 a.m. each morning the Sheriff's office was filled with rescue workers awaiting directions of how the search would be carried out that day. On Friday morning there were only about eight people, besides our group, who met at the Sheriff's office. It was a little disap-



Lucy's son, Alex, and others helping in the search

pointing to see so few people taking part in the search that day. I was certainly glad that I had come to Arizona to help with the search. There were about six in our group that morning who drove up the mountain to help in any way we could. We were directed to search the Aspen trail where Lucy had told friends she would be hiking. As the day progressed seven more of Lucy's friends met us to help with the search. Friday was another disappointing day, with no sign of Lucy.

On Sabbath morning there were about forty volunteer rescue workers attending the meeting, in addition to fifteen of her friends and family. I was very encouraged by the large

turnout, and prayed earnestly that God would direct us to where Lucy was located. We drove up the mountain and began our search in earnest. After a few hours of searching, an empty Mountain Dew can and an empty bag of pretzels were



My friend Sean and others helping in the search

found, two of Lucy's trademarks. This was the first evidence that was found that seemed to point toward Lucy. This gave the rescue workers a renewed hope. News crews were there each day, and on Saturday they asked me about the new evidence. I told them, "I am really excited about the new evidence, and the large number of rescue workers who showed up today. I really believe Lucy will be found today."

"The Lynnford group" as we were called, hit the trails in earnest, forming large sweep lines to cover a large area in a grid search. One person would stay on the trail, while all the rest of us would fan out in a line about fifty to a hundred feet apart from each other. We did some extreme hiking that day, trying to cover as much area as possible. At about 5:00 that evening, we heard base camp on our FRS radios saying, "Base camp to Lynnford group, you can come back to base now." I was confused. It did not get dark until about 6:30, so we had more time to search. The transmission came again, "Lynnford group, you can come back to base, we found Lucy." An unusual mixture of emotions flooded each one in our group. I didn't know whether to be happy or sad, because there was what seemed to be a long delay before the next transmission. Finally we heard, "We found Lucy, rescuers have made visual and voice contact with her. Come back to base." We were ecstatic! It was hard to control my emotions. I shouted into the radio, "Praise God! Thank you to all the rescuers!"

We made our way back to base rejoicing all the way. I told reporters back at base, "This is the best day of my life, except for the day I gave my life to the Lord." I explained, "Most of the news we hear from the media is bad news. We hear about murders and disasters. Today we have heard

some very good news. As I see the way the community and friends have banded together to help my sister, it has renewed my faith in humanity. There is still a lot of good in the world. I want to thank each of the rescue workers and the com-



Lucy with her children, father and brothers

munity, but especially I want to thank God for preserving Lucy's life and bringing her back to us safely." It was a wonderful experience.

We heard that Lucy would be airlifted to the base of the mountain, to be transferred to a medical helicopter and taken to the hospital. I wanted to see her right away, but she was in a canyon six miles away. Our group rushed down the mountain so that we could be at the hospital as soon as she arrived. She told me later that she was put on a stretcher and attached by a cable to the bottom of a helicopter. She expected to be pulled into the helicopter, but instead she remained dangling from the bottom of the helicopter for the entire flight to the bottom of the mountain. Fortunately it was only about five minutes.

At the hospital, Lucy waved to news crews as she was wheeled into the hospital. After getting her settled in, they let her immediate family come to her room to see her. My mother, brother, and their spouses met me at the hospital after a long drive from Florida. I was very anxious to see Lucy, and told the rest of our family that I wanted to spend an hour with her, but I could not. She was doing very



Lucy a few hours after she was found

well. She was happy, laughing and joking. She said that she prayed to God constantly and He held her hand the whole time. It was great to see her doing so well. Her legs were bruised and scraped pretty badly, but she did not have any broken bones, other than a fractured vertebra. This was amazing because she fell off a waterfall that was estimated to be between 60 and 80 feet high. She said the waterfall had a gradual slope to it, so she did not fall straight down. She slid much of the way on her bottom and back. Fortunately she had a backpack, which, along with the help of God's angels, kept her head from hitting any rocks. She did not have any head injuries. Praise the Lord! She landed in a shallow pool of water, and made her way to the edge. When she tried to stand she saw white lights and felt dizzy and lightheaded. She decided to lie down and pray to be rescued.



Lucy's bruised legs

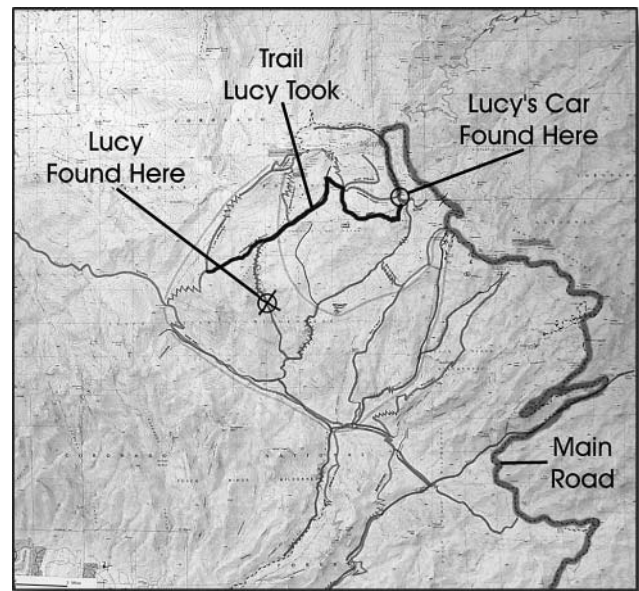
Amazingly, after wandering around the mountain for six days, she fell only two hours before being rescued. Lucy explained that she hiked down a familiar trail for about five miles, but about the time she was going to return she lost the trail. She looked around for it, but could not find it. She wandered around until dark, when she made a fire and wrapped in a light blanket for the night. She ran out of water and food by the second day, so she began drinking creek water and eating grass. She said she did not know what else was safe to eat. She formed grass into a small pellet, and ate it three times a day. She found a large creek, which she thought would lead up to her car. After following it for a while she discovered that she was following the wrong creek, one which was much steeper than the other. She turned around to go down, planning to follow it to the bottom of the mountain, and that is when she fell. After a couple hours she heard voices, and yelled for help. The rescuers asked, "Are you Lucy?" She replied, "Yes, I am lost and I need help."

Lucy was found about six miles from her car by trail, and about 3.5 miles by air. She said that she heard a helicopter fly overhead several times, but it stopped coming on the third day. She tried to get their attention by lighting a fire, but the smoke was hid by the trees, and she could not be seen. When the helicopter stopped flying overhead, she thought that they had given up on her. She had no idea that hikers were out looking for her.

The search for Lucy was the focus of the news each day in Tucson. She was on every major television news station, as well as the newspapers. When I was still in West Virginia I followed their stories over the Internet. News

Channel 4 had video coverage of Lucy online. Their website is www.kvoa.com. *The Arizona Daily Star* and *The Tucson Citizen* ran daily articles about her—online at: www.azstarnet.com and www.tucsoncitizen.com. On Tuesday morning, August 31, she appeared live on CBS' *Early Morning Show* which was viewed nationwide. Up until that time her story was only on the local news channels.

The doctors say she will not be able to walk normally or work for three months. Being a single mom, it is going to be very hard for her, while she is raising three children. KVOA has set up a bank account for her and asked viewers to help her financially so she can survive the next few months. The Apple Farm Restaurant, where she works as a waitress and manager, held a car wash for her on September 1, which raised \$812 to help with her rent and utilities. The community has shown support, and we are all very thankful for that. All of the news reporters were very kind to us while we were in Tucson. We are also very thankful to all the rescue workers who donated their time and resources to search the mountains for my sister. I was amazed to learn that none of



Trails, roads and waterways on top of the mountain

them get paid, and before being accepted they must attend schooling for a year and a half, including an EMT course, after which they must provide all of their own equipment. Our whole family is very thankful for their dedication, and for the kindness of all the Sheriff deputies who were so helpful during the search, as well as to KVOA for arranging a way to help Lucy with her bills over the next few months.

Please pray for my sister and her children during the next few months. Pray most importantly that their relationship with God will grow stronger and stronger. This experience has strengthened her faith and that of her children (especially her son, Alex), in the existence and goodness of God. Praise the Lord for this experience. ✍️

September Meeting Report

I attended two camp meetings and two evangelistic meetings during the month of September. The Lord greatly blessed in each of these meetings. The first was held in Maine, where David Clayton and I presented the truth about God while some others gave some excellent health talks.

The next meeting was in Colorado, where the Lord greatly blessed. Several brethren presented excellent messages. I focused on Salvation, Judgment, and the Love of God. One young lady, who had known very little about God, asked God to forgive her sins, and asked Jesus into her heart. It was thrilling to see.

Then there was a meeting in southern Minnesota, where several people learned the truth about God for the first time, and were thrilled by it.

The last meeting was held in Minneapolis, where a few people learned the truth about God, and others came for encouragement and fellowship.

It was a blessing to meet some of my brethren whom I had only known by name previously, and to see people embrace the truth that has been so precious to me. Please pray for all of the contacts that were made, and for the seeds that were sown.

Editor

Editor

Answers to Crossword Puzzle on page 6

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