

Hour Times

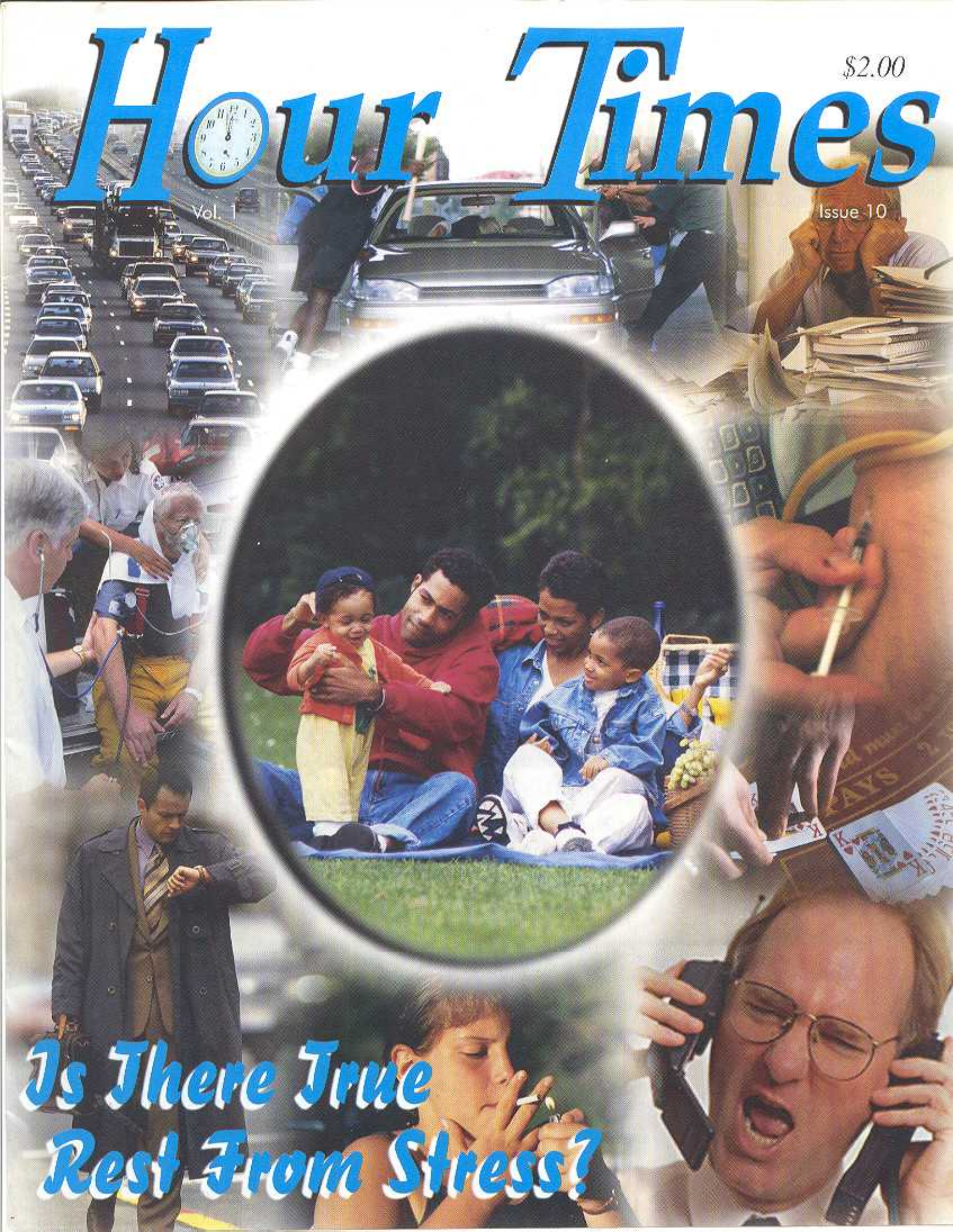
\$2.00

Vol. 1

Issue 10



*Is There True
Rest From Stress?*



Editor
JAY
GALLIMORE

Associate Editor
DWIGHT HALL

Assistant Editor
CARL HAUS

Design Layout
EDDIE
HERNANDEZ


Graphics Design
PENNY HALL
and
EDDIE
HERNANDEZ

Marketing
Representatives
ROYCE SNYMAN
and
SCOTT ERB


Copyright © 2000 Remnant
Publications

Cover:
Photo's by Photo Disc

FEATURES

Risking It All for Bible Truth .. 

9

A 6,000-Year-Old Prescription for Stress ..  ..

14

DEPARTMENTS & COLUMNS

Editorial..... 3 Lifestyle Matters..... 12

Words of Hope and Encouragement 4 Recipes 13

Berean Corner 8

COVER STORY

The Sabbath: God's Park in Time

5



COMING ISSUE



The Millennium—What Will It Bring?

Peace and prosperity, chaos and destruction—the tabloids and experts can't seem to agree on what the millennium holds for planet Earth. If all this confusion is causing you anxiety and despair, consult the prophet who has never missed a prediction.

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.



God Saw Our Day and Did Something About the Stress

By Jay Gallimore

Run here, go there. Fix this, mend that. Do this, open that, and be sure to answer the phone. Read this, file that. Don't forget to check your e-mail. Meet the deadline, try that, play the game and go nuts.

If reading, or even thinking about, the above paragraph was enough to make you feel tense, you are not alone. Unfortunately, this helter-skelter way of running, going, doing, reading, fixing and a host of other "ings" is the way a lot of people are living their lives.

Never—not in this earth's entire history—have people possessed more time-saving gadgets and yet had so little free time. We are so busy trying to cram nine lives into one, that the one we have is about to drive us crazy. With our toys and prescriptions for happiness we constantly try to pursue peace and joy. Yet the toys get their hooks in us. There are maintenance schedules and repair appointments, and the list goes on. It seems as if our whole society is driving down the road with the gas pedal to the floor.

Most of us like to be busy, doing something we enjoy. Yet even too much of this can get to us. Of course, there are a lot of "go here's" and "do that's" that can't be escaped. There are jobs to be done and pressures to bear.

God knew this, right at the very beginning of time. And He also knew we could only bear so much. Wayne Muller, in his book *Sabbath: Remembering the Sacred Rhythm of Rest and Delight*, tells how Harvard President Neil Rudenstine collapsed. For years, Rudenstine had indulged in nonstop work. But one morning he overslept. When he did wake up, it was only to discover that he was emotionally and physically exhausted.

Muller describes us well when he says, "The more our life speeds up, the more we feel weary, overwhelmed and lost. Despite our good hearts and equally good intentions, our lives and work rarely feel

light, pleasant or healing. Instead, as it all piles endlessly upon itself, the whole experience of being alive begins to melt into one enormous obligation. It becomes the standard greeting everywhere: 'I am so busy.' We say this to one another with no small degree of pride, as if our exhaustion were a trophy; our ability to withstand stress a mark of real character. . . . To whiz through our obligations without time for a single mindful breath—this has become the model of a successful life."

With great insight Muller goes on to point out that if we do not rest, we will lose our way. "We miss the quiet that gives us wisdom. Poisoned by the hypnotic belief that good things come only through tireless effort, we never truly rest. And for the want of rest, our lives are in danger."

Muller then reminds us of the fourth commandment: "Remember the Sabbath day, to keep it holy." The word *Sabbath* means "rest." We were not created just to burn and burn. We must have time to enjoy the rhythm of rest. We need a day, set apart by our Creator Himself, where

our "do this, try that" list is confined to the boundaries of His glorious will—a day where the biggest item on our to-do list is to rest.

Rest in God's love, in the assurance of salvation, in the company of our family and/or other believers. Rest from the snail mail, phone mail and e-mail. Rest from the beepers, buzzers and pagers. Away from the home office and post office, in the peace and quietude of a church or that great cathedral of nature, we are to spend time with our God. And what a treat, what a refreshment, that is.

Like so many other things in life, it seems that the Sabbath is more easily experienced than explained. So if you haven't kept the Sabbath lately, I'd like to invite you to try it. For chances are good—in fact, very good—that if you try it, you will indeed "like it." ❧

We are so busy trying to cram nine lives into one, that the one we have is about to drive us crazy.

**'If you call the Sabbath a delight
and the Lord's holy day honorable,
and if you honor it by not going your own way
and not doing as you please or speaking idle words,
then you will find your joy in the Lord,
and I will cause you to ride on the heights of the land
and to feast on the inheritance of your father Jacob.'**

The mouth of the Lord has spoken.

—Isaiah 58:13, 14 (NIV)

"There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from his own work, just as God did from His. Let us, therefore, make every effort to enter that rest."—Hebrews 4:9-11 (NIV)

"Once a week, God commands us to stop working, to stop acquiring wealth, to stop reaching for material things—and reach for the spiritual instead. . . . By stepping out in faith and keeping the fourth commandment, we can be free from the greed that poisons our relationship with others and with God."—Clifford Goldstein, *A Pause for Peace*, 26

"Great blessings are enfolded in the observance of the Sabbath, and God desires that the Sabbath day shall be to us a day of joy. There was joy at the institution of the Sabbath. God looked with satisfaction upon the work of His

hands. All things that He had made He pronounced 'very good.' Genesis 1:31. Heaven and earth were filled with rejoicing. 'The morning stars sang together, and all the sons of God shouted for joy.' Job 38:7. Though sin has entered the world to mar His perfect work, God still gives to us the Sabbath as a witness that One omnipotent, infinite in goodness and mercy, created all things. Our heavenly Father desires through the observance of the Sabbath to preserve among men a knowledge of Himself. He desires that the Sabbath shall direct our minds to Him as the true and living God, and that through knowing Him we may have life and peace."—Ellen White, *Testimonies for the Church*, vol. 6, 349

"The Sabbath comes like a caress, wiping away fear, sorrow and somber memories."—Abraham Heschel—in Charles Scriven, *The Demons Have Had It*, 110

"Sabbath is the day God has set aside for special fellowship with His creatures on earth. God makes the day holy, or sacred, by gracing it with His presence. . . . By communing with God, we actually partake of His holiness."—Richard M. Davidson, *A Love Song for the Sabbath*, 89

"The Lord not only hallowed the Sabbath-day, but He hath also blessed it. . . . You throw away your own blessing if you neglect to keep this day holy. It is a day of special grace."—John Wesley, *Davidson*, 107

"In the midst of the chaos and disorder of our age, we seek for certainty, meaning and hope. The Sabbath brings us weekly reassurance and hope. It reassures us that our origin and destiny are rooted in God. It provides us with a sense of continuity with the past and a hope for the future."—Samuele Bacchiocchi, *Divine Rest for Human Restlessness*, 57

"It is impossible to conceive of any measure more perfectly designed than Sabbath to bring everlasting blessing to individual families, churches and communities."—Walter Chantry, *Call the Sabbath a Delight* 14

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

The Sabbath: God's Park in Time

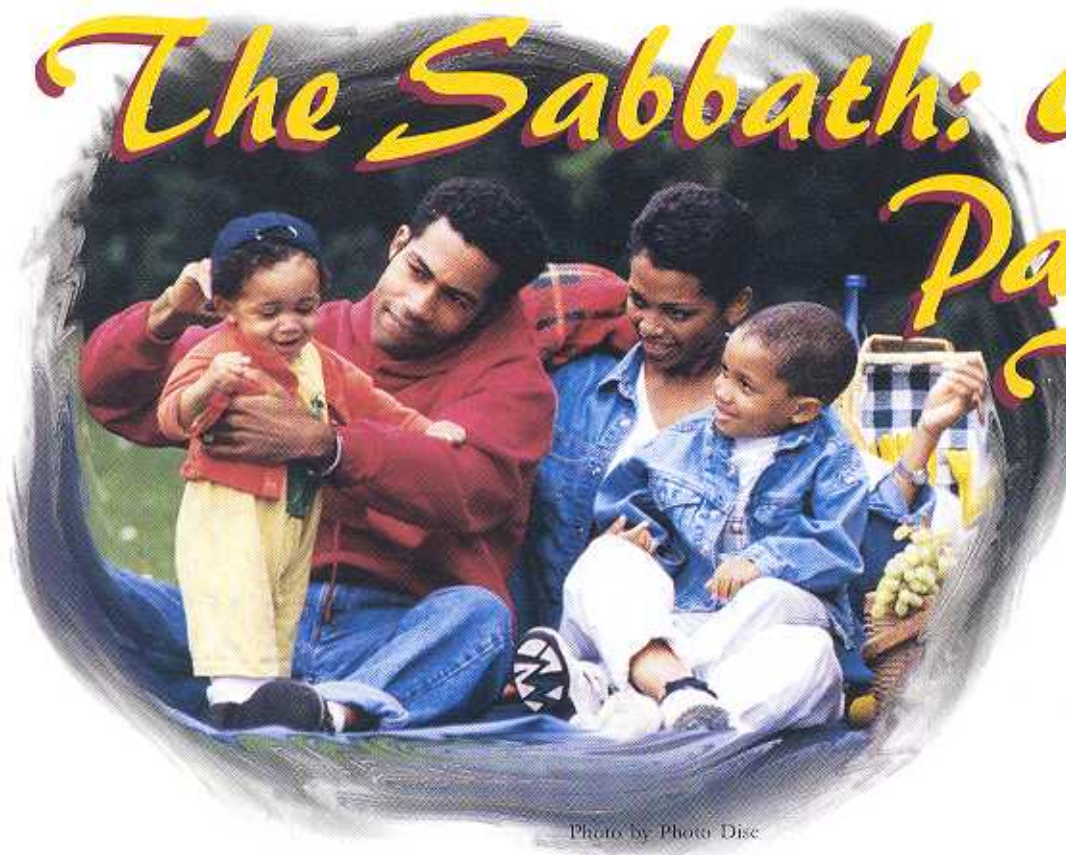


Photo by Photo Disc

By Cari Haus

It's a painful fact in U.S. history that when Senator William Seward first suggested that his country buy the Alaskan Territory, he met with a hail of scoffers. Detractors from Seward's plan saw only a vast wasteland, which, although blanketed with rugged beauty, seemed to them cold and uninviting. "Seward's Icebox," was what they contemptuously called it.

Of course, history also records that what seemed to some like a waste of time and money was actually one of the wisest land purchases ever made. In addition to a haven for tourists, Alaska has turned out to be a plentiful and valuable source of oil. More than that, it played a strategic role for U.S. national defense during the Cold War. Imagine if the Soviet Union had owned Alaska then! What an arsenal of missiles they could have placed right at the doorstep of their unfriendly foe.

A TERRITORY IN TIME

History also records that when God staked out His own personal territory—a territory in time—He too met with a hail of scoffers. In this case, it was the devil and his angels. They didn't like the Sabbath from the beginning, and for obvious reasons. Knowing that people who spend one day a week

wrapped up in holy pursuits, keeping the Sabbath in body, mind and spirit, are likely to be holy, he did his best to destroy it.

Human detractors from God's plan see it as a vast wasteland of time, which, though it's ever so blanketed with peace and beauty, seems cold and uninviting. A mountain of rules, they call it. A day only legalists keep.

But are these allegations really true? Are those who keep the Sabbath really a group of legalistic nit-pickers, caught up in the details but missing the larger picture? Or is it possible, ever so possible, that those who break the Sabbath are missing out on one of the greatest blessings given to humanity? Like Alaska, is it a day that turns out to be:

- one of the wisest investments in time and money a person could ever make?
- a plentiful source of oil, which, in this case, is the oil of the Holy Spirit supplied by God's special presence on that day?
- a restful haven for our pilgrim journey, blanketed with a beauty seen only by those who "go there"?
- a necessary and strategic territory—God's territory in time—in the personal defense system of our souls?

Are those who keep the Sabbath really a group of legalistic nit-pickers?

A SCENE OF SPECTACULAR BEAUTY

In pondering these questions, it may be helpful to consider the rules and regulations surrounding another scene of natural and spectacular beauty—a well known park that attracts millions of visitors from every corner of the globe. This park, this glorious one-of-a-kind treasure house of natural beauty, is none other than Grand Canyon National Park.

Those entering the park with the wrong attitude might be immediately overcome by the apparent mountain of rules surrounding its use. However, those who look beyond the road signs are much more likely to be captivated by the scene of striking beauty laid out for miles before them. The same could be said for the Sabbath. Both of these elements—beauty and rules—are inherent to its protection and use. And with both of these natural “parks,” you are likely to see what you look for.

THE REASONS BEHIND THE RULES

When one stops to think about it, the rules protecting Grand Canyon National Park, whether official or unspoken, are really not bad. In fact, they are totally necessary for the preservation and protection of the park. The Grand Canyon is a special place on the map, set aside for the enjoyment of those who come. Similarly, the Sabbath is a special space in the week, set aside for the blessing of all who will come.

Not surprisingly, then, many of the rules applying to the Grand Canyon (and other wonders of the world) also apply to the Sabbath. Following, for your consideration, is an overview:

Rule 1: No commercialism allowed

Can you imagine what the Grand Canyon would be like if rules restricting commercialism had not been enacted and enforced early on? No doubt the place would be peppered with drive-ins, and not of the

scenic lookout variety. No, we're talking video arcades, fast-food joints and the whole nine yards. And, of course, they would all be positioned strategically along the edge of the canyon. Except for this “burdensome rule,” the scenic drive now gracing the edge of the canyon would have an entirely different look. And it would be a sad sight, would it not? Other less-protected scenic sites bear a mute testimony to this fact.

Similarly, the Sabbath—God's holy space in time—is made more special by the fact that those who truly keep it do not buy or sell on that day. For the story of Nehemiah's struggles with this issue, please read his book in the Old Testament. Also, the Old Testament story about a man the Israelites stoned for picking up sticks on the Sabbath day is painfully instructive. (See Numbers 15:32-36.) Obviously, the Israelites were serious about guarding the sanctity of the Sabbath. And this was right—for it was, and is, a holy day meant for holy activities, an uncommon time meant for uncommon things.

If the scenic drive through God's special space in time were not carefully guarded, pretty soon it too would be peppered with fast-food joints, video arcades and the whole nine yards. With all due respect to capitalistic societies, holiness and commercialism just don't mix. Neither do commercialism and the Sabbath—for when they do, “visitors” to the Sabbath miss much of its beauty.

Rule 2: Advance preparation required

Visitors won't find too many banks, gas stations, grocery stores or fast-food joints in the Grand Canyon. And even if these things were available, they wouldn't want to waste their valuable “Grand Canyon” time with such mundane activities. Oh no. They want to be leaning over a rail, drinking in yet another scene of monumental magnificence.

Similarly, those who benefit the

most from the Sabbath must prepare for it during the week. After all, it's not too hard to rest and avoid commercial activities when your shopping, cooking, cleaning and yard chores are already done. But if it's

Those who benefit the most from the Sabbath must prepare for it during the week.

Sabbath and your cupboard is bare and the family is hungry, there is a problem. And it gets even worse, of course, if the car doesn't have enough gas to get you to the store and back!

Notice that in the wilderness, God sent a double portion of manna on Friday. He also instructed the Israelites to cook extra food on Friday. (See Exodus 16.) In other words, making preparation for God's holy day is a time-honored, biblical task.

Those who fail to prepare will be running about taking care of details but missing out on the significance of the Sabbath. In contrast, those who prepare will have not only a clear conscience but more time to “lean over the rail,” basking in the beauty and rest of God's holy day.

Rule 3: No work allowed

Of course, people are allowed to “work” if they wish in Grand Canyon National Park. And obviously, some do. But it just doesn't make sense to travel hundreds and maybe thousands of miles to view a scenic wonder, then bury one's face in a textbook, laptop or knitting.

Similarly, the Sabbath is all about a relationship—a relationship with God. No ardent suitor would take his laptop on the date of his dreams, ignoring his intended for web pages, spreadsheets or e-mail. In fact, the very idea would be preposterous. Yet, though the God of the universe has set aside time to be with us, somehow we send only half of ourselves. To rephrase a familiar text, the body truly is there, but the mind is missing.

What an insult! God is not “into”

mountains of rules—He wants our hearts. He wants a holy people, in love with their holy God. And it's impossible to be holy when we are so wrapped up in our work that we can't forget it for even one day. For if we can't forget our work and put God first, that means we are breaking not only the fourth but the first commandment—"Thou shalt have no other gods before me." It's something to think about, is it not?

Rule 4: Engage in prescribed activities

Although at first glance this rule seems especially burdensome, it really makes perfect sense. When you visit Grand Canyon National Park, you hike its trails, drink in its scenery, and ride its mules (if you must). But don't try to run your dog (or even bring it for that matter), buzz about on your four-wheeler or operate your remote-control airplane, because those things just don't "fly" in the Grand Canyon.

Similarly, the sanctity, or specialness, of the Sabbath is protected by a set of prescribed activities. And while at first glance they may seem burdensome, they actually contribute mightily to the glory of the day.

Take a lesson from Jesus, who went about doing good on the Sabbath day. Or from the prophet Isaiah, who tells us that if we refrain from doing our own pleasure on God's holy day, God will bless us tremendously, causing us to "ride upon the high places of the earth" (Isa. 58:14). Or from the Israelite nation, who spent many bitter years in captivity to heathen nations (which represent sin to us). And for what reason? Profaning the Sabbath!

Yes, there are reasons—good reasons—to engage in holy activities that bring us closer to God, through service and nature, on His holy day.

Rule 5: No Counterfeits Will Do

Accept no substitutes—for there is no such thing as a "Pseudo Grand Canyon." You are either there, or you

aren't. You are either enraptured by its beauty, or you are someplace else. For there is no other Grand Canyon. Not like this one, anyway.

The same goes for the Sabbath. In spite of people's best efforts, there is no substitute. At the dawn of Creation, God blessed a day. It is a day that will still be blessed at the close of this earth's history, for Isaiah tells us that in heaven, "from one sabbath to another" (Isa. 66:23), all flesh will gather to worship God.

Of course, the devil has his counterfeits. Either he wants us to worship:

- on the right day in the wrong way,
- on the wrong day in the right way, or
- on the wrong day in the wrong way.

It's impossible to be holy when we are so wrapped up in our work that we can't forget it for even one day.

As Christians, it is our job to discern these errors, to accept no substitute ways or days of worship. If you had an appointment with a head of state, would you appear on another day and claim you had kept the appointment? Of course not. The appointment would change only if the head of state had notified you. The same can be said for the God of heaven. He is the Head of State, and we are His friends, servants and children. He has set a special day to meet with us, spend time with us, and confer on us the blessing of His love. And that day has not and could not possibly have changed, for we have not been notified. No one has ever found such a change in the Bible, and neither will we.

Rule 6: Blessings and Curses

Break the stated rules of Grand Canyon, or any national park for that matter, and you're likely to find yourself detained in the back seat of a park service car,

wishing you had never come. It does happen to some people, and it's a sad end to what could and should have been a glorious and inspiring excursion.

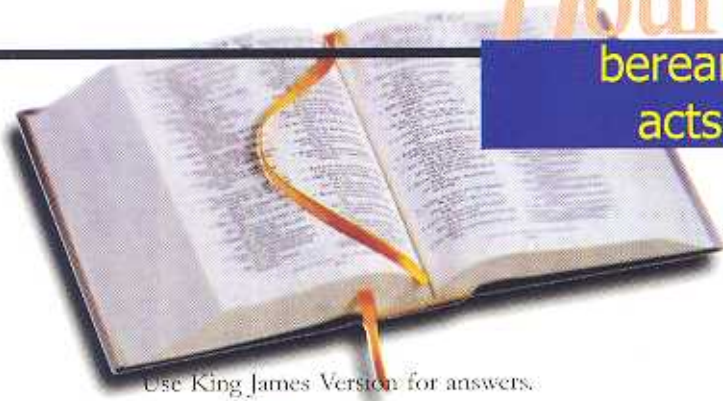
Of course, there are penalties for failing to observe the Sabbath, as well, such as restless hearts, weary minds and wandering souls. Our world is filled with people who are obsessed and speeding down the fast lane. There are shopoholics, ebcoholics, alcoholics, workaholics and just about every other "holie" imaginable.

In contrast to the restless rat race of modern life, God has pronounced a special blessing on the Sabbath—a blessing that can be enjoyed only by those who keep it holy.

As might be imagined, the devil is at war with the Sabbath. As the only one of the Ten Commandments that names God as creator and sovereign of heaven and earth, it's the object of special attack. As a strategic day designed to make Christians holy because it is holy, it's a day the devil would like to do away with—to change, annul, deface and demolish in any way he can.

Of course, it's up to you not to let him. To study and understand Bible truth, applying it in your life as you learn it. To keep the right day in the right way—being a Christian in spirit and in truth—simply because your Lord asked you to.

Jesus says, "If ye love me, keep my commandments" (John 14:15), and His "commandments are not grievous" (1 John 5:3). If we would stand at last on the sea of glass with those who "keep the commandments of God and the faith of Jesus" (Rev. 14:12), we must take God at His word and obey His voice. And God will bless you for doing so. Not only will you receive the extra spiritual blessing available on God's holy day—but He will cause you, if not in this life, then in the one to come—to ride, truly ride, "upon the high places of the earth." ❧

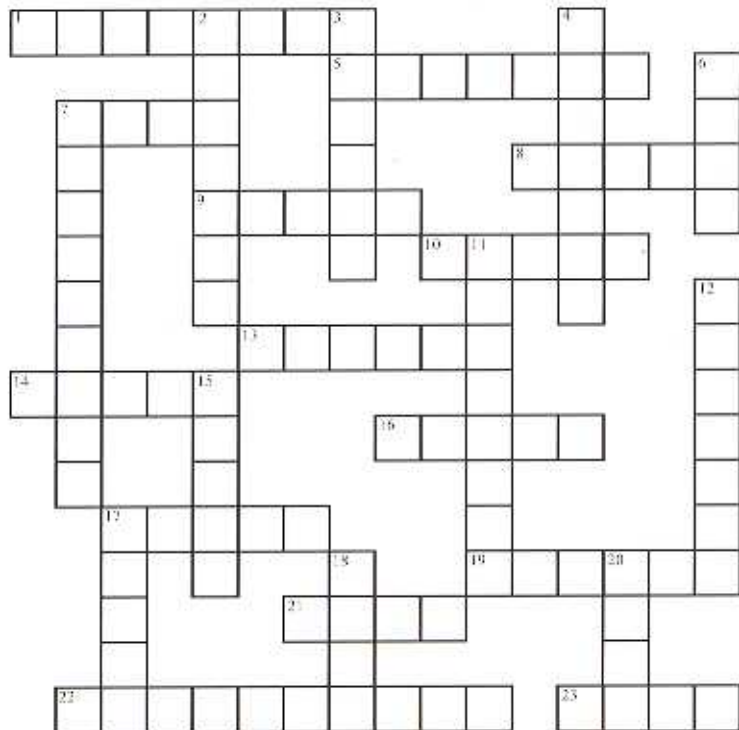


Use King James Version for answers.

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

Across

1. "Looking unto Jesus, the author and _____ of our faith" (Hebrews 12:2)
5. "What therefore God hath joined together, let no man put _____" (Matthew 19:6)
7. Apostle that was shipwrecked three times (2 Corinthians 10:1, 11:25)
8. Paul says this is the last enemy to be destroyed (1 Corinthians 15:26)
9. To whom did God speak through a burning bush? (Exodus 3:2-4)
10. "The love of _____ is the root of all evil" (1 Timothy 6:10)
13. Washed his hands to make a point at Jesus' trial (Matthew 27:24)
14. Material used to make Noah's ark watertight (Genesis 6:14)
16. Rebekah's favorite son (Genesis 25:28)
17. She conceived a child at the age of ninety (Genesis 17:17, 21)
19. He called down fire from heaven (1 Kings 18:24-38)
21. How many of the ten lepers Jesus healed didn't return to thank him? (Luke 17:12-19)
22. Group with a lukewarm church (Revelation 3:14-16)
23. Second son of Adam (Genesis 4:1-2)



Down

2. Richest king in the Bible (2 Chronicles 1:11-12)
3. Jacob's favorite wife (Genesis 29:30)
4. Wicked queen during Elijah's time (1 Kings 18:13-14)
6. He baptized Jesus (Matthew 3:13)
7. Occupation of Luke (Colossians 4:14)
11. "Be of good cheer; I have _____ the world" (John 16:33)
12. She had Samson's hair cut in his sleep (Judges 16:18-19)
15. "Man looketh on the outward . . . the Lord looketh on the _____" (1 Samuel 16:7)
17. The Queen of _____ visited Solomon (1 Kings 10:1)
18. The number of stones David took to fight Goliath (1 Samuel 17:40)
20. He murdered Abner (2 Samuel 3:27)

Answers:

1. Jesus Christ 2. Darius 3. Leah 4. Jezebel 5. Whatsoever 6. John the Baptist 7. Fisherman 8. Satan 9. Moses 10. Greed 11. Saved 12. Delilah 13. Pontius Pilate 14. Gopher wood 15. Heart 16. Isaac 17. Hannah 18. 12 19. God 20. Ishbosheth 21. Nine 22. Laodiceans 23. Cain

God's Answers to Your Questions
Answers from the source of all wisdom
THE BIBLE
If you like crossword puzzles, you'll love
God's Answers to Your Questions
This unique book lists hundreds of thought-provoking questions on topics such as:

The Future	The End of Suffering & Sin	Baptism
Death	Health	Prophecy

Order Yours Today \$9.95
800-423-1319 Plus \$3.00 S&H

Risking It All for Bible Truth

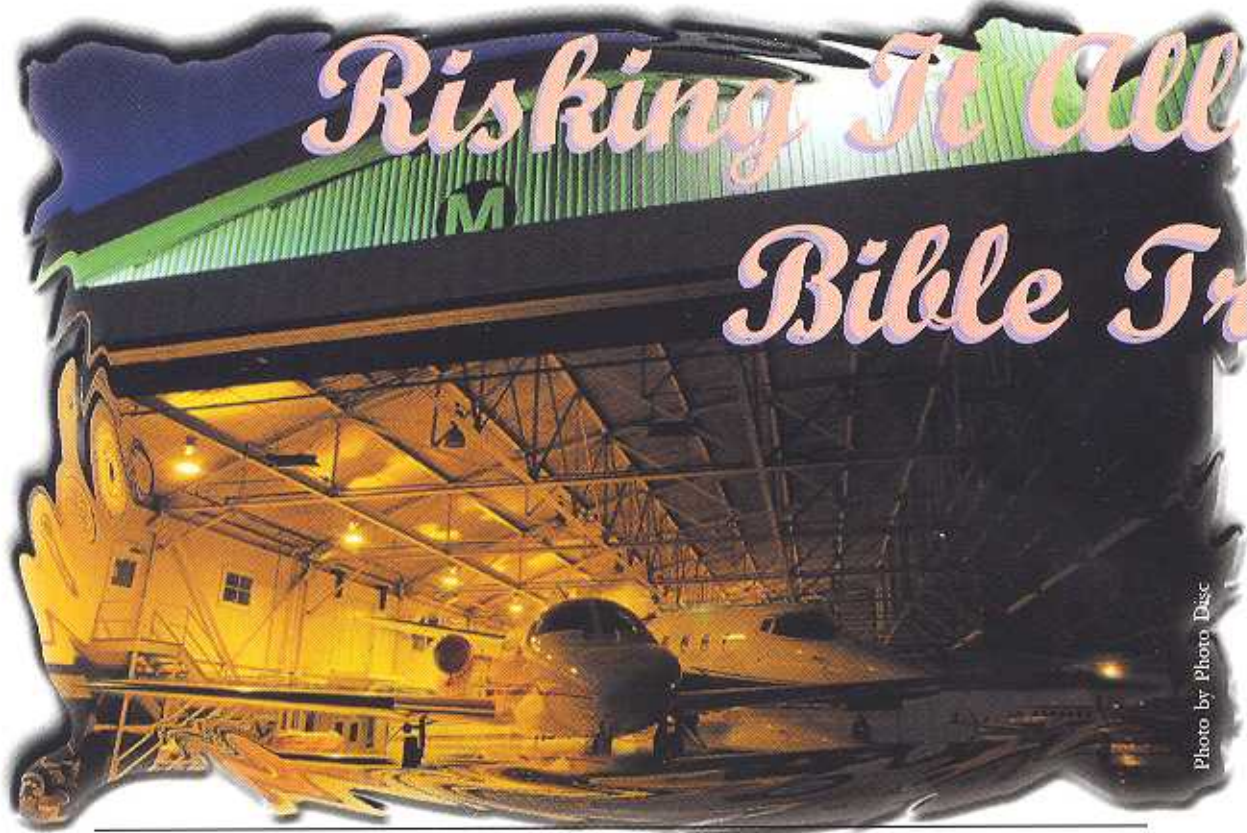


Photo by Photo Disc

By Royce Snyman

A number of years ago, Merton Vincent, an engineer for Douglas Aircraft Company, faced one of the most difficult tests of his life. As the designer of a new safety monitoring system for the DC-8 Super 63, Merton was expected to be on board the test plane on its final certification flight in order to get FAA approval. As an employee, you would think that would be a “no-brainer” for Merton, and under normal circumstances it would have been. But his heart sank when his boss announced that the final flight would take place “tomorrow.” You see, tomorrow was Saturday, and as a committed Christian who believed that the Bible Sabbath was Saturday, that was a real problem.

When Merton contacted his boss about the problem, he was told that when the plane flew he had better be on it. For Merton, this was a test far greater than the test of the plane’s safety monitoring system. Would he pass this test? What would lead a man to risk his job for such an issue? And why did he think the Bible Sabbath was Saturday and not Sunday, anyway? Be-

fore we find out what happened to Merton, let’s answer these questions.

What would lead a man to risk his job for such an issue?

When John Huss, a martyr in the early days of the Protestant reformation, went to the fiery stake, what was it that led him to surrender his very life rather than his beliefs? At first it would have seemed that it was just a matter of a difference of opinion about what the Bible said. But what did the Bible say?

In Huss’ final appearance before the council he said, “I call God to witness that all that I have written and preached has been with the view of rescuing souls from sin and perdition, and, therefore, most joyfully will I confirm with my blood that truth which I have written and preached” (*The Great Controversy*, p. 109). He declared that if any of his positions could be shown from the Bible to be wrong, he would retract his teachings. (See *Prophetic Faith of Our Fathers*, vol II, p. 115.) No such instruction was forthcoming. As

What would lead a man to risk his job for such an issue?

the flames licked at his feet that fateful day in 1415, he began to sing, "Jesus, Thou Son of David, have mercy on me" (*The Great Controversy*, p. 109).

The Bible is just that kind of book, and so much more—for it is the Word of God. Its truths are timeless, its Savior is eternal. As the student of the Bible searches from Genesis to Revelation for knowledge, he finds that God responds by delivering up treasure more valuable than gold or the lost ark. It is truth worth dying for. And why? Because it is truth worth living for. It is the truth that Jesus came here to live for, the truth about God, of His love for all sinners. Jesus said that He came to seek and save the lost (Luke 19:10), to save His people from their sins (Matt. 1:21) and to reveal the Father (John 14:9).

The Bible leads one to Jesus Christ. Hundreds and thousands of people who have found Christ through the Bible have literally been willing to surrender their lives for Him and for the truths they have accepted through the study of His book. Willing to risk a job? Huss was willing to give his life. The truths of the Bible are worth the risk.

What made Merton think that Saturday was the Sabbath of the Bible, and not Sunday?

This question takes a little more space to answer. The simple answer is that he found the truth about the Sabbath in the Bible. The answer *must* come from the Bible. So what does the Bible say?

God introduces the subject of the Sabbath in the second chapter of Genesis as part of the narrative of Creation. Genesis 2:1-3 says, "Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God ended His

work which He had made; and He rested on the seventh day from all His work which He had made. And God blessed the seventh day, and sanctified it: because that in it He had rested from all His work which God created and made."

To put it simply, the Bible tells us that God built the Sabbath into the earth's weekly cycle. The same weekly cycle is observed by the world today. It is God's cycle. The monthly cycle is tied to the moon, and the yearly cycle to the sun. But the weekly cycle is tied to neither. It is not just a natural occurrence of nature. God established it, and God alone can change it.

God also reconfirmed His Sabbath at Mt. Sinai, in the heart of the Ten Commandments, on tables of stone, and written with His own finger. Exodus 20:8-11 says, "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." The

Ten Commandments—all of them—are still valid today. Interesting, isn't it, that the only commandment people forget today is the very one God specifically said to "remember."

Throughout the Old Testament scriptures the truth and importance of the seventh-day Sabbath are frequently reiterated. Often, when God's people entered into apostasy, the prophets would direct them back to the worship of the

true God and the Sabbath. Isaiah told the people, "If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the Lord, honourable; and shalt honour Him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: then shalt thou delight thyself in the Lord; and I will cause thee to ride upon the high places of the earth" (Isa. 58:13,14).

The people were stomping their spiritual feet on the Sabbath, dishonoring it as we would dishonor our country if we stomped on "old glory." By finding their own pleasure the people were dishonoring the Sabbath, and thus they were dishonoring God.

Jesus Himself kept the seventh-day Sabbath. He kept it both in life and in death. In life it was His custom, according to Luke 4:16. "And He came to Nazareth, where He had been brought up: and, as His custom was, he went into the synagogue on the sabbath day, and stood up for to read." In death it was His testament. In Luke 23:53-56 it says: "And he took it [the body of Jesus] down, and wrapped it in linen, and laid it in a sepulchre that was hewn in stone, wherein never man before was laid. And that day was the prepa-

The only commandment people forget today is the very one God specifically said to "remember."

ration, and the sabbath drew on. . . . And they returned, and prepared spices and ointments; and rested the sabbath day according to the commandment."

It was not until the first day of the week, Sunday, that Jesus rose from the dead. (See Luke 24:1-3.) And after the resurrection, the disciples continued to keep the sev-

enth-day Sabbath. "And when the Jews were gone out of the synagogue, the Gentiles brought that these words might be preached to them the next sabbath. Now when the congregation was broken up, many of the Jews and religious proselytes followed Paul and Barnabas; who, speaking to them, persuaded them to continue in the grace of God. And the next sabbath day came almost the whole city to-

By standing up for the clear truth of the Bible, he had put God first in His life.

gether to hear the word of God" (Acts 13:42-44).

"But what about Sunday?" you may be asking. "Isn't it the Sabbath for Christians today?" Well, what does the Bible say? First, the word *Sunday* is not found in the Bible—ever. That is true of Saturday, and Monday, etc. In Bible times the days were simply referred to by their numbers. So *Sunday* in the Bible is the "first day" of the week. Never in the Bible is the first day ever referred to as the Sabbath.

Interestingly enough, the first day of the week is mentioned only eight times in the New Testament. (See Matt. 28:1; Mark 16:2, Mark 16:9; Luke 24:1; John 20:1; John 20:19; Acts 20:7; and 1 Cor. 16:2. Two other times *first* is used in reference to a day, but not a day of the week. Instead, it refers to the first day of a feast.) In none of the eight passages is any reference made to it being the Sabbath. In no case do any of the verses tell us that the first day is a day of worship, or that it is the Sabbath in place of the seventh day.

Isn't Sunday to be celebrated in honor of the resurrection of Jesus? Though Sunday, the first day

of the week, was the day of the resurrection, nowhere in the New Testament scriptures are we instructed to keep Sunday as a way of honoring the resurrection. In fact, the only activity that the Bible mandates in honor of the resurrection is baptism. Paul stated this in Romans 6:3-6: "Know ye not, that so many of us as were baptized into Jesus

Christ were baptized into His death? Therefore we are buried with Him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life. For if we have been planted together in the likeness of His death, we shall be also in the likeness of His resurrection: Knowing this, that our old man is crucified with Him, that the body of sin might be destroyed, that henceforth we should not serve sin." Baptism, therefore, honors both the death and resurrection of Christ.

Today, Sunday is commonly referred to as "the Lord's day." But the first day of the week (Sunday) is never referred to in the New Testament as "the Lord's day." Only once, in Revelation 1:10, is the expression *the Lord's day* used. There is no evidence in scripture to suggest that this is the first day of the week (Sunday). On the contrary, the overwhelming evidence points instead to the seventh day of the week being "the Lord's day." Mark 2:27, 28; Matthew 12:8; and Luke 6:5 say it clearly. Looking at Mark 2:27, 28 will suffice. "And He said unto them, The sabbath was made for man, and not man for the sabbath: Therefore the Son of man is Lord also of the sabbath."

It was information like this that led Merton Vincent to conclude that the Bible Sabbath is the seventh day of the week, Saturday. Be-

cause the Bible, the Word of God, had made it plain, Merton was willing to risk losing his job, and a very good one at that.

Would Merton pass the test?

Saturday, the Sabbath, found Merton in the pew of a local Bible Sabbathkeeping church. He would have been in his own home church in Phoenix, Arizona, but the testing of the DC 8 was taking place in another state. As he participated in the services that morning, his mind could not help wondering whether the plane had flown or not. He felt good about putting God first in his life and honoring His Sabbath, though he couldn't help but wonder what he would face when he went back to work after the Sabbath hours were over.

Toward the end of the day, Merton knelt in his hotel room and brought the Sabbath hours to a close with a prayer. He then drove out to the plane test site. Timidly he walked to the building where he had prepared his equipment, only to discover that the test flight had been delayed until Monday morning. Evidently, the plane, which had flown several flights prior to this, was found to have numerous leaks in its fuel tanks. In fact, there were so many leaks that it took all day Saturday to fix them. Monday morning the plane flew flawlessly, with Merton on board. The FAA gave formal certification. It had passed the test.

However, as far as Merton was concerned, the real test had already been passed. By standing up for the clear truth of the Bible, he had put God first in His life, and God had honored his faith. The victory had been won. ☒

Note: Merton L. Vincent's story was first printed in *Signs* May 1982.



Sunshine

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

SUNSHINE IS GETTING SOME BAD PRESS

Most of you are probably familiar with some of the “bad press” that sunshine is getting these days. It is true that chronic overexposure to the sun’s ultraviolet rays is associated with problems like premature skin aging, skin cancer, immune-suppression and cataracts. However, recent studies indicate that high circulating levels of antioxidant vitamins C and E have been found to be protective against skin malignancy, wrinkling, photosensitivity reactions and immune-suppression. Vitamin C is found in green vegetables, berries, citrus fruits, kiwi, cantaloupe, pineapple, tomatoes, sweet peppers and a host of other fresh vegetables and fruits. (Apples, bananas and pears are low—so enjoy a variety!) Excellent sources of vitamin E include whole grains, dark green leafy vegetables, nuts, seeds, wheat germ, legumes, un-

saturated plant oils, asparagus and peas. Depletors of these substances include refined sugar, caffeine, alcohol, birth-control pills and stress. In addition to a healthful diet, daily exposure to sunshine is critical to human health and well-being. In fact, the healing benefits of sunshine are so great, that the Lord alludes to the sun in reference to His own divine healing power: “But unto you that fear my name shall the Sun of righteousness arise with healing in His wings.” Mal. 4:2.

SUNSHINE AND THE “SUNNY PERSONALITY”

When we think of a sunny personality, we think of someone who is cheerful, energetic and a quick-thinker. Exposure to sunshine promotes all these qualities! It is known that exposure to light helps to set and maintain your internal “body clock” (circadian rhythm), which is essential for regulating hormones, sleep patterns, mood and appetite. Exposure to full-spectrum bright light can improve alertness as well as cognitive function (mental ability). Exposure to daylight can greatly reduce symptoms of “jet lag,” and has been used successfully in the treatment of various types of depression, including the “winter blues” and associated fatigue, as well as the temporary depression many women suffer during certain phases of their monthly cycle. Our society’s pattern of late-night activities combined with sleeping during the beneficial, early morning hours of sunlight are contrary to good principles of mental and physical health. God made the beasts to keep those kind of hours! “Thou makest darkness, and it is night: wherein all the beasts of the forest do creep forth.” Psalm 104:20. We also miss our morning appointment with the Great Physician on that type of schedule. “I love them that love Me; and those that seek me early shall find me.” Prov. 8:17.

DON’T “SHUN” SHINE!

Casual exposure to sunlight is the major source of vitamin D for most people. Vitamin D₃ is formed in the skin and synthesized by the liver to the form (actually a hormone) used by the system for a variety of essential functions. For one thing, vitamin D stimulates intestinal calcium absorption, and is essential to calcium metabolism for strong bones. Sunscreen can decrease the incidence of skin cancer by up to 30%. However, sunscreens contain titanium dioxide, which can accumulate in the

Fast Facts

- **McDonalds sells in excess of 2 million lbs. of french fries per day, while fresh potato consumption has plunged 40%. Frozen potato purchases are up by 557%. Nutrition Action Health Letter.**
- **Black tea consumption is linked to increased risk of stomach, kidney, lung, rectal, and esophageal cancer. It is also linked with B vitamin deficiencies and poor iron absorption. Calamity in a Cup, Review Graphics, 1995.**
- **Serious health problems, such as excessive potassium loss, arterial blood depletion, and osteoporosis have been linked to the regular ingestion of cider vinegar, in amounts from 1 to 6 tablespoons per day. Nephron 1998; 80.**

skin and may be carcinogenic. Using too much sunscreen as well as lack of outdoor activity in the sun is associated with increased risk of osteoporosis, osteomalacia and bone fracture. Synthesis of vitamin D through casual exposure to sunlight can alleviate rheumatoid and psoriatic arthritis, type I diabetes, hypertension, arrhythmia's, seizure disorders, eczema. It also helps prevent a number of cancers, such as prostate, colon, breast and leukemia. Check with your physician, because certain diseases are aggravated by exposure to sunlight. Also, sitting behind a glass window eliminates 95% of the ultraviolet radiation, so opening windows is the best way to receive the sun's benefits when indoors. However, overexposure to ultraviolet radiation by artificial methods such as tanning beds significantly increases the risk of skin cancer and other radiation-related problems.

SUNSHINE: A BONNY BLESSING!

It is known that exposure to sunlight has a cholesterol-lowering effect. Sunlight is able to speed up the body's circulation, which enhances the elimination of toxins. It also increases the number of white blood cells, which helps to defend the body against invading germs. Don't forget that sunlight promotes wound healing and kills many bacteria after short exposure. As early as 1915 it was noted that exposure to sunlight had a calming and pain-killing effect on arthritis sufferers. Quoting from that article's conclusion: "[Sun treatments] apply not only

to cases suffering from chronic pain, especially in the bones or joints, or from nervous hyper-irritability, or both. Sunshine, when properly used, has both a powerful analgesic and a sedative action. . . . In a word, sunshine is a simple, cheap and efficient analgesic-sedative, of which more extensive use can be made with correspondingly gratifying results." And, even older than that quote, thousands of years ago, a wise man said under the inspiration of God: "Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun." Eccl. 11:7, Will you commit today to adjust your lifestyle to accommodate this essential, free doctor, sent from heaven? ☒

Exposure to sunlight has a cholesterol-lowering effect

References:

1. Partonen T. Effects of light on mood. *Annals of Medicine* 1993 Aug;25(4):301-302.
2. Kraft M, Martin R. Chronobiology and chronotherapy in medicine. *Disease-a-Month Series* 1995 Aug;41(8):501-575.
3. Grimes D, Hinkle E. Sunlight, cholesterol and coronary heart disease. *Quarterly Journal of Medicine* 1996 Aug;89(8):579-89.
4. Holick M. Nonsteroidal actions of 1,25-dihydroxyvitamin D3 and clinical applications. *Bone* 1995 Aug;17(2 Suppl):107S-111S.
5. Zabaluyeva A. The mechanism of adaptogenic effect of ultraviolet. *Vesta Akad Med Nauk* 1975;3(23).
6. Bryant J. Sunshine: its neglected analgesic-sedative action. *Boston Medical and Surgical Journal* 1915 Oct;173(16):583-585.
7. *Skin and Allergy News*, Feb. 1997.
8. Eberlein-Konig B. *American Academy of Dermatology* 1998 Jan;38(1):45-48.
9. Moseley H. A hazard assessment of artificial tanning units. *Photodermatology, Photoimmunology & Photomedicine*. 1998 April;14(2):79-87.

recipes

MARVI-WHIP

Ingredients:

- 2 C Soft tofu
- 2 Tb Nutritional yeast flakes
- 1 tsp Salt
- 1/4 C Lemon juice
- 1 tsp Onion powder
- 1/2 tsp Garlic powder
- 1/3 C Olive oil OR raw cashews
- 1/4 C Water, if using cashews

Directions:

- Blend until very smooth and creamy.
- To make a creamy Italian dressing, just add 1/2 tsp EACH of dill weed, basil and Italian seasoning.
- For a tangy dip or salad dressing, add 1

- tsp dill weed.
- Chill and serve.

Serving Suggestions:

- This delightful, light mayonnaise is delicious on salads or as a dip for raw veggies. You can also use it as a great topping for steamed asparagus, artichokes, cabbage or broccoli.
- We love it over Mexican beans, on haystacks, or as a taste-tempting topping over baked potatoes with a sprinkle of dill and chopped scallions.
- Try it also as a sandwich spread, or as a filling in pita bread. It is even good as a topping for many savory casseroles such as those made from rice, lentils or garbanzo beans.



Guilt-Free Gourmet—Your Vegan Cookbook and Lifestyle Resource Book

Finally, a cookbook featuring recipes that taste good and are good for you! More than 300 pages of scrumptious, mouth-watering creations that are nutritious, cholesterol-free and easy to make.

Order yours today. Only \$19.95
1-800-423-1319

A 6,000-Year-Old Prescription for Stress

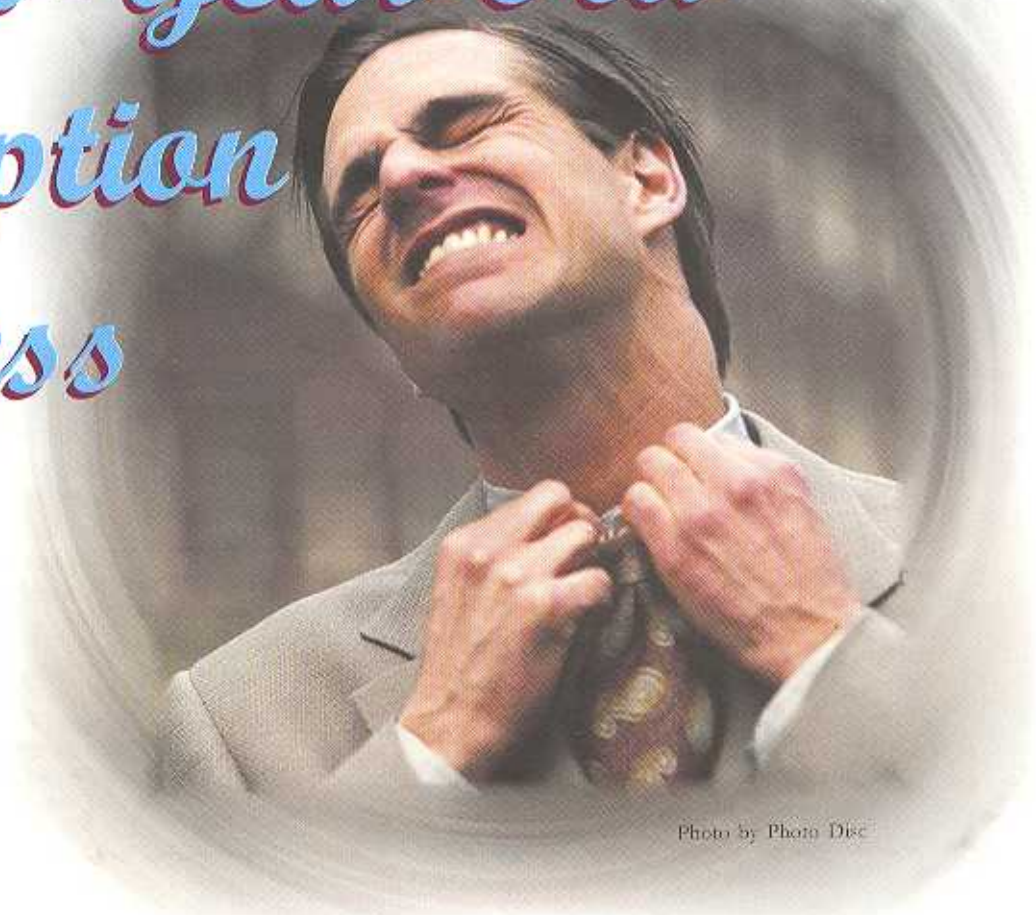


Photo by Photo Disc

By Dan Collins

Whether the problem is chronic pain, calloused feet, shattered nerves or sleepless nights, it seems there is a remedy for everything these days. In the race for effective medications, exclusive patents and higher profits, multibillion-dollar pharmaceutical companies seem to outdo themselves time and time again.

And there is a need. Stress has invaded the lives of all, filling our waking hours with a hustle and bustle that would have astounded previous generations. And when we exceed our limits—our innate capacity to constructively handle

stress—we begin to have aches and pains. First and foremost, of course, is the aching of the human heart. But continual stress is also detrimental to both our sanity and our health. In fact, stress is the underlying factor in nearly all

the leading causes of death in the United States today. And so the search goes on for the perfect remedy—a remedy that, to be truly profitable, must be both exclusive and effective.

Of course, in the search for something new and quick-acting, it's easy to overlook the most timeless and effective remedy of all—a timeless remedy (it's 6000 years old) that was designed by a caring God who foresaw our critical need for relaxation, rejuvenation and, yes, rest.

FROM THE DAWN OF CREATION

The Sabbath, or God's special day of rest, was given to men and women at the dawn of Creation. After creating this entire world in six literal days, God saw that everything in it was very good. So He rested on the seventh day. "Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God ended His work which He had made; and He rested on the seventh day from all the work which He had made. And God blessed the

Stress is the underlying factor in nearly all the leading causes of death in the United States today.

seventh day, and sanctified it; because that in it He had rested from all His work which God created and made" (Gen. 2:1-3).

This beautiful day of rest—God's Sabbath—was designed to be a very special time of communion and fellowship between people and their Maker. Even in the Garden of Eden, the human family needed time to:

- separate from the cares of the week;
- contemplate the glories of Creation, and through it be drawn closer to God; and
- rest in the blessed fellowship of their Creator and build a relationship with Him from which they could draw strength during the coming week.

Understanding these critical human needs, Jesus gave the Sabbath gift—His priceless prescription for stress—to Adam and Eve right there at the very beginning.

THE SABBATH BEFORE SINAI

Although often neglected, God's great prescription for stress has been followed by a fraction of His children throughout the ages of history. Even in the midst of apostasy, God has always had faithful followers—men and women who remain true to His principles of righteousness.

Shortly after the flood, God was looking for a whole race—a nation of people who would preserve His law. God chose Abraham for this important work, for He knew that Abraham could be trusted not only to obey Him but to instruct others. This sacred trust was then passed on by Abraham to his descendants, the Jewish nation. Like Abraham, their job was to preserve God's law, live out its principles in their own lives, and thus instruct the whole world.

Of course, the very heart of the law contained the fourth commandment—an open invitation to friendship with God powerful enough to make a sinner holy, giving him

strength to cope in a stress-filled society. It was the Sabbath—God's divine prescription for stress.

Although God didn't engrave His "prescription" in stone until Mt. Sinai, He taught the Israelites about the Sabbath even as they journeyed through the wilderness. Exodus 16 tells us that for forty years, without fail, the following three miracles took place on a weekly basis:

- Manna fell from heaven for six days, and if anyone tried to keep an extra portion on a weekday, it "bred worms and stank" (verse 20).
- While no manna fell on the seventh-day Sabbath, a double portion fell on the sixth (preparation) day (verse 22).
- The extra portion kept for the Sabbath was sweet and good to eat (verses 24, 31).

THE LORD OF THE SABBATH RESTS AGAIN

In addition to resting on the Sabbath after His creative work, Jesus also rested on the Sabbath when His redemptive work was done. Even in death, His body lay in the tomb during the sacred hours of the Sabbath! He arose on the first day of the week, then ascended to heaven to receive His Father's approval.

SABBATH OBSERVANCE AFTER THE CROSS

In speaking of the forthcoming destruction of Jerusalem (which occurred in A.D. 70), Jesus instructed His disciples to "pray ye that your flight be not in the winter, neither on the sabbath day" (Matt. 24:20). Many Christians say they keep Sunday, the first day of the week, in honor of the resurrection, but Jesus here portrays Sabbathkeeping believers forty years into the future!

A CAPSULE IN TIME

God's prescription for stress is a time capsule—a capsule that stretches from sunset on the sixth day until sunset on the seventh day. The Bible makes this clear in the Creation story, where an evening

and a morning made up one day. It is also reiterated in the book of Mark, where we are told that people brought their sick to Jesus on a Sabbath evening after the sun had set. (See Mark 1:21, 32.) Although Jesus frequently healed on the Sabbath day, the people were no doubt trying to avoid the misplaced wrath of their religious leaders.

A WORTHY EXAMPLE

As Christians, we should follow the example of Jesus, His disciples,

As Christians, we should follow the example of Jesus, His disciples, and so many others who have kept and been blessed by the Sabbath.

and so many others who have kept and been blessed by the Sabbath. The Sabbath is a special gift from Jesus, given at Creation and designed to be the greatest blessing—a divine, 6000-year-old prescription for stress.

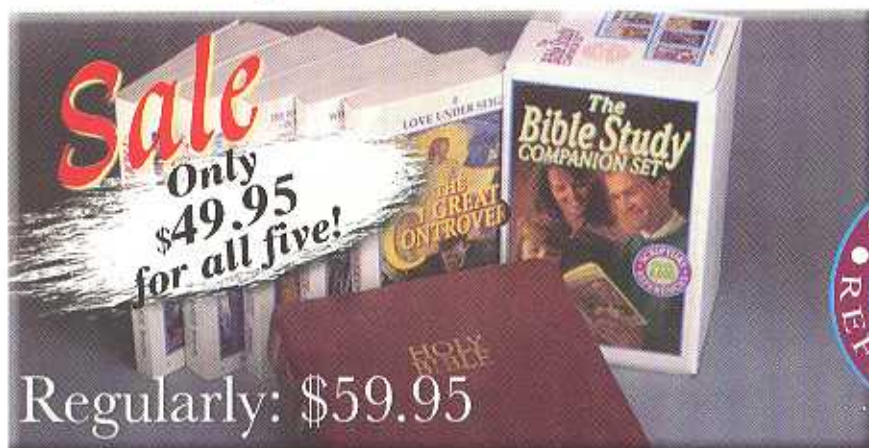
"And He said unto them, the sabbath was made for man, and not man for the sabbath: therefore the Son of man is Lord also of the sabbath" (Mark 2:27, 28).

The Sabbath, that sacred day honored by God both as a celebration of creation and redemption, will one day also serve as a celebration of our translation into the new earth. "And it shall come to pass, that from one new moon to another, and from one sabbath to another, shall all flesh come to worship before me, saith the Lord" (Is. 66:23).

And it is a day for us now—His gift of love to enable us to cope with the stresses we face each day, and to help us build relationships with Him, our families and those whom our lives can bless. It offers health to the heartsick, peace for the weary and divine rest for human restlessness. If you haven't kept the Sabbath before, why not try it this week? ☒

The Bible Study COMPANION SET

An indispensable aid to Bible study!



"I just can't understand the Bible!"

- How did the universe begin? How did the world get here? Where and how did the human race start? *Patriarchs and Prophets* is a book about beginnings. In fascinating, easy-to-read language, it describes exactly how planet Earth—and the people who live on it—began.
- *Prophecy and Kings* is volume two of the five-volume set that covers human history from the beginning of our time—and on into the future. This book begins with the reign of King Solomon and ends just prior to the first advent of Jesus Christ.
- The inexpressible desire of all ages cannot be found in things, fame, power or pleasure-seeking. It can be found only in a Person. *The Desire of Ages* is His story. This book will be the end of your search.
- You will again witness the enormous power of the early church as you read *The Acts of the Apostles*, a remarkable commentary on the book of Acts. Then you are invited to request it—and experience it—for yourself and your church.
- *The Great Controversy* begins at the dawning of the Christian era, traces the rise and fall of nations and religious powers down to our day, then plunges ahead to preview the future. And what this book sees coming is not based on guesswork. It is based on a source of predictions that has never yet missed in its prophecies.

To order by mail send your request to Remnant Publications, 649 E. Chicago Rd., Coldwater, MI 49036

Hour Times

Remnant Publications
P.O. Box 426
Coldwater, MI 49036

Non-Profit
Organization
U.S. POSTAGE
PAID
Coldwater, MI
Permit #199

ORDER NOW!

800-423-1319