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Hackers Beware!

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COMING ISSUE



The Power of Grace

Steven Spielberg, Jeff Burton, George Lucas and other Hollywood special effects gurus have astonished us with their creative genius. But they can't compare to the most awe-inspiring creative energy ever encountered—the transforming power of Grace.

Our Mission:

Hour Times, published by Remnant Publications, a nonprofit organization, is produced for the sole purpose of leading individuals, families and society to "A Better Way of Life," as found through God's Holy Word, the Bible. We believe that the Bible is the inspired, infallible Word of God, its principles and counsel are as relevant and binding upon humanity today as they have been throughout the ages.



A Divine Firewall

By Jay Gallimore

It doesn't seem possible, but it's true! "Hackers Attacking Celestial Computers" scream the headlines. Yes, hacking is not a new crime—for hackers actually tried to break into heaven's computers, and they did it hundreds of years ago.

"But they didn't have computers hundreds of years ago," I can hear you say. "You can't just plug in your modem and dial up the Holy City!"

It's true—the hardware back then was different. And the software didn't exist on CDs when God revealed Himself and His law to Moses on the top of Mt. Sinai. So God "made do" with the technology of the day. Using stone tablets for His "hardware" and a finger for His "software," He wrote out His Ten Commandments on a piece of hard rock. That's right, He chiseled it with His hand—something that no human I know of could do today. Even more impressively, God "burned" His law into the minds and hearts of His people Israel and the early Christian church. God did this because He wanted His law—the revelation of His kind and loving character—not only to be understood by all but to stand forever.

A CONSTANT ATTACK

Of course, the Ten Commandments have been under constant attack ever since. It seems that spiritual arrogance, like hacking, is an almost incurable disease.

Throughout history, important spiritual leaders became so impressed with their own spirituality that they used their power, influence and pen to tamper with God's commandments. God's Holy Word records it all, for false prophets litter the pages of the Bible. The faces have been different, but the message is the same: In one way or another, they use their spiritual ability to tell people that disobeying God's law is all right.

The recent suggestion by a media tycoon that God ought to change the seventh commandment, "Thou shalt not commit adultery" (Exod. 20:14), because it's no

longer relative is not new. The biblical book of Jude has a number of names for such spiritual hackers (see Jude 1:12, 13, RSV):

- blemishes at your love feasts,
- shepherds who feed only themselves,
- clouds without rain, and
- wild waves of the sea, foaming up their shame.

Unfortunately, the false prophets of the Old Testament have frequently been joined by leaders in the Christian church. Some have gone to great lengths to change the Ten Commandments to suit themselves. This was especially true during the Dark Ages. The Ten Commandments listed in some catechisms don't match the ones found in Exodus 20, even though both the Protestant and Catholic versions of the Bible have the same Ten Commandments.

Not all, but many popular teachers from both Protestant and Catholic persuasions will tell you that the Ten Commandments have been changed. Yet, God says, "I change not." God cannot and must not change His law—for it is much more than a law. It is Him—a reflection of His character and personality—who He really is. It is righteous, just and good. It is peace and perfection. It is a constitution of love—under which the entire universe must operate if there is to be order and true happiness.

That is why God paid such a price to preserve it. It's also why, through the vision of John the Revelator, we see God's law lifted up—right into the throne room of God. There it rests, exalted to the highest heaven, preserved by the blood of God's own Son. And it hasn't been changed by the hackers, though millions believed that it was. No, God's law has always stood and will continue to stand amidst the fiercest of human assaults. His character, law and "website" will remain unaltered throughout eternity. But the question for us to answer is—Will we stand with it, or try to hack it? ☒

It seems that spiritual arrogance, like hacking, is an almost incurable disease.

The teachings of the Lord are perfect;
they give new strength.

The rules of the Lord can be trusted;
they make plain people wise.

The orders of the Lord are right;
they make people happy.

The commands of the Lord are pure;
they light up the way.

Respect for the Lord is good;
it will last forever.

The judgments of the Lord are true;
they are completely right.

They are worth more than gold,
even the purest gold.

They are sweeter than honey,
even the finest honey.

By them your servant is warned.

Keeping them brings great reward.

—David, in Psalm 119:7-11 (New Century Version)

“Faith and disobedience are incompatible.” —E. J. Waggoner, *Lessons on Faith*, 68

“God has given us His holy precepts, because He loves mankind. To shield us from the results of transgression, He reveals the principles of righteousness. The law is an expression of the thought of God; when received in Christ, it becomes our thought. It lifts us above the power of natural desires and tendencies, above temptations that lead to sin. God desires us to be happy, and He gave us the precepts of the law that in obeying them we

might have joy.”—Ellen White, *The Desire of Ages*, 308

“There is not a commandment too many; there is not one too few; but it is so incomparable that its perfection is a proof of its divinity.”—Charles Haddon Spurgeon, *Sermons*, vol. 2, 280 (in Maxwell, *Courage for the Crisis*, 179)

“We conclude that a man is put right with God only through faith, and not by doing what the Law commands. . . . Does this mean that we do away with the Law by this faith? No, not at all; instead, we uphold the Law.”—

Paul, in Romans 3:28, 31 (TEV)

“In two different places God wrote the law for men—on tables of stone, broken on Mount Sinai, and on the tables of Jesus’ heart, broken on Mount Calvary. Men might have argued at Sinai that they did not understand the law, its meanings, its spiritual implications. They might have argued that, far removed from God that they were, they could not comprehend His way. So Jesus, with the law of God written on His heart, came from heaven, where God was, down to this earth, where sinners were. Before Jesus came, men might have argued about what the Ten Commandments mean; but when He came among men with God’s law written on His heart, they could look at Him and see the Ten Commandments lived out in a human life.”—H.M.S. Richards, Sr., *What Jesus Said*, 228-229

“Under the reign of grace it is just as easy to do right, as under the reign of sin it is easy to do wrong.”—A.T. Jones, *Lessons on Faith*, 82

“The man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it—he will be blessed in what he does.”—James, in James 1:25 (NIV)

We value the opinions and thoughts of our readers. Please share how *Hour Times* has made an impact on your life. Your feedback is essential to our success. Thank you.

Hour Times P.O. Box 426, Coldwater, MI 49036

A Fence or an Ambulance?



Photo by: Photo Disc

By Dan Collins

Once heard a story of an old settlement built near the edge of a treacherous cliff. Although the walk near the cliff was extremely pleasant, one Duke and many a commoner lost their footing and fell to their death below. Each new death aroused a spirited debate among the townspeople. While some wanted to build a fence at the top of the cliff, others preferred an ambulance down in the valley. The cry for an ambulance, being louder than that for a fence, carried the day.

"The cliff is all right if you're careful," said some of the townspeople. "It's not the slipping and falling that hurt people so much, but the shock down below when they stop." And so the town took up a collection and purchased the finest, shiniest ambulance that money could buy.

So the tragic mishaps continued to occur, and although the ambulance retrieved the hapless victims very speedily, more often than not it wasn't soon enough. And that was the sad state of affairs when one day a wise old man visited the town.

"It's a marvel to me," he told the townspeople, "that you'd give so much attention to repairing results rather than curing the cause. You'll do much better if you'd practice a little

prevention and stop this mischief at its source!" Fortunately, the townspeople listened to the wise old voice and took up another collection. Then they built a protective fence around the danger zone, thereby preventing all the additional injuries and deaths that would have occurred without it.

GOD'S LAW IS A FENCE

Like the people in that faraway, quaint little town, we too are faced with an imminent danger. We live on the edge of a treacherous precipice—a cliff called sin, which has claimed all too many victims. Fortunately, our heavenly Father has designed a protective wall to keep us from plunging over this precipice of sin and experiencing the pain and guilt of transgression. James calls it the "perfect law of liberty" (James 1:25), and King David exclaimed that He would "walk at liberty" (Ps. 119:45) because he was seeking God's precepts.

This "law of liberty" was given, in principle, to Adam and Eve. It then passed from parents to children through each succeeding generation—or, at least, that was God's plan.

We live on the edge of a treacherous precipice—a cliff called sin.

But the children of Israel, who were surrounded with every species of idolatry for decades on end in Egypt, nearly forgot the law of their God. As a result of this lapse in memory, one of God's first works after manifesting His mighty deliverance was to lead His people to Mt. Sinai. There, amidst the beauty of nature, He spoke the law in majestic power. Then, to impress upon His children that the law was to endure forever, He engraved its precepts on two tables of stone.

And this law is for us as well, for in it we see not only a picture of how God wants us to live but the unflinching beauty of His character. Let us pray, then, as did David, for God to "open Thou mine eyes, that I may behold wondrous things out of thy law" (Ps. 119:18). Let us discover the beautiful, far-reaching principles that underlie each of these sacred precepts.

THE DYNAMIC DECALOGUE

Just before His majestic pronouncement of the law, God reminded the children of Israel that it was He who had redeemed them from the Egyptian bondage. Similarly, as we open and read God's law, we should ever be reminded that He desires to free us from the bondage of sin.

THE FIRST COMMANDMENT

"Thou shalt have no other gods before Me" (Exod. 20:3). God longs to be first, last and best in our lives; therefore, the underlying principle of this law is *loyalty to the God of heaven*.

THE SECOND COMMANDMENT

"Thou shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth: thou shalt not bow down thyself to them, nor serve them; for I the Lord thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me; and

showing mercy unto thousands of them that love me, and keep my commandments" (Exod. 20:4-6).

Anytime we endeavor to represent God by any devising of our imagination, we lower our concept of the Deity. Anything we allow to take His place in our lives, of that thing we are making an idol. God longs for us to worship Him in spirit and in truth; therefore, the second principle of His law is *true worship*.

THE THIRD COMMANDMENT

"Thou shalt not take the name of the Lord thy God in vain; for the Lord will not hold him guiltless that taketh His name in vain" (Exod. 20:7).

This commandment goes far beyond just not taking God's name in vain by cursing and swearing. When we become Christians, we profess that we are endeavoring, by His grace, to be Christlike in character; however, if we deny His power and live in accordance with our sinful desires and attitudes, we are really taking His name in vain. This precept also includes reverence in the sanctuary, taking care of the Bible and all other things sacred in nature. Therefore, the principle of this third commandment is *reverence and respect for God and all sacred things*.

THE FOURTH COMMANDMENT

"Remember the Sabbath day, to keep it holy. Six days shalt thou labour, 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 manservant, nor thy maidservant, 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" (Exod. 20:8-11).

God asks us to remember the Sabbath, the seventh day of the week, which He has blessed, hal-

lowed and sanctified. God does not want us to be Christians just one day a week, but rather, 24 hours a day, each day of the week. He longs to have a holy people who will serve

God longs to be first, and last and best in our lives.

Him because they love Him. He realizes that it takes time to make us holy; so He set aside 24 hours each week when we could have a special time of fellowship with our Creator; for only His presence in our lives enables us to be wholly for Him in this wicked world. The underlying principle of this fourth precept is *holiness—wholeness for God*.

THE FIFTH COMMANDMENT

"Honour thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee" (Exod. 20:12).

This fifth commandment asks that we honor our parents. God has ordained that parents stand in the place of God to their children until they reach the age of maturity, when they can understand His love in a personal manner. Children are to obey their parents, to love and respect them and to care for them when they grow old and feeble. This precept also includes respect for spiritual leaders—those whom God has ordained to help us grow in our knowledge of divine things—and giving due respect to our civil leaders and laws. The principle that underlies this fifth precept is *respect for all God-ordained authority*.

THE SIXTH COMMANDMENT

"Thou shalt not kill" (Exod. 20:13).

The underlying principle here is *respect for life*. And that principle can be transgressed by the practice of any habit that tends to shorten life—whether it be by overwork, using tobacco, alcohol or any other injurious substances. Intemperance in any form, which brings disease and pre-

mature death, is a direct violation of this sacred command. Jesus also magnified the sixth commandment further by declaring that “whosoever is angry with his brother without a cause shall be in danger of the judgment” (Matt. 5:22). The apostle John elaborated on this even further, saying that “whosoever hateth his brother is a murderer: and ye know that no murderer has eternal life abiding in him” (1 John 3:15). We can understand that the divine principle of *respect for life* is violated by sinful thoughts and emotions, not just through outward acts of violence.

THE SEVENTH COMMANDMENT

“Thou shalt not commit adultery” (Exod. 20:14).

Like the others, this commandment is also far-reaching. Jesus magnified it by stating, “Ye have heard that it was said by them of old time, Thou shalt not commit adultery: but I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart” (Matt. 5:27-28).

God longs to have the divine principle of *purity of heart* manifested in His people. We should avoid reading, seeing and hearing anything that even suggests impurity. The true Christian will also realize that this principle must be manifested in the clothing he or she chooses to wear. Immodest apparel has caused a great increase in criminal acts—not to mention the impure thoughts known only to the individual and God.

THE EIGHTH COMMANDMENT

“Thou shalt not steal” (Exod. 20:15).

This precept is magnified by the *principle of fairness*. It entails payment of just debts and wages. Many times, the pencils of Christians are simply too sharp. We need to practice the golden rule and always do unto others as we want them to do to us. We should never take advantage of the weakness or misfortune of others.

God desires to impart His power to us and enable us to be honest and fair in all our dealings.

THE NINTH COMMANDMENT

“Thou shalt not bear false witness against thy neighbor” (Exod. 20:16).

The principle behind this commandment, of course, is *truthfulness*. Any intention to deceive constitutes falsehood. God looks upon the heart, measuring intentions against our words and actions. When what we say and do don’t convey our true feelings, these words and actions are registered in God’s books as untruthful. We may also tell a lie by the glance of the eye, a nod of the head or an expression of the countenance.

THE TENTH COMMANDMENT

“Thou shalt not covet thy neighbour’s house, thou shalt not covet thy neighbour’s wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that

5. respect for all God-ordained authority;
6. respect for life;
7. purity of heart;
8. fairness;
9. truthfulness and
10. true contentment.

A further analysis of this “perfect law of liberty” shows that two truly wonderful principles provide the foundation for God’s entire system of law. In His conversation with the rich young ruler, Jesus reiterated these principles. Here is the inspired record of that conversation:

“And, behold, a certain lawyer stood up, and tempted Him, saying, Master, what shall I do to inherit eternal life? He said unto him, What is written in the law? how readest thou? And he answering said, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbor as thyself. And He said unto him, Thou hast answered right: this do, and thou shalt live” (Luke 10:25-28).

As we review the Ten Commandments and the principles around which they revolve, we can readily see that the first four commandments do indeed command us to love the Lord our God with all our heart, soul, strength and mind, while the final six would be impossible to keep if we do not love our neighbor as ourselves.

Jesus said, “If ye love me, keep my commandments” (John 14:15), and as Christians we have the assurance that all God’s biddings are enablings. When the book of Revelation pictures the saved standing on the sea of glass at last, the Bible says, “Here are they that keep the commandments of God” (Rev. 14:12). This is not salvation by works—it is simply doing what God asks us to do, because we love Him. And we can do so in the full knowledge that He will keep His promise—“This do, and thou shalt live” (Luke 10:28). ❧

We need to practice the golden rule and always do unto others as we want them to do to us.

is thy neighbour’s” (Exod. 20:17).

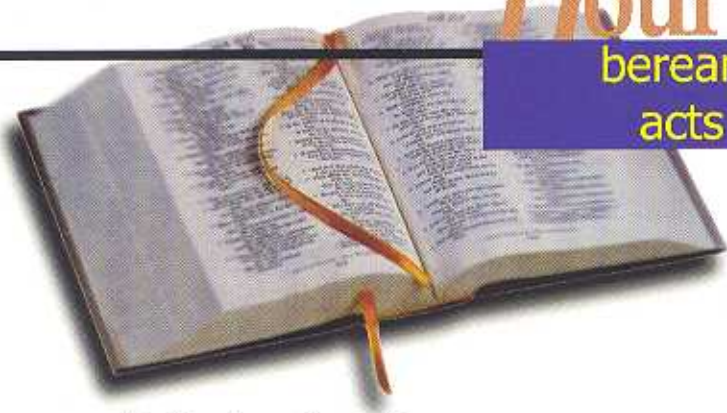
This last of the Ten Commandments involves the principle of *true contentment*. If we always practiced this loving principle we would not be guilty of a sinful act against our fellow man or woman, for it strikes at the root of all sin—the sinful desire for that which belongs to another.

In summary, we can see that the Ten Commandments of God actually revolve around the ten beautiful principles of:

1. loyalty to the God of heaven;
2. true worship;
3. reverence, or respect, for God and all sacred things;
4. holiness, or wholeness, for God;

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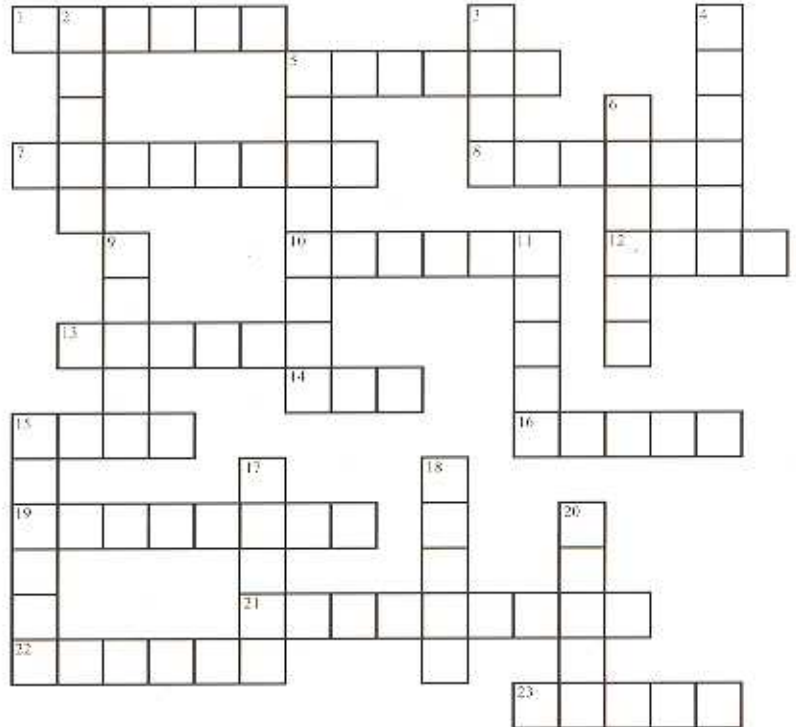
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Use King James Version for answers.

Across

1. Interpreted Nebuchadnezzar's dream (Daniel 2:26-28)
5. Sister of Moses (Numbers 26:59)
7. "A merry heart doeth good like a _____" (Proverbs 17:22)
8. What Abraham gave to Melchizedek (Genesis 14:20)
10. Walked naked and barefoot for three years (Isaiah 20:3)
12. Jacob was tricked into marrying her (Genesis 29:21-25)
13. His strength left when his hair was cut (Judges 16:19-20)
14. The world was created in _____ days (Exodus 20:11)
15. He was called the "Baptist" (Matthew 3:1)
16. Solomon's father (2 Samuel 12:24)
19. "The Lord is my _____" (Psalm 23:1)
21. Mother of John the Baptist (Luke 1:57-60)
22. "In the beginning God created the _____ and the earth" (Genesis 1:1)
23. "For by _____ are ye saved through faith" (Ephesians 2:8)



Down

2. The Israelites put this on their heads as a sign of sorrow (2 Samuel 13:19)
3. Lot's wife was turned into a pillar of _____ (Genesis 19:26)
4. He saw Elijah ascend to heaven (2 Kings 2:11-12)
5. "In my Father's house are many _____" (John 14:2)
6. Was called the "Evangelist" (Acts 21:8)
9. "Fathers, provoke not your children to _____" (Ephesians 6:4)
11. Pilate sent Christ to _____ (Luke 23:6-7)
15. Jesus' earthly father (Matthew 1:18)
17. Number of David's brothers (1 Samuel 16:10-13)
18. Disciple who hanged himself (Matthew 27:3-5)
20. The first thing Noah built after the flood (Genesis 8:18-20)

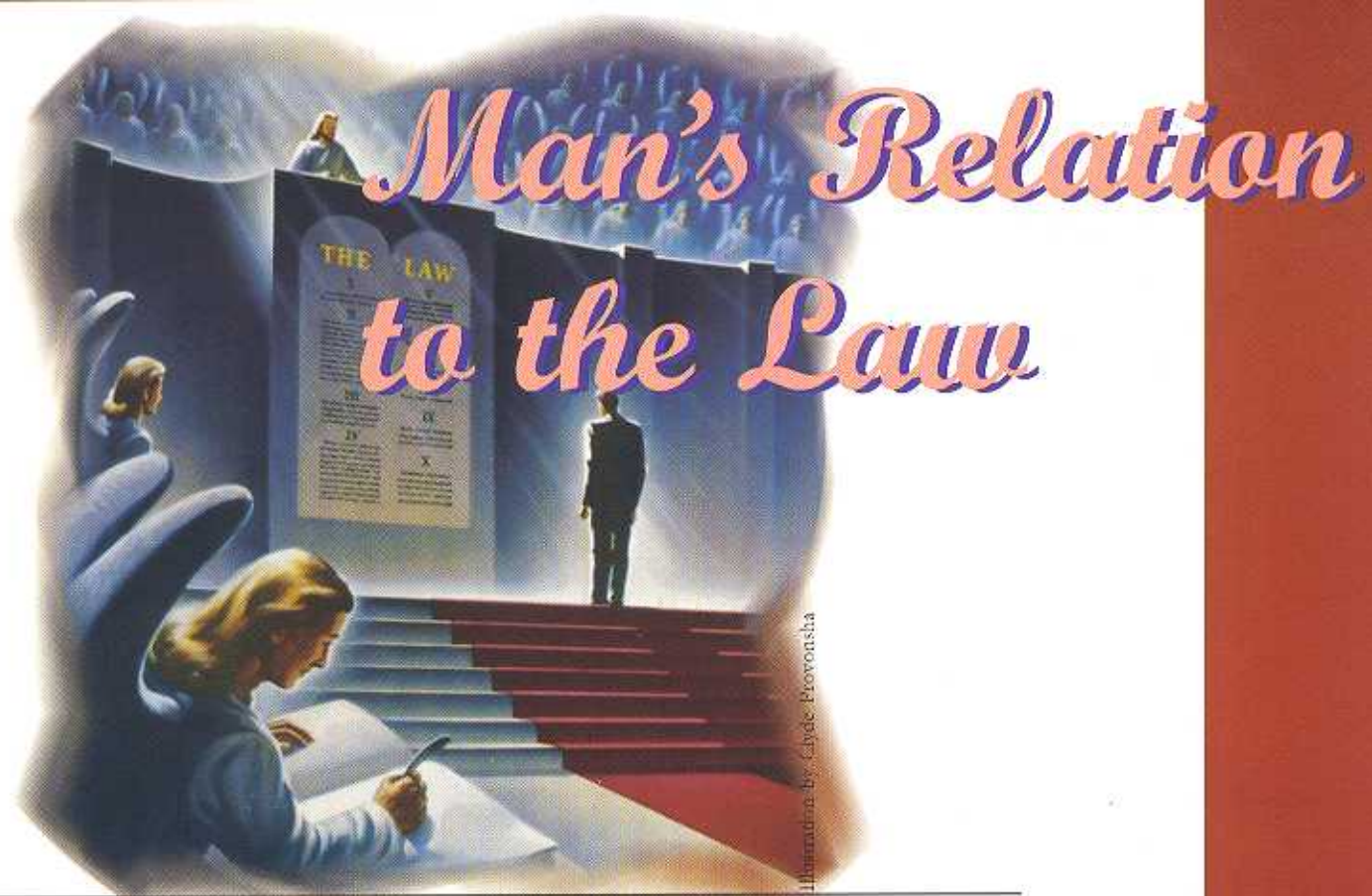
Study to show thyself approved . . . rightly dividing the word of truth. 2 Tim. 2:15.

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By Ellen G. White

The law of the Lord is perfect, converting the soul; the testimony of the Lord is sure, making wise the simple." Before man was created, the heavenly intelligences were governed by the principles of the law of God. When man was created, God gave to Adam and Eve a knowledge of His ten precepts. When the morning stars sang together, and all the sons of God shouted for joy, God laid the foundation for marriage and for the Sabbath institution.

In their happy innocence, the Lord placed Adam and Eve in the Garden of Eden, and gave them employment in dressing and keeping the garden which he had made for them. In activity of body and mind they had the means of obtaining good, and of glorifying their Heavenly Father. Like the angels of God, who are ever engaged in doing good, in carrying out God's commands, man was ever to engage in earnest work.

Adam and Eve were placed upon trial, that it might be demonstrated as to whether they would obey the word of their Creator, or disobey His requirements. The Creator of man was his Father, and had an

entire right to the service he could render. Body, soul, and spirit, man was the sole property of God. God revealed Himself to the innocent pair in Eden, and conversed with them freely. God was their teacher, and instructed them in regard to their work. He made it plain to them that by obedience to His holy law they would retain happiness, and finally be blessed with immortality.

NOT LEFT IN UNCERTAINTY

Eternal life should be theirs if they regulated their conduct according to the principles of the law of God. Man was not left in uncertainty to suppose as to what course he should pursue, or to take any risk by venturing on some line of conduct which he might think a safe course. As children are educated by faithful parents, so Adam and Eve were instructed as to what was required of them as intelligent creatures of God. Every provision was made whereby blessings might be secured to the human race, and but one mild

Eternal life should be theirs if they regulated their conduct according to the principles of the law of God.

restriction was placed upon the sinless pair to test their loyalty to God.

The Lord had said unto them, "Of every tree of the garden thou mayest freely eat; but of the tree of the knowledge of good and evil, thou shalt not eat of it; for in the day that thou eatest thereof thou shalt surely die." In every matter God was to be obeyed; but the test of man's obedience in everything was to be found in his faithfulness in carrying out one particular command, in abstaining from taking of the forbidden tree. The result of obedience would be eternal life, and the outworking of disobedience would be death.

THE FLOODGATES OF WOE

Adam and Eve were tempted of Satan. The tempter came to them, saying: "Yea, hath God said, Ye shall not eat of every tree of the garden? And the woman said unto the serpent, We may eat of the fruit of the trees of the garden; but of the fruit of the tree which is in the midst of the garden, God hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die. And the serpent said unto the woman, Ye shall not surely die; for God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil." They believed the words of the serpent, that were in contradiction to the words of God, their Maker. Falsehood was taken instead of truth, and the floodgates of woe were opened upon our world.

It was as Eve was standing near the forbidden tree that Satan gave utterance to the query of her mind, and thus the controversy on earth was begun. For when she saw that the tree was "good for food,

and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat."

Satan presented to man the bribe of attaining to a higher position, of gaining knowledge and wisdom beyond that with which their Creator had endowed them, through an act of disobedience to His divine will. Satan had lost his derived power and glory, had lost heaven through pride and ambition, for he thought to place his throne above the stars of God, and to be like the Most High; and now, at a favorable opportunity, he presents the temptation which had originated with himself, in order to lead the creatures of God to doubt divine wisdom, and to cast reflection upon divine providences.

NO SCRUPLES

Satan did not scruple at deception in order to gain his purpose and bring shadow over the life and character of the holy pair, to cause sorrow and grief in heaven, and to thwart the purpose of God in the creation of man. Pretending to be the friend of man, he placed himself as the enemy of God, and used all his power to prove that Jehovah had made a mistake in instituting the law to regulate the conduct of His creatures. But in casting contempt upon the law of God he was only seeking to further his hellish design of bringing the human race under his own control.

After Satan had induced man to sin against God, he claimed that man had chosen him as his leader in the place of God, and that his work from henceforth should be to unite with him in making void

the law of Jehovah. It was his work now to enlist the beings whom God had created, to be the agents of Satan, and to cooperate with him in obliterating the moral image of God from the soul. Through all the ages he has worked upon the same principles that he worked upon in causing the fall of man. He presented the restriction of God in such a way to the mind of Eve as to create jealousy, and said to her, "God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil." Satan cast reflections upon the character of God, representing Him as selfish and oppressive.

Our first parents were without an experience for themselves; but, had they lived by every word that proceedeth out of the mouth of God, they would not have disobeyed their Creator. The terrible and tremendous effects of their disobedience opened their eyes. They discerned that the holy covering of light that God had provided for them had departed from them, and that they were naked. Oh, if they had but heeded the instruction that God had given them—to call upon Him when they were threatened with evil from the fallen foe—they would

They believed the words of the serpent, that were in contradiction to the words of God, their Maker.

have had the presence of angels to shield them in the hour of temptation, and the fascinating charm of Satan would have been broken! But they did not look for the fallen foe to come to them with soft words and fair speeches, as a friend who would give them in-

formation fraught with weighty importance to them.

THE SOPHISTRY OF SATAN

Had Satan come to them with rough words, charging God with dishonesty, accusing Him of being overbearing, and of giving them commandments that would require the degradation

“Blessed are they that do His commandments, that they may have right to the tree of life.”

of their independence, they would have understood his attack; but in flattering their pride, in presenting to them a prospect of exaltation, he caused them to forget God, and sin entered into the world. The beings that God had created placed themselves on the enemy's side. The human family was lost.

Will God abolish His law because Adam sinned? Had He done this, He would have immortalized sin, which is the transgression of His law. No, this would have been impossible. Wherever there is a kingdom there must be statutes and laws, and the law of God is the transcript of His character. But provisions had been made in the counsels of the Father and the Son to meet this emergency. It had been provided that, should Adam fall a prey to the tempter's power, a ransom should be found in the Son of God, who should become man's Redeemer. An opportunity should be given to man to repent of his sin, and, through faith in Christ as his personal Saviour, to be restored to the divine image and favor. After the fall, the Lord said unto the serpent, “I will put enmity

between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shalt bruise his heel.”

The controversy was to wage between Christ and Satan throughout all time. The costly ransom that was provided reveals the value that God set upon man. Christ volunteered to become man's surety and

substitute, and took upon Himself the penalty of transgression, in order that a way might be provided whereby every son and daughter of Adam may, through faith in their Redeemer, cooperate with heavenly intelligences, and oppose the workings of Satan, and thus bring in everlasting righteousness. The Lord Jesus would take man into partnership with Himself.

Human intelligences have been endowed by their Creator with capabilities and powers, which, if surrendered to God, will promote His glory in building up His kingdom in the earth. Human beings can reach human beings through the imparted gift of the Spirit of God. Through faith man accepts the world's Redeemer as his Captain, and when standing under His blood-stained banner, he becomes a partaker of the divine nature, and in cooperation with God is to act an important part in revealing the glory of God to a world in the darkness of transgression.

COOPERATION NEEDED

Unless man shall fully cooperate with Christ in the work of rescuing souls from evil, the plan of salvation can never be carried out. But through the scheme of redemption, notwithstanding the opposition of Satan's united agencies, the Lord will bring good out

of the evil that Satan designed should exist. The counsels of God will stand before unfallen worlds, before heavenly intelligences, before the fallen world, and He will accomplish all the good pleasure of His will.

Man has the honor of being taken into partnership with God, and the secrets of the Lord are with them that fear Him. God will give light and knowledge, so that, by conforming to His directions, man may become one with Jesus Christ; and the Father will love him who is conformed to His law, as He loves His only begotten Son. Satan has laid his plans for the purpose of divorcing man from God, and causing him to break God's holy law. He has come to man in our day as he came to Adam in Eden, and through his agents is saying today that the law is not binding on man, but that it is abolished.

Those to whom God has given reasoning powers should use them to better advantage than did Adam when he transgressed the law of God. We have the example of Adam before us to warn us from treading on the dangerous ground upon which Adam fell. Adam accepted the false suggestions and the foul misrepresentations concerning God, rather than a plain “Thus saith the Lord.” Let not the presumptuous assertions and claims of men be reiterated as the voice of God. Let those who would serve God remember that it is written, “Blessed are they that do His commandments, that they may have right to the tree of life, and may enter in through the gates into the city.” ❧

—Taken from *Sight of the Times*, October 8, 1894.



Air

By Vicki B. Griffin, Ph.D., MACN, Author, Lecturer, Researcher

THE GREAT BRAIN ROBBERY

Have you ever noticed that when you sit in a room that is devoid of fresh, circulating air, you tend to feel groggy, listless and even a little confused? Your brain is being deprived of one of the essential elements for proper functioning, so proper nerve conduction and transmission cannot take place. There are other factors that can tend to deprive the brain of adequate stores of oxygen, such as alcohol, caffeine, tobacco, sugar and a high fat diet. Poor posture and lack of exercise also contribute to the problem. In the long run, chronic brain oxygen deprivation increases the risk of memory deficit, mental decline and even dementia. If your "thinking place" seems a little sluggish, perhaps it's time to take a personal inventory of lifestyle habits—next to an open window!

OXYGEN: THE BRAIN BOOSTER

The brain weighs only about 3 lbs., but utilizes enormous quantities of glucose and oxygen compared to the rest of the body. It consumes 20% of the body's oxygen and 25% of the body's glucose, yet makes up only 2%

of the body's weight! The majority of this energy is spent supporting nerve impulse generation and transmission. The brain never rests, even during deep sleep. In fact, even during deep anesthesia the brain is still consuming enormous amounts of energy. Respiration actually increases during sleep, when so much silent repair and rejuvenation takes place. It is important to keep windows cracked, so fresh, vitalizing air can get to the brain at night!

SYSTEMIC SUPERHIGHWAY

Not just the brain, but every organ of the body is dependent on fresh air for optimum functioning. In one sense, your blood is a complex oxygen-transporting superhighway. Red blood cells are oxygen-hungry, and when we take deep inspirations of fresh, pure air, the red blood cells rush their precious store of oxygen and nutrients to the body tissues (provided you've had enough water to keep the blood flowing freely!). Oxygen is essential to tissue health, both externally and internally. In the absence of oxygen, cell death begins to take place. And cells that are deprived of oxygen are the most subject to malignant change—cancer!

THE POLLUTION PROBLEM

Air pollution is consistently associated with increased death rates from certain diseases and increased incidence of asthma, lung damage and, surprisingly, death from cardiovascular disease. It is thought that the peripheral airways become inflamed, and the blood also coagulates, blocking vital air passages and aggravating existing heart conditions. Not only are smog, cigarette smoke and other environmental pollutants annoying and stressful, they are also a threat to health. It is estimated that passive cigarette smoke (you are breathing someone else's) causes 5,000 lung cancer deaths each year! Indoor air quality is also affected when combustible heat is used (wood stove, kerosene, etc.). Fresh air ventilation is essential. It is also important to keep the home as free as possible from dust and dirt, since metallic pollutants collect on dust and can be a potential health threat to city dwellers in particular.

NITTY GRITTY IN THE CITY

An imperceptible mist of toxic chemicals in the air we breathe exposes city dwellers in particular to an

Fast Facts

- **Eighty percent of adult Australians are at risk of developing heart disease. Eight out of ten adult Australians are either physically inactive, overweight, have high blood pressure or smoke cigarettes—all risk factors for cardiovascular disease. Australian Facts, 1999.**
- **The average American now drinks 28 gallons of "the world's most widely used mind-altering drug" every year—coffee. JAMA 1994 Oct.**
- **A cross-country poll of 5,500 Americans revealed that nearly half ate no fruit on a given day. Medical Tribune 1996 March.**

elevated risk of cancer. Nationally, the Environmental Defense Fund estimates that 360 of every million Americans develop cancer as a result of these air toxics, many of which are unfamiliar to the general public. "The numbers show that cars, trucks and small businesses tend to be responsible for much more of the nation's air toxicity than is generally recognized," said David Roe, attorney for the New York-based Environmental Defense Fund. "Up to now, lack of information has meant lack of attention to some of the biggest causes of toxic air." Although environmental officials have long targeted air pollution such as summertime smog, now officials are looking at a less well understood part of the problem: the poisoning that occurs from exposure to 148 different chemicals produced by motor vehicles, industry smokestacks and businesses. States don't regularly test for most of these air toxics, and scientists are unsure of all their effects.

COUGHING CARS

Motor vehicles account for 60 percent of the cancer and other health risks from air toxics across the country. Only one of the top five hazardous chemicals—a banned dry-cleaning fluid called carbon tetrachloride—is not found in tailpipe exhaust. Almost 6 million people in Massachusetts alone and 220 million people nationally live in neighborhoods where the lifetime risk of cancer

is at least 100 times the goal spelled out in the federal Clean Air Act. For New England, all those air toxics translate into roughly 4,500 cancers among current residents, led by the 2,200 cancers in Massachusetts and 1,400 in Connecticut, according to reports. Is it unreasonable to suggest that it may be time to consider where you live in relation to your body's need for daily fresh, pure, air? If you need to beat a path to a new environment, remember this promise: "In all thy ways acknowledge Him, and He shall direct thy paths" Prov. 3:6.

Passive cigarette smoke causes 5,000 lung cancer deaths each year.

THE BREATH OF LIFE

When God formed man out of the dust of the earth, the Bible says that He "breathed into his nostrils the breath of life, and man became a living soul." Gen. 2:7. A new, living, vitalized being awoke to health, strength and life. Our Creator desires us to have a

relationship and connection with Him that is as intimate, fresh and life-giving as that first vivifying breath that Adam, the first man, received from God. In fact, it is as essential to our happiness, welfare and salvation as breath is to life itself! "In Him we live, and move, and have our being" Acts 17:28. What is more important to life and health than the quality of the air we breathe? And what is more essential to the quality of the life we live than a vital, living connection with our Creator? ❏

References available upon request.

recipes

DESERT DATE SMOOTHIE

Ingredients:

- 1/3 C Date pieces
- 1/2 C Pecan pieces
- 1/3 C Milk powder (soy, rice or other)
- 2 C Frozen bananas
- 2 C Ice
- 1 Tb Vanilla or maple extract
- 2 C Water

Directions:

• This recipe is designed for the Vita-mix Total Nutrition Center. For other blenders, simply process half of recipe at a time.

• Grind nuts and dates, then add ALL other ingredients and blend until thick and smooth.

Serving Suggestions:

- This smoothie is even better than the date shakes I enjoyed as a girl at the Indio Date Festival in California. But this recipe doesn't cause the allergies, mucous and other undesirable side effects that dairy-based shakes can.
- Enjoy this smoothie in a tall, frosty glass or pour it over a waffle, French toast, or granola on a hot summer day.



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What to Do With Guilt

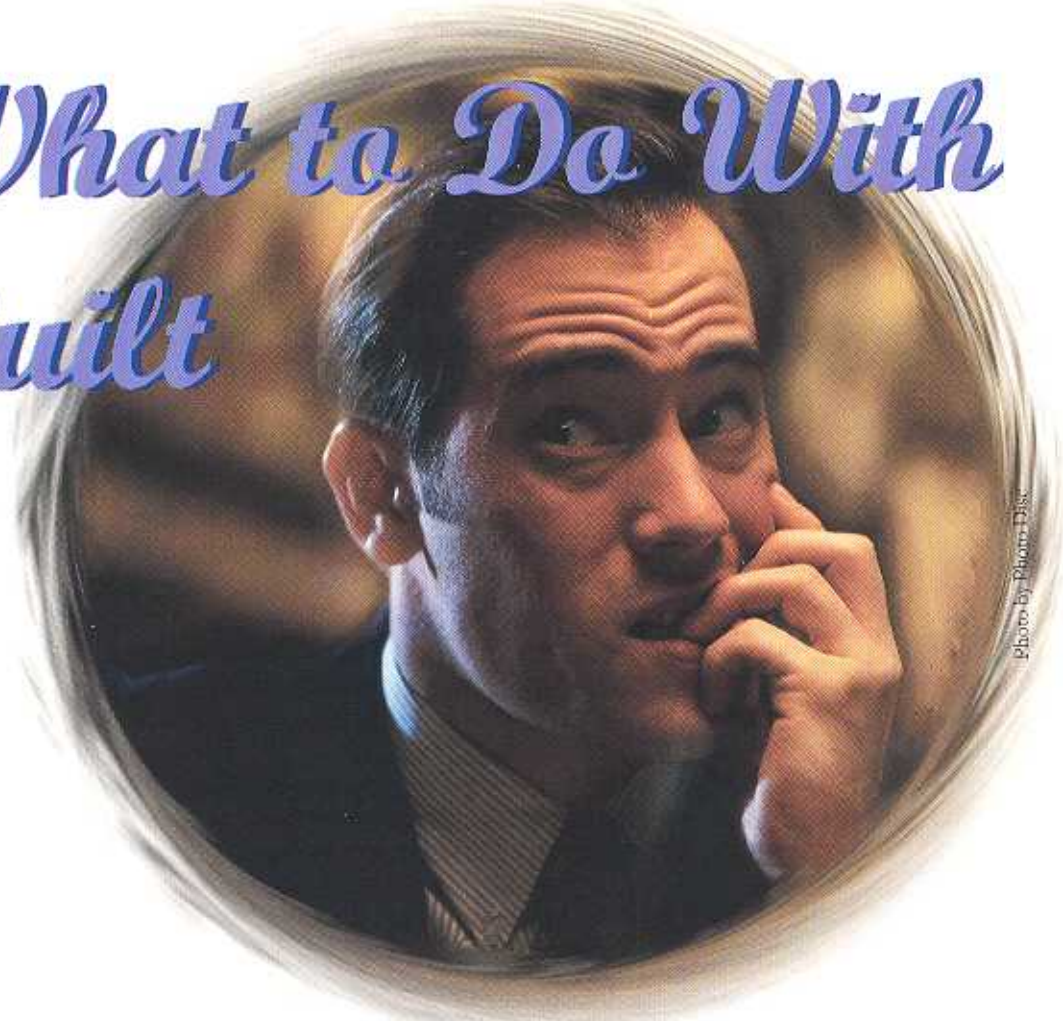


Photo by Rhonda Dick

By Cari Haus

Most people learn something about guilt rather early in their lives. Perhaps we were caught with our hands in the proverbial cookie jar or delivering a swift kick to a bossy sister. Or maybe it was the sugar bowl that did us in, or delving into Mother's blackberry pie, which, though we wanted to deny

it ever so badly, betrayed us by leaving purplish smudges all over our chubby cheeks.

Whatever the childish crime, we learned quickly what

it was to be caught—to stop dead in our tracks, filled with a dreadful sense of foreboding, whenever we saw that “wait till I get a hold of you” look in our parents’ eyes or heard them calling us ever so ominously by our *full* name.

But while it's safe to say that we as humans are all quite aware of that perspiration-producing, knot-in-the-stomach, horrible guilty feeling, it's just as true that we as a race don't really know what to do with it. Our

guilt, that is. We've tried a million ways to get rid of it, but none of them seems to work. Some try to drown their sorrows in alcohol. Others turn to drugs, counselors, psychics, television, video games, shopping or fantasy—and the list goes on and on. We humans seem to prefer overworking, overeating, overspending and over-just-about-anything that will get our minds off the real problem and calm our jangled nerves.

TWO KINDS OF GUILT

Of course, before we can really deal with our guilt, we must know a little something about it. There are two kinds of guilt: good guilt and bad guilt.

No doubt we've all heard the saying, “Don't lay a guilt trip on me.” Guilt is painful. We don't like it. And we especially don't like it when someone tries to make us feel guilty for something that either isn't a moral issue or is totally beyond our control. That's bad guilt. When we feel bad over roadkill, a squashed mosquito or because we can't be all things to all people, that's bad guilt. When someone manipulates our feelings, prodding us to feel bad because we don't

Of course, before we can really deal with our guilt, we must know a little something about it.

have the resources or finances or wherewithal to meet all his or her personal needs, that's bad guilt.

In contrast to all the negative overtones and baggage associated with bad guilt, good guilt is actually a very positive thing. It's moral pain, warning signals and the voice of our conscience all wrapped in a gift from God. Ignore it, and you will die.

TWO SOURCES OF GUILT

Just as surely as there are two kinds of guilt, there are also two sources of guilt. Good guilt is actually a gift from God, designed to warn us of the moral implications of whatever we plan to do. Our conscience reacts to lawlessness and irresponsibility, plaguing us with guilt and shame. It also inspires us with a fear of punishment.

The Bible teaches that guilt is actually a very necessary thing, for "godly sorrow [e.g., guilt] worketh repentance to salvation" (2 Cor. 7:10).

The Holy Spirit is actively involved in helping us humans to recognize our guilt. We also feel guilt when we open the Holy Word of God, get a glimpse of His awesome character and realize just how low we have fallen. And while all scripture is given "for reproof, for correction, for instruction in righteousness" (2 Tim. 3:16), God's Ten Commandments are especially effective at helping us realize our true condition. In fact, Paul pointed out that he would not have "known sin, but by the law: for I had not known lust, except the law had said, 'Thou shalt not covet'" (Rom. 7:7).

A CLEVER COUNTERFEIT

Of course, we can count on the devil to have a clever counterfeit for everything that is good. Satan wants very badly to warp and desensitize, corrupt and kill our consciences. And he is obviously succeeding in many cases, which is why the apostle could say, "Unto the pure all things are pure: but unto them that are defiled and unbelieving is nothing pure; but even their mind and conscience is defiled" (Titus 1:15).

REMORSELESS FACES

Think of the many teenage murderers standing trial these days with remorseless faces, despite the fact they have killed their classmates, friends or even their parents. There they are, feeling shameless and blameless, as if they did nothing wrong! Unwittingly, they are fulfilling Bible prophecy, that in the last days many would give heed to seducing spirits and doctrines of devils, "having their conscience seared with a hot iron" (1 Tim. 4:2).

DOING AWAY WITH GUILT

Although guilt that leads to repentance is a very positive thing, God

Just as surely as there are two kinds of guilt, there are also two sources of guilt.

designed that we should be free from, rather than plagued by, guilt. You see, God has given His Son, His only and much beloved Son, to pay the awful penalty of sin for you and me. So we do not have to die. And our guilt—along with the guilt of the whole human race—can be erased.

But there is a condition here—a condition for forgiveness. We must accept this gift of grace so freely offered. We must come to the foot of the Cross. And when we do, we are given the gracious promise that "if we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness" (1 John 1:9).

Of course, the devil would like for us to "deal with" our guilt some other way. He wants us to believe that all guilt—even godly sorrow for sin—is bad, that the conscience robs us of self-esteem, and that Christianity is a judgmental, guilt-ridden religion. He prompts us to try and drown our guilt in pleasure and mind-bending habits. And if we really must deal with our guilt, he offers us other places to take it. We may pour out our hearts to ministers, priests, psychics, support groups or

a multitude of counselors, who by rehashing our painful pasts may even offer some semblance of relief. And the devil is happy. He couldn't care less where we take our guilt, so long as we stay clear of Jesus. For he knows well the truth he is so desperately trying to hide—that Jesus is the only solution to guilt.

A TRAGIC STORY

In 1984, an Avianca airliner crashed in the mountains of Spain. In their efforts to determine the cause of the crash, investigators made a startling and sad discovery. The "little black box," the cockpit recorder that reveals so much about the final minutes of a doomed aircraft, showed that a shrill, computer-synthesized voice had repeatedly warned the crew to "pull up, pull up, pull up, pull up."

The pilot thought the device was malfunctioning, so he told it to "shut-up," then helped it along by switching it off. In doing so, he cut off the very last warning, the last message of mercy, he would ever hear. Just a few minutes later, the plane plowed into the side of a mountain, killing everyone on board.

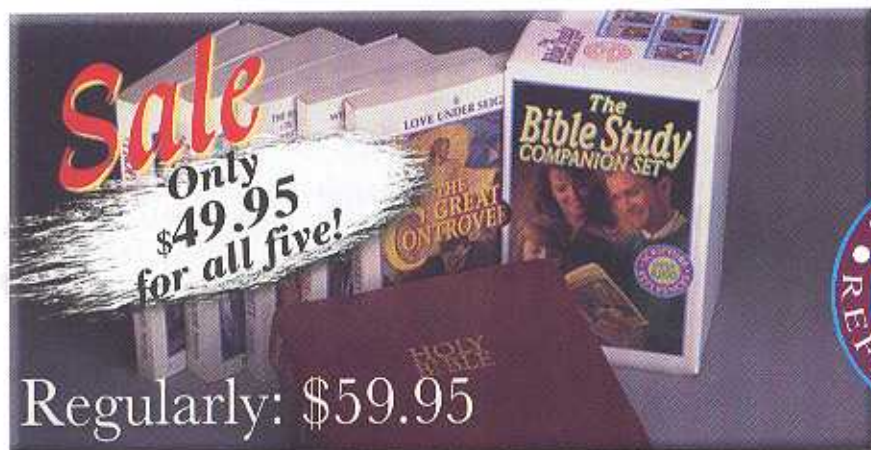
THE SAME MISTAKE

It's sad to think it, even worse to believe it, but many of us are making that same mistake today. While most of us are not airline pilots, each of us is equipped with a God-given warning system. It's the still small voice of our consciences, warning us to "pull up, pull up, pull up" before it's forever too late.

And we must act quickly, listening to the voice of our conscience, if we would avoid certain destruction. Oh, friend, we need to look up, so we can pull up. Look up into the wonderful face of Jesus. Realize what He did for you there at the Cross, and give Him your burdensome baggage—that baggage of guilt and shame. Jesus is the only one who gives lasting peace, the only one who can forgive your sins, the only one who can help you get rid of guilt. Won't you come to the Cross, and let Him help you—today? ❧

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