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The Advent Lightbearer



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Lessons from Graysville: Part II

By Carl Person

The Trial

On Monday, March 5th, 1895, G. W. Colcord and nine of his "co-conspirators" were brought before the Circuit Court in Dayton, Tennessee, where Judge J. G. Parks presided over the trial. Their crime: "Sabbath Violation." The nine defendants did not secure any legal representation, but instead, testified on their own behalf—with their faith in God's Word and conscience as their only counsel. Ellen White warns us that:

> "***many a lad of today***, growing up as did Daniel in his Judean home, studying God's word and His works, and learning the lessons of faithful

> service, ***will yet stand in legislative assemblies, in halls of justice, or in royal courts*** as a witness for the King of kings." AH, 484.

From The American Sentinel, March 12, 1895, we get a glimpse of what our Adventist brethren asserted in their defense.

> William Burchard, explained his position in part thus:
>
> "I would just like to say that I am indicted for violating the Sabbath. I plead not guilty. … I obey the laws of the land, but when they conflict with the laws of God, I obey the laws of God; and when they do not, I obey the laws of the land. … I count this as a case against my belief. … I believe in my Bible; my faith is that the seventh day is the Sabbath, so it is a case about my belief in the Bible. I was born and raised in Rhea County, Tennessee, and have never been in court before."
>
> Henry Burchard's defense was, again in part:
>
> "I will just say to the gentlemen of the jury that I am here before you today for working on Sunday. Had I not kept the Sabbath of the Lord, I would not be before you. There are other people that carry on the usual vocations of life on Sunday, but are not brought before you. …
>
> "The civil law says we shall not work on Sunday, and the law of God says we shall keep the seventh day and work six. … Forty years ago Seventh-day Adventists preached that this thing would come; people said it was not so. They said they would never see in America persecution for conscience' sake. The Adventists based their statements upon the Bible, and you see it is true. OI have corrupted no one, I have disturbed no one. No one said this. …
>
> "I wish to submit to the laws of my country until they come in conflict with the laws of my God."

The two testimonies that I highlighted were not those of highly educated men but rather, "common folks," that grew up within the community and converted to Adventism. God had promised us that "when they shall lead you, and deliver you up, take no thought beforehand what ye shall speak, neither do ye premeditate: but whatsoever shall be given you in that hour, that speak ye: for it is not ye that speak, but the Holy Ghost." Mark 13:11.

The Verdict

Judge Parks judgement indicates that it was only his position that required him to enforce this pernicious law:

> "While my private sympathies are with the defendant, and while I might go further and say that I believe they have good grounds for their belief as to the Sabbath, yet this is a temporal, not a spiritual court. … The only concern we have is to ascertain what the law is and whether it has been violated. … the judiciary can do nothing but enforce the law thus enacted. …
>
> "as an individual, I am moved to say, however, that there is nothing I regard with more concern or solicitude than an enforcement of legislative enactment upon the person rights of the individual in matters of conscience. That there is a limit in these matters beyond which legislation cannot rightfully go, will be conceded by every man.
>
> "As to the constitutionality of this legislation, grave doubts are entertained by many who adhere to Sunday as Sabbath. …
>
> "It has not been regarded as a law which prescribes any particular belief, but as one which protects the unanimous belief of nearly all Christian denominations. …
>
> "But here we have a very respectable element of Christian believers who are honest, inoffensive, law-abiding people in all matters not conflicting with their sense of duty, who believe they are under Divine command to observe the seventh day as Sabbath. As a matter of abstract, individual right can they be required to observe another day also? Their position is not that of a person who claims that as a matter of personal liberty he has the right, if he chooses, to run an open saloon on Sunday, or to do any like act. That is not a matter of conscience—this is. …
>
> "Do the defendants in keeping the seventh day and working the first, thereby interfere with any natural right of their neighbors? Or is it an artificial right created by human law? … Does might make right, and have the majority the right to dictate in matters purely of conscience?

> "I have serious doubts as to the justice of the law, but the remedy is not to be found in disobeying it, but in having it repealed. Fine defendants $2.50 each, but suspend judgement."

None of the defendants were willing to pay the fine because they felt that it would be an admission of guilt. This would result in them being put on a chain-gang. On the evening of July 3rd, the Adventist who were on the chain-gang were being taken to Jail when one of them spoke up and said, "Sheriff, won't you erect a liberty pole tomorrow where we can see it?" Can you imagine the shock that request caused in the minds of those around them? Here again, they followed the Biblical lessons of many before them: From Joseph to Paul, and many martyrs through the following centuries—it displays the "patience and the faith of the saints." Rev.13:10.

LESSON 5:

It is the Holy Spirit that will guide our words, not the agency of clever attorneys; however, in order for the Spirit to bring to mind the words we need we must make the scriptures a part of us. We do have a part to play in preparing for these situations!

LESSON 6:

Most people thought then and believe now that a Sunday Law and persecution is ridiculous. Well, as Henry Burchard said in his defense: "The Adventists based their statements upon the Bible, and you see it is true." Ellen White has this to say about that:

> "Heretofore those who presented the truths of the third angel's message have often been regarded as mere alarmists. Their predictions that religious intolerance would gain control in the United States, that church and state would unite to persecute those who keep the commandments of God, have been pronounced groundless and absurd. It has been confidently declared that this land could never become other than what it has been—the defender of religious freedom." GC, 605.

LESSON 7:

"They" will particularly despise converts. You can imagine how those with whom the Burchard's had grown up with in the community felt when they became

Adventists. No longer would they join their brethren in their Sunday keeping church, and would now be giving their tithes and offerings elsewhere. They would have new friends as well and much of what they previously shared in common was no longer there—they have a new life in Christ. Their old friends would certainly harbor a malice towards them and those who taught them. You can almost here the smears behind their backs: "Guess they're too good for us now" or "they think they're something special."

Ellen White says this concerning the reception of the loud cry:

> "The power attending the last warning has enraged the wicked; ***their anger is kindled against all who have received the message,*** and Satan will excite to still greater intensity the spirit of hatred and persecution." GC, 614-615.

LESSON 8:

Whether the judge or jury agree with you, it does not mean you won't pay a price —some punishments will be quite severe. Even though Judge Parks was quite moved by the testimonies given and questioned the legitimacy of the laws, he felt that he had to uphold his duty to the bench. You are there to testify for Christ regardless of the consequences. Huss, Jerome, Martin Luther, and many before and after them found themselves with only their faith to carry them while facing the most powerful institutions of their times—many perished! As Tertullian said in the second century, "The blood of martyrs is the seed of the church." Apologeticus, 197 AD.

Concerning the final warning, Ellen White states:

> "All who refuse compliance will be visited with civil penalties, and it will finally be declared that they are deserving of death." GC, 604.

During the trial, many who had never heard the claims of God's Holy Sabbath were exposed to the truth and thus, they were able to take a stand, one way or the other. As mentioned above, the judge in Rhea County was moved by the testimony given and no doubt some within the audience observing the trial were too.

The time to be prepared is now. We cannot wait until the "last minute" because we have no idea when that will be but, we can know that "God's people should be

preparing for what is to break upon the world as an overwhelming surprise." CG 555.

LESSON 9:

Our first amendment has been and always will be under attack. Judge Parks stated the obvious in his decision that this is actually a matter of conscience: "have the majority the right to dictate in matters purely of conscience?" Our first amendment states that:

> "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances."

The clear intent of this amendment is to protect freedom of conscience. Religion, and its practice, freedom of speech and press all fall within the domain of conscience; if you don't like what you see in newspaper X, then don't buy it; if you disagree with a certain religious practice, don't join them; if you are not favorable towards a particular political view, don't join them but, you cannot make a law that prohibits "them" from practicing, writing or speaking the way "they" see fit so long as it does no real harm to another.

Unfortunately we are living in a time where there is a major push for censorship. While child porn and other evils are rightly prosecuted, as usual, the good intentions always drag along the pernicious designs of Satan. Look at all of the censorship pushed by the left's deplatforming of conservative views. On college campuses conservative speakers are often rejected and if allowed, they are hotly protested—even with violence at times. News and social media have long been the filter of the so-called "progressives."

If you make the first amendment "of none effect," the rest of our rights will fall quickly. It is no wonder that you hear the cries for gun bans and whispers of secret courts (like FISA)—if you can't defend yourself, either physically or legally, there will be no free speech. There can be little doubt concerning the time we live in! With the erosion of the Bill of Rights, liberty will die and darkness will ensue, and like the dark-ages brought about by the first beast, the so-called Protestant churches will use the government of the U.S. to enforce their dogma and thus form an image to the beast and our country will be plunged into ruin.



In Rhea County, Tennessee, Seventh-day Adventists were sentenced to the chain gang for Sunday-law violation. All in this old photo above, except the three in front are Adventists. The man on the front right (#12) is the armed guard. The man on the wagon at the upper left (#1) is an ordained minister. His offense was allowing some young students who were boarding with him to split wood for heating on Sunday, in a back shed.

This picture was taken in front of the soon to be built Spring City Bridge on Highway 27—I'm not sure it still stands today, though it did last time I was there in 2006.

"Our time is precious. We have but a few, a very few, days of probation in which to make ready for the future, immortal life." CG, 555. We ***must*** make an ***earnest*** effort to give the people God's true testimony as stated within the three angel's messages.

We must "… speak to the people all the words of this life." Acts 5:20

Last day Events

By Carl Person

In this section, we want to highlight significant events that give us clues as to what's coming as well as things that might influence the Protestant and other religious leaders to push for reforms that will ultimately lead prophetic fulfillment.

A Clear and Present Danger to Our Freedom

> "…***our country shall repudiate every principle of its Constitution*** as a Protestant and Republican government, and shall make provision for the propagation of papal falsehoods and delusions, then we may know that the time has come for the marvelous working of Satan, and that the end is near." 5T, 451.



We see a lot of news concerning the "Democratic Socialists of America;" so, what are they about?
First let's consider this quote from a couple of our Adventist brethren, Price and Thurber:

> ***"The chaos in Russia is a lurid beacon, admonishing other democracies of the ruin that awaits the state when the powers and responsibilities of***

> ***democratic rule are not matched by a high morality and intelligence on the part of its citizens; but where, instead, the minds of the people have been degraded by centuries of apostate religion, and finally poisoned by the teachings of Marxian Socialism."*** Socialism in the Test-tube, 1921, p. 113.

From their own website, the Democratic Socialists of America (dsausa.org), we read:

> "***We want to win "radical" reforms like single-payer Medicare for All, defunding the police/refunding communities, the Green New Deal, and more as a transition to a freer, more just life."***
>
> ***"The Electoral College, an undemocratic Senate, the three-fifths clause of the Constitution, property qualifications, and poll taxes have all served at different times to protect the interests of the wealthy."***

Let's take some of these items separately:

1. Single-payer Medicare for all: Yes, it's another way for more government control—this time, over the health industry. In order to keep it alive, it will require consistently higher tax-payer funding (name one thing the government controls effectively). Obamacare, which was a sort of compromise, like government controlled health care would become, has driven the costs of medical care through the roof Why? Because it puts the insurance companies in control—not the patients or the physicians.

2. Defunding the police is just plain idiotic—no real discussion needed.

3. The Green New Deal—this is a scam. They desire to eliminate all fossil fuels under the guise of "climate change." They also want milage taxes and everyone to have electric cars. These measures are nothing but a way of controlling where and how far you can travel. If they actually cared about the environment, wouldn't they be concerned about the total destruction and pollution caused by the mining of Lithium, and once the batteries expire, what of their disposal? They are very toxic! Not only that, our electric grid cannot handle the load that would be created by everyone having such a vehicle; therefore, you will be asked not to charge your cars on the weekends: it has already happened in California, "California residents are being asked not to charge their electric vehicles to conserve energy amid a brutal heatwave — just days after the state announced a plan to ban sales of new gas-powered cars by 2035." New York Post, Sept. 1, 2022.

Former Czechoslovak and Czech President put it this way: “communism was replaced by the threat of ambitious environmentalism.” He argued that the modern climate change policies echo Soviet-style governance by promoting central planning, suppressing individual freedoms, and allowing “one very proud intellectual stream” to manage society over spontaneous free markets.

4. And in closing: “and more as a transition to a freer, more just life.” Interesting close considering that none of the previous statements would lead to a freer society—quite the opposite.

Now, for the next statement:

Alexandria Ocasio-Cortez claimed that these two institutions, the Electoral College and the Senate, were based on Jim Crow laws—she’s either historically illiterate or just making up stuff that she thinks will gain supporters—but, this is not accurate.

Remember, they keep screaming “our democracy”—unfortunately, this works for them because most people really don’t understand that we are a Constitutional Republic. ***A true democracy would mean mob rules***, that is to say, that the largest population centers (primarily coastal cities) would have total control over the entire country. This is because the ***only*** actual democratic part of the federal government is the House of Representatives—it is based on, and voted for directly by the local population. The larger that population is, the more house seats you have. The Senate is different—each state gets only two representatives. This is to balance things out. The House will pass a bill, and then it must pass the Senate and vice versa. The House and Senate are part of the original Constitution of the United States of America and have ***nothing*** to do with Jim Crow.

1. Jim Crow laws (the only accurate part of what she said), via the Democrats, began in 1900 but, with the ratification of the 24th Amendment in 1964, all those restrictions against African Americans were made void.

2. Poll Taxes were eliminated in 1964 via the 24th Amendment in federal elections and in 1966, via the Supreme Court, in state elections. They were indeed used for voter suppression but, it’s been 62 years—give it up!

3. Property Qualifications have been gone since the late 1800s!

4. What the Democratic Socialists actually want is to do away with our Republic (and the constitution) and replace it with a "so-called" worker-driven society—translated to a Soviet era "workers paradise" which was anything but a paradise. They promise all kinds of free stuff but, like Mayor Mamdami's promises in New York City, it will not come to fruition. He promises the "warm blanket of collectivism" while failing to mention that it means the loss of private property—he has already threatened to confiscate apartment buildings that are not maintained properly, while imposing a rent freeze so that the owners can't maintain the properties up to whomever's standard. He fails to mention that it means rationing and privation for all but the political leaders like himself. These people, while scoffed at and made fun of are dangerous.

Another way that they are gaining power is by dividing the country—they are obsessed with race, sexuality, mass immigration, legalizing drugs, "the rich" and most of all ***fear.*** By getting us to hate each other, they can gain favor by pretending to be the answer. Interesting that Senators like Warren and Sanders (who admired and honeymooned in the Soviet Union) and Representatives like Ocasio-Cortez and Ilhan Omar, all scream about wealth inequality while becoming very rich themselves because of their positions! Senator Warren even stated that "there is plenty of money, it's just in the wrong hands." Does anyone believe that these people are capable of effective monetary control? What does our national deficit say?

Mass immigration is a great way to destroy our culture and thus, our country—just look at Europe, freedom of speech no longer exists—the wrong post on social media can land you in jail, Muslim "rape-gangs" are a huge problem and those that report it are ignored, labeled Islamaphobic/xenophobic, racist, etc. The recent wave of immigrants to the U.S. have already received their "rationing cards" via welfare, food stamps and public housing. Unlike previous generations of immigrants, they have no desire to assimilate rather, they wave the flags of the countries they came from and riot against our institutions—they are not here to assimilate, they are here to try to dilute and take over our culture. They scream "abolish ICE" because our leaders teach them to hate all law enforcement. If you speak out you're xenophobic.

Sexualizing our children. The new "transgender" movement (along with the LGBTQ movement) is little more than an attempt to cause confusion in our kids. They take this so far as to tell schools not to let the parents know what they are being taught, and parents that go against this horrid perversion, in some cases, lose

their custody rights. These children have been shown to have a much higher per capita suicide rate, and think about how many transgender mass shootings have occurred—they are confused and depressed and told that it is society's fault so, they lash out. If you speak out, you're homophobic/transphobic.

Legalizing drug use is another way to destroy our nation. Modern marijuana is many times more potent than it was in the 20th Century and because of this, there have been many cases of psychosis as a result. Dumbing down the nation is key to their power.

Another way to dumb down the people is by poor education. In Oregon and other left-run states, math is touted as being racist. DEI (Diversity, Equity and Inclusion) is being used for hiring (based on race of course) instead of merit. All of this leads to one conclusion—a failing nation. It is the goal of the left to create division and dumb down our nation so that they have full control—intelligent people won't vote for this.

Lastly, ***fear.*** How many times have you heard that the world is going to end because of climate change? Around eight years ago, Ocasio-Cortez likened climate change to "our World War II," and that we only had about twelve years left. While to you and I, this sounds ridiculous, unfortunately many believed it—and still do. Consider the absolute control over our lives the government had during Covid 19. They forced people to stay inside, wear masks everywhere, disallowed church services (though strip-clubs were a necessity) and any public gatherings except for BLM and ANTIFA riots.

People on Welfare and Food Stamps, kept at poverty level, are often too afraid of losing their benefits to get a job and become a valuable voting block for the left.

Make no mistake, by using all the above, their ranks are swelling, fostered by the indoctrination of children and our "higher-learning" institutions, and they will repudiate every principle of the our constitution—Satan will then be easily able to enforce his evil designs.

What means could Satan use to now bring about a Sunday law? Backlash. Many of these socialists have attached themselves to Islam because they have one thing in common—***tyrannical control***. Mayor Mamdami even held a Muslim service in city hall! If you disagree with these people taking over, you are labeled Islamaphobic.

In speaking of those who do not follow these false religions (and by this, I consider all of the above mentioned to be religions in that, inspired by Satanic zeal, they follow these doctrines as we follow God's —it becomes their passion, religion and identity), Ellen White says:

> ***"It is their work to misrepresent the motives of every true and noble deed, to circulate insinuations, and arouse suspicion in the mind of the inexperienced. In every conceivable manner they will seek to cause that which is pure and righteous to be regarded as foul and deceptive."*** GC, 519.

Again, consider the above mentioned accusations flying around the country, promoted by our "leaders": Islamaphobic, xenophobic, homophobic, transphobic, racist, etc. Simply put, if you disagree with them, rather than having a reasonable discourse, you are labeled—they will not tolerate any dissension.

This will not stand for long, there will be a backlash—I am already seeing it on Social Media and hearing it on the news.

The union between Islam and the Marxist Left, with their hatred and persecution of Christians and Catholics will likely be their downfall. War, in this case, spiritual, makes for strange bedfellows—on both sides. Marxists despise all religions because allegiance to God prevents complete allegiance to the state, while Islam considers all who do not follow Mohammad to be infidels, worthy of death. This is a union of convenience that would implode quickly if they gained full power. The same could be said of Catholics and Protestants. For this reason we are told, "Romanism in the Old World and apostate Protestantism in the New…" GC, 615.

This brings us full circle to the statement by Ellen White of which I quoted only partially at the beginning of this article:

> "***When Protestantism shall stretch her hand across the gulf to grasp the hand of the Roman power, when she shall reach over the abyss to clasp hands with spiritualism, when, under the influence of this threefold union, our country shall repudiate every principle of its Constitution as a Protestant and republican government***, and shall make provision for the propagation of papal falsehoods and delusions, then we may know that the time has come for the marvelous working of Satan and that the end is near." 5T 451.

When the tables are turned, and the "Right" is in full control, it is very unlikely that they would rescind all the power that has been gained and return to a truly republican form of government.

In 1892, there was a ***Dicta***, that is a commentary by Justice Brewer in the Supreme Court that stated that "…this is a Christian Nation." A Dicta is not a court precedent or a law, it is an opinion; however, most Christians believe it is a law that is still "on the books." While this is not true, Sunday Blue Laws ***are*** still on most state's books. Even though the Christian Nation Dicta is not a law, just like the modern left currently does with the language of our Constitution, it will certainly be twisted and combined with an enforced day of rest with the backing of the Unions (See The Upward Look, 334)—guess it won't be the Seventh day Sabbath.

This blatant restriction of religious liberty, along with the subversion of God's Holy Sabbath, will "bring about national ruin" that you will be blamed for (RH, June 15, 1897, paraphrased).

Evil has taken control in our land, we need to be ready!

Health and Disease

In this section, we will be offering insights into health and disease and specifically how lifestyle choices influence it. If there are issues you would like to see addressed, please let us know.

The Health Reform

> "…These gluttons, surrounded with the sound of hissing frying pans, and wearing their whole life away … they emasculate plain food, namely bread, by straining off the nourishing part of the grain, so that the necessary part of food becomes matter of reproach to luxury." Clement of Alexandria, *The Instructor*, c. 180 A.D.

By Michael Snyder, MD

It is interesting to me as a physician the direction that medicine has taken in these last days. Many would point to the fact that we are using more and more medications to treat more diseases, and I would say that this is certainly true. In

this, we rely on these more and use less and less natural means to support good health. As my friend Carl likes to say, “we were not designed to live in the environment we have created in this modern world.” Likely a cause of the increase in Depression, anxiety, chronic fatigue and increase in lifestyle diseases in general.

As Seventh-day Adventists, we have been given a health message to proclaim in these last days that is to be used as an opening wedge to reach otherwise resistant hearts. In many places in the world it is still effective, but in places where western society has infiltrated their way of life, it is becoming less effective. I often hint that if western medicine ever collapses, SDA medical workers will be the only ones who know how to treat disease without medications. I am not sure that will ever happen, but if it did, we are here. With that said, I hope this is not our only strategy for using health to gain adherents to bible Truth as it is in Jesus.

The problem is that Satan is not holding with the status quo. He is ever working to steal away from God’s people messages that were designed to make soul winning easier. For example, Seventh-day Adventists are no longer at the forefront of diet and lifestyle changes to bring about better health. While the environmentalists and animal rights people initially held veganism as an alternative lifestyle to counter the barbarism and destruction of our planet, they have begun to grasp the health benefits associated with it. This now dilutes our impact that the health reform is the right arm of the gospel. These secular humanists can introduce the same health benefits from a vegan diet that Weimar and other health ministries have been proponents of for decades. What is a Christian to do? Should they come around to the SDA explanation of the bible message of health or continue to accept the worldliness of the secularists in their belief system?

While the Health reform is not to be a test of fellowship, according to Ellen White, it is a tool that God is using to prepare a generation for the outpouring of the Holy Spirit and the Loud Cry. Interestingly enough, what we SDA’s shy away from in our evangelistic outreach—that is the 8 natural doctors and especially the last one —Trust in God, is the only thing we have left that they have not usurped. What are the 8 Natural Doctors? Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest and Trust in God.

The secularists have taken on Nutrition through veganism; Exercise through Tai Chi, Physical therapy, Yoga and many other modalities now; Water is part of the theories of good health to protect the kidneys and other health benefits and promote better results in exercise by most trainers and athletes; Sunlight is espoused by the Sun Worshippers, partiers and other heathen activities;

Temperance may be an avenue that is still available to our use; Air is being used in oxygen bars, and along with essential oils are being used to bring revitalization of health—whether or not it is actually useful is not clear, but certainly the worldly are likely to gravitate toward that treatment over getting outside in good fresh air and exercise with sunlight; Rest is important and certainly spiritual rests are rare among the secularists as God can only fill the need for that rest. So, this may also be an avenue that could be connected to Trust in God. With eastern religions, even Trust in God could have blurry lines.

Giant health conglomerates like Kaiser Permanente and others, especially in California are at the forefront of pushing these new lifestyle alternatives and dietary measures. While practicing at The Permanente Medical Group I was delighted with the group think of acceptance of strict plant based diets. I often thought it would be an advantage to giving the health message and using it as a lead in for the gospel with patients. But, the more I explored, the more I realized that they knew more than I did and I know a lot about nutrition and lifestyle. The devil has surely stolen a march on God's people.

Where does that leave us? Well for one, we are still the only people on the planet that can put all 8 natural doctors together. The problem is that few SDA's are willing, comfortable or able to present these messages to folks. We need to heed the plea of Jesus, "the harvest is great, but the workers are few."

I would like to set forth a few basic ideas to start with:

1. Learn—it is time for us to dust off the old Ellen White books and learn. There are folks like John McDougall and other researchers have come to realize—there is no greater authority than Ellen White on health. Dr Clive McKay says, "In spite of the fact that the writings of Mrs. White were written long before the advent of modern scientific nutrition, no better overall guide is available today." Also, Nathan Pritikin of the Pritikin diet says, "I think that if you want to get to the originator of the proper diet, you have to go back to Ellen White. She laid guidelines that unfortunately are not being adhered to as strictly as they should be. These well known researchers used the writings of the prophet of the Lord to advance their work, why can't we?

2. Apply—apply what you learn to your own life or in other words, practice what you preach. Apply the 8 natural doctors to your life when you find problems—what can I do better? Where am I not obeying the laws of health?

Ask Jesus to help you with these—He surely will as He has promised never to leave you or forsake you.

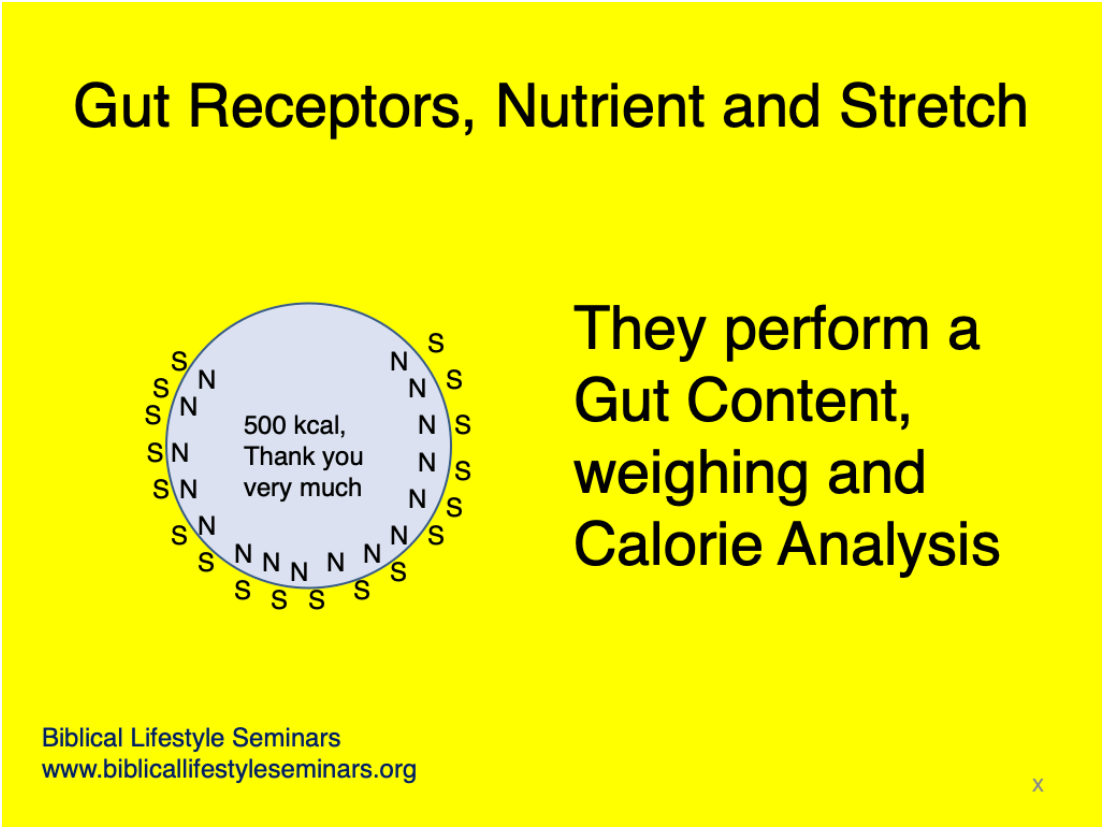
3. Pray—ask God to help you where you are failing and to help provide divine appointments to share what you know and have learned.

4. Stay in your Bible—find the bible principles that Ellen White was shown by God that support good health—physical, mental and spiritual.

5. Claim the promises of God—these are promises that God has made with each one of us. Bring them to Him, He will show you what you need to do so He can fulfill his promises for you.

Finally, let me address the biggest problem we face in healthcare today. That is the problem of obesity. It underlies most of the nutritional related diseases today. First, keep in mind the promise of our Lord in 3 John 2, "Beloved, I wish above all things that you would prosper and be in health, even as your soul prospers."

Asking the question, "Do obese people eat too much?" I would point you to the fact that of the 2 million different species on earth, that only dogs, cats and humans have problems with being obese. They have one thing in common—humans. Other



species in their natural environment and niche, neither eat too little or too much for optimum health. We are hardwired by God to eat a plant based diet from creation, In Genesis 1:29 we read:

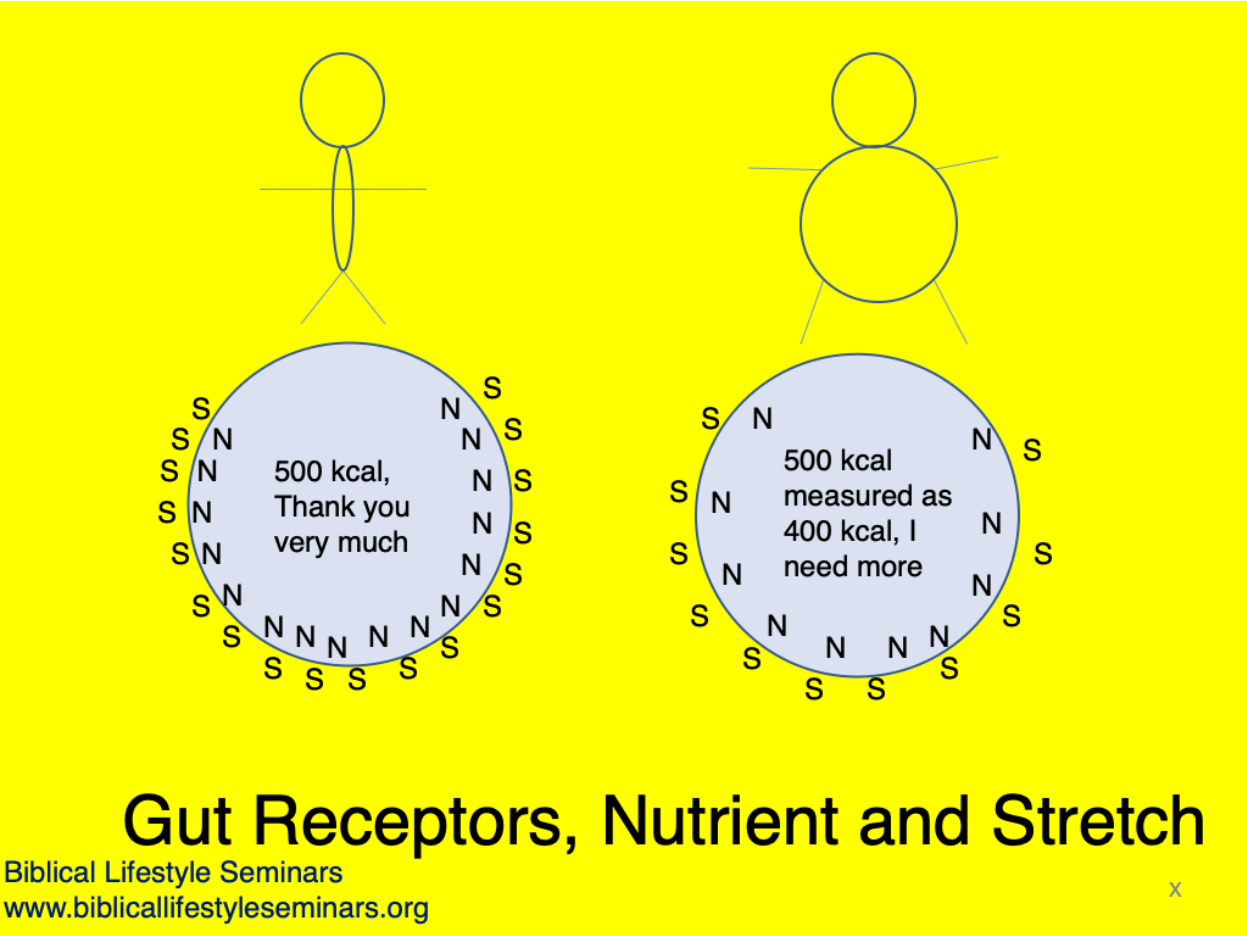
> "And God said, Behold, **I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.**" So our body machinery was created to eat plant based foods only. In Genesis 2:16, "Of every tree of the garden thou may freely eat." So our initial diet was fruits, nuts and seeds. When sin entered, God added vegetables. In Genesis 3:18, "Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field;" The herbs of the field are vegetables.

While practicing modern medicine, I often encounter folks who do not want to take medications and are looking for natural means for their healing. When taking up the original edenic diet modified by God because of sin, brings an amazing transformation of health. Yet, few are willing to make the changes necessary. This was all engineered by God. We are created to eat plant based diets.

> Ps139:14 "I will praise thee; f**or I am fearfully and wonderfully made**: marvelous are thy works; and that my soul knoweth right well."

Physiologically, The body weighs the amount of food in the gut by Stretch and Nutrient receptors. There are both volumetric receptors and Nutrient Receptors. These weight and analyze our food intake and tell the brain that we are full when we have ingested what we need for optimum health. These receptors can be fooled by our manufactured fake foods. Whether they are cookies, candies, drinks, packaged meals, canned items, fast foods, junk foods and even some foods that are considered healthy, much of our food supply are Frankenfoods. They have taken healthy peas, soy, wheat and other grains and stripped them down to their basic components of protein, fiber, oils or glutens and have made most of the foods that are found in the interior of the grocery stores. Most of these, should not be eaten, they cause disease in our bodies that were designed for whole plant foods.

When we put these kinds of manufactured items in our body, it fools our receptors into thinking that we need more food because it does not have any nutritional value. There are genetic variances as well. When we have these differences we need to be more mindful of our dietary intake. These variations are illustrated in the previous illustration. Processed foods fool our receptors. Because there is no fiber, Low nutrition, High Calories—All in a little compact snack.

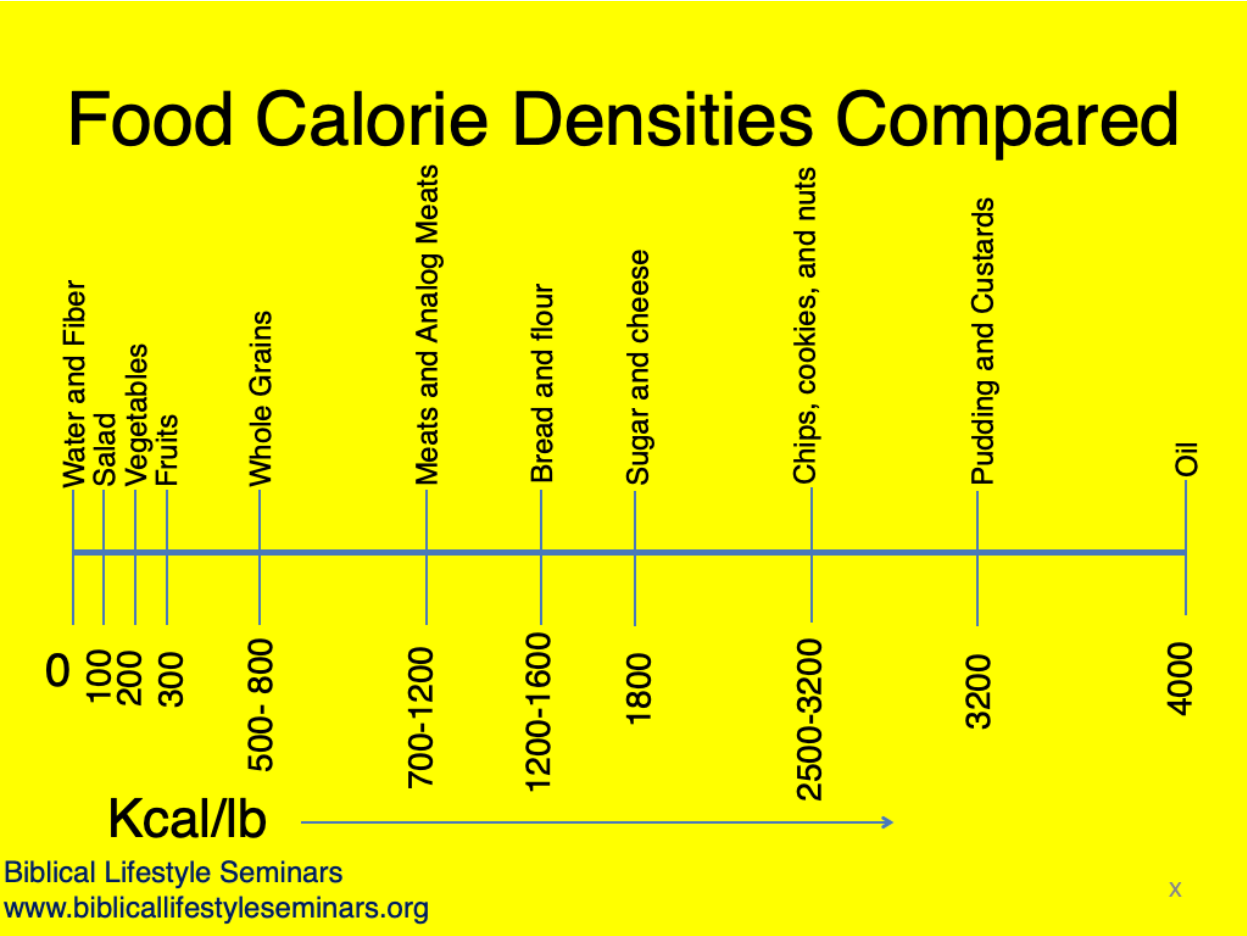


The bottom line is that obese people are not eating too much food, they are eating too many calories and getting very little nutrition. I am convinced that the food manufacturers have manufactured food to feed to humans to conform them to their world view of part of the manufactured food chain. This maximizes profits for

the manufacturers at the expense of our health. We pay for this service with our wallets. If we would seek out farmers markets and start buying healthy alternatives, the food manufacturers will chase the money and provide better foods.

We need serious change in our food supply in the USA—Caloric Density is a concept I wish more people would understand. It is clear that if we follow the bible's edenic dietary plan, we would have a far lower caloric intake and this would reverse the obesity epidemic.

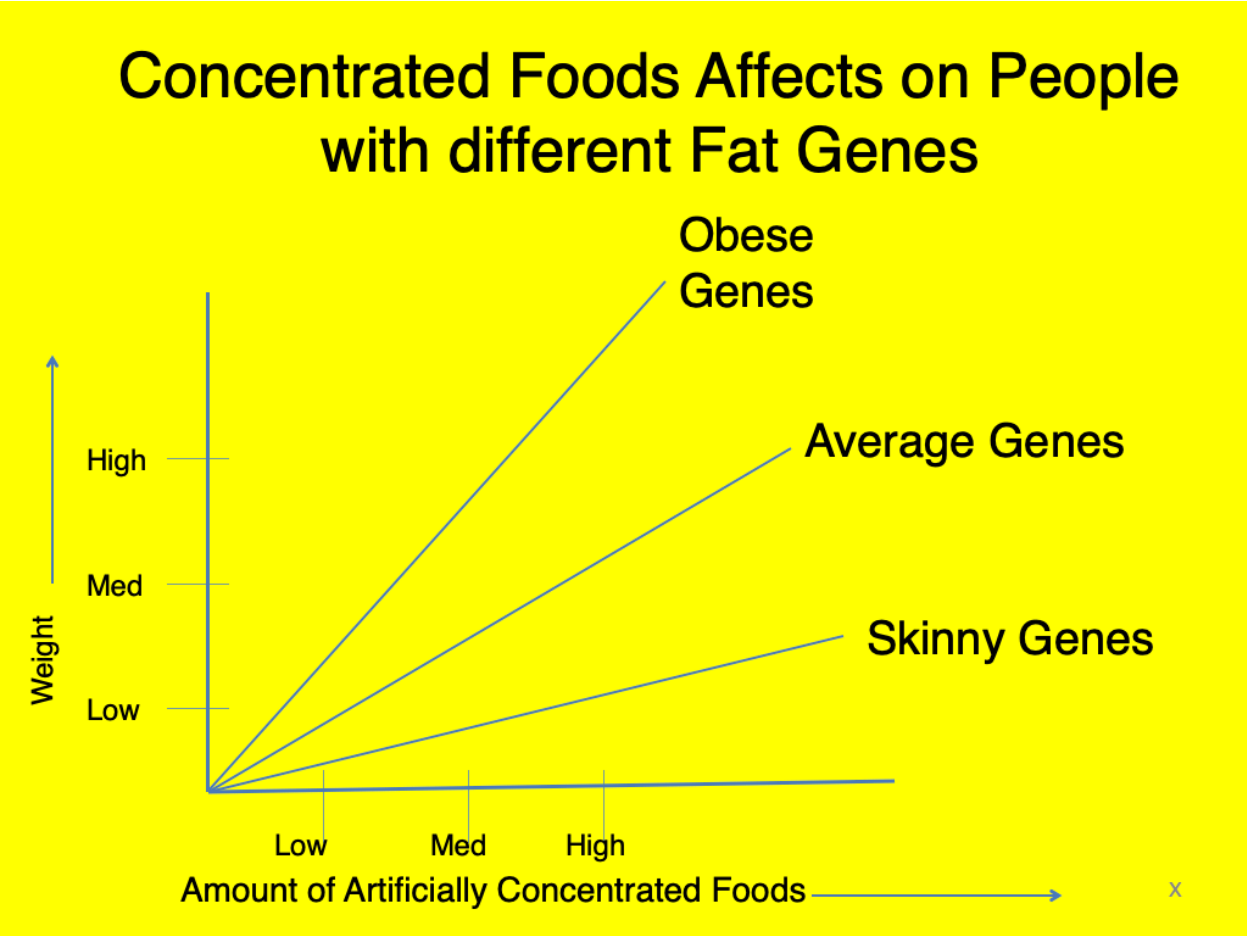
Now we have travelled full circle to where I started at the beginning of this article. People would rather not change, just take a GLP-1 to lose weight and continue to



eat the way they want to. While I believe that there will be positive effects for this weight loss, true health will not be achieved by artificial means. I see to many patients who have lost a ton of weight, are losing their muscle mass, and experiencing many other undesirable effects.

It is true that genetics plays a role, but we can compensate with diet. The above illustration shows that those with Obese genes have to eat a lower caloric density than those with skinny or average genes. While more difficult, it is doable. Further, when you add exercise, water, sunlight, temperance, air, rest and trust in God, much can be accomplished.

God's plan is safer, works better and the outcome is good health. The only side effects from a plant based diet is weight loss, good health and strength. I pray this article will stimulate your move toward God's plan for you. Blessings.


Concentrated Foods Affects on People with different Fat Genes
Obese Genes
Average Genes
Skinny Genes
Weight
High
Med
Low
Low
Med
High
Amount of Artificially Concentrated Foods
x

The Prophetic Faith of our Pioneers



This is a continuing series of articles that began with our first issue.

By Dr. Michael Snyder

Open or Closed?

Sometimes the easiest way to make something simple is to deal with that portion which is most difficult or complicated. My studies in Revelation has taught me some simple concepts. Most importantly, even a child can understand what is written in Revelation. What at first glance appears complicated and difficult, can be made quite simple when it is revealed by God.

Why most Christians see Revelation as a closed book is beyond me, especially when a blessing is declared upon those who read and understand what is written within this book. "Blessed is he that reads, and they that hear the words of this prophecy, and keep those things which are written therein: for the time is at hand." Rev 1:3. There is promise of blessings not for just hearing but keeping those things that are written in Revelation. One cannot keep it, unless they understand what it says. The mere name Revelation means that it is revealed, not hidden or sealed.

"The secret things belong unto the LORD our God: but those things which are revealed belong unto us and to our children for ever, that we may do all the words of this law." Deut 29:29.

The idea that Revelation is a closed book appears to be unbiblical. One would scratch their head and maybe ask why some believe that the book is closed or sealed. My best guess, and it is only a guess, that it is easier to declare something closed or sealed, if it is not understood, than to admit it is just not understood. We might blame academia for this problem because they have not clearly revealed it's meanings. Secondarily, there is a possibility that a correct interpretation would also reveal that what we hold as true, is actually false. Very few of us are comfortable with that prospect, so we study that which reinforces what we choose to believe. Unfortunately, we develop closed minds to alternative explanations. This is not what Luke meant by being a noble Berean. Acts 17:10,11,

> And the brethren immediately sent away Paul and Silas by night unto **Berea**: who coming thither went into the synagogue of the Jews. These were more **noble** than those in Thessalonica, in that **they received the word with all readiness of mind, and searched the scriptures daily, whether those things were so**.

Another simple concept that is clearly driven home by a close study of Revelation is that it is mostly quotes or references to the Old testament. "New testament Christians" have little chance of understanding the New Testament book of Revelation unless you are willing to ditch your preconceived ideas and open the entire Word of God.

We should come to grips with the fact that "The Bible" to John, the author of Revelation, was the "Old Testament." The New Testament had largely not been written yet. The epistles were letters that the apostles had sent to certain churches and each other. They were not considered scripture until centuries later.

Along with this, the idea of chapter, verses, punctuation were all added by Bible scholars later. These were not a part of the original writings. So, sometimes, we have to consider what the interpreter's bias is when we look at original intent. Now, my thesis is that the book or Revelation is actually much easier to understand than what many have made it, so, fortunately, we do not have to do that very often. But, there clearly are places where chapters have been broken in inappropriate places. It will be easy for the reader to see when we encounter that.

Our Personal Path

By Irene Guzman

Take a deep breath. Before the day gets busy or our thoughts start to race, let this simple truth sink into our hearts: "We are not alone. God is in our corner."

Note from my heart: This devotional is incredibly special to me on a personal level, and I pray it brings as much comfort to your soul today as it has to mine.

📖 God's Word: "When my father and my mother forsake me, then the Lord will take me up."— Psalm 27:10 (KJV)

Today's Message: Our Constant Friend

Whether we are walking through a season of clear peace, processing hidden struggles, or simply dealing with the heavy, exhausting weights of everyday life, our minds can sometimes play tricks on us.

In those quiet moments, a wall of isolation can easily start to build around our hearts. It whispers the painful lie that we are completely invisible, that nobody truly gets what we are going through, or that we have absolutely no one standing up in our corner.

We all need the constant presence of God.

When we look at the Bible, we see that God gave the great heroes of faith special friends to help them get through hard times:

- Abraham had Eliezer to help carry his heavy responsibilities.

- Moses had Aaron to stand by him and hold up his tired arms during a long battle.

- Joshua had Caleb to stick by him when everyone else was terrified.

- David had Jonathan to love and protect him when he was running for his life.

• Esther had Mordecai to guide her when she felt totally unqualified.

• Naomi had Ruth, who refused to leave her when her life fell apart.

• Jeremiah had Ebed-Melech, the brave man who threw ropes down into a muddy pit to pull the prophet out.

• Elijah had Elisha, who stayed by his side right after Elijah went through a dark, weary season under a tree.

• Daniel, Shadrach, Meshach, and Abednego had each other as a loyal brotherhood standing firm in a hostile land.

• Paul had Barnabas, Silas, and Luke to keep him company in dark prison cells and lonely shipwrecks.

Every single one of them needed someone. But let us look closely at the truth:

"Even though they had friends, they still had to rely entirely on God." People are wonderful, but they are human. They get tired, they get busy, they move away, or they let us down. "But God never does."

As He promised us in His Word, "...as I was with Moses, so I will be with thee: I will not fail thee, nor forsake thee" (Joshua 1:5).

When Shadrach, Meshach, and Abednego were thrown into a blazing furnace, their human network couldn't step inside to rescue them. It was the "Fourth Man in the fire"—God Himself manifest—who walked through the flames with them and broke their chains.

If we look around our lives today and we feel like we don't have a best friend, a mentor, or a supportive team, we do not need to be afraid.

"We have Jesus." He is the perfect combination of every helper who ever lived. "He" is our Aaron when we are too tired to pray. "He" is our Ebed-Melech, throwing down lines of grace to pull us out of the dark pit of anxiety. "He" is our Fourth Man in the fire when life gets too hot to handle.

We might feel lonely today, but spiritually, we are completely surrounded. The "King of the universe" knows our names, and "He is standing right beside us."

You may ask, "Are you sure He knows me?"

In the Bible it says, "But even the very hairs of your head are all numbered. Fear not therefore: ye are of more value than many sparrows" (Luke 12:7).

Think Upon This ...

- When our minds tell us that we are completely on our own, how can we remind ourselves that Jesus is right there in the room with us?

- What heavy burden or anxious thought can we hand over to Jesus today, knowing He is strong enough to carry it for us?

My prayer today:

Heavenly Father, thank You for today, for Your goodness and faithfulness.

Lord, our minds can feel foggy and heavy at times or maybe even this moment. When we feel lonely or invisible, please whisper Your peace directly into our hearts. Remind us that You are the friend who never walks away. When we look around and feel like we have no one in our corner, open my eyes to see that You are right here.

When the waves get high and fear starts to creep in, let us cry out to You just as Peter did in Matthew 14:30, when he was afraid, and beginning to sink, he cried, saying, "Lord, save me!"

Our hand extended upward Lord, pull us out of these dark thoughts, that we may grab hold of Your reaching downward hand, oh Lord, and hold us close to You, Lord.

It's in Jesus' beautiful name, we pray, Amen. Peace Be With You

May God’s quiet peace guard your hearts and your minds today (Philippians 4:7). You belong to a massive family of believers, and many of them are fighting the exact same inner battles right alongside you. We walk this path together, anchored by the One who promises to never leave us.

Have a beautiful, peaceful day. Remember you are noticed, you are so loved, and "Jesus has your back."

As the week winds down and we get ready for Sabbath rest, take a moment to breathe and reset our hearts. Sabbath is a day to leave the worries behind and rest completely in God's care, "for there we will find Jesus."

We are interested in contributors for this online magazine. Submissions do not have to be full length articles. If you find something that fits into any of the other categories: Last Day Events, Health and Disease or perhaps a different item all together, please email us at — mdsnydermd@att.net