

Present Truth

2 Peter 1:12

Dear Readers,

September 2002

“Unto the church... which is in God the Father and in the Lord Jesus Christ: Grace be unto you, and peace, from God our Father, and the Lord Jesus Christ.” (1 Thessalonians 1:1) You will receive grace and peace from the Father and His Son if you take time to fellowship with Them. I challenge you to take a thoughtful hour each day meditating on the love of the Father in giving His Son, and meditating on the love of the Son in giving Himself, to redeem you from your sins. Take this time, and you will notice a change. Your heart will begin to burn with love for God our Father and for His Son, Jesus Christ the Lord. As you behold, you will be changed. (2 Corinthians 3:18)

What the Atonement Is

by Joseph H. Waggoner

(In 1884 Joseph Harvey Waggoner published a book entitled *The Atonement in the Light of Nature and Revelation*. This book contains some wonderful insights into the plan of salvation. There are four chapters in particular that I believe will be a blessing to you. The June issue began our reprint of these four chapters (4-7) which deal with the death of Christ and how our view of God directly affects our understanding and appreciation of the atonement. This month we are printing chapter 7 of this book, which will conclude this series.

Editor)

In Part First [part of the book] we considered the moral in distinction from the natural system, and certain principles of Government which are universally accepted, and arrived at the conclusion that substitutionary sacrifice is the only means whereby a sinner can be relieved from condemnation. And from this conclusion, if the principles are carefully considered, we cannot see how any one can dissent. But a substituted sacrifice is the basis of all atonement; and hence we conclude that *an atonement is consistent with reason*. The principles of Government and the recognition of divine justice, demand an atonement or the entire destruction of a sinful race, confronted as it is with the declaration, “The wages of sin is death.”

In Part Second we have, thus far, examined the principles of the divine Government as revealed in the Bible, in behalf of which the Atonement must be made. For, an atonement is a vindication of justice by an offering to the broken law. And we have examined the nature of the offering made for man’s redemption. That “the Son of God died” there can be no doubt, except with those who prefer their own theories to the plain testimony of the word of

God. That in his death he suffered the penalty, the full penalty, of the law, there seems to be no ground to dispute, unless the scripture is directly denied which says. “The wages of sin is death.” That he died for “the world,” “for all,” that he “tasted death for every man,” is expressly declared; and of the sufficiency of the offering there can be no doubt, admitting the declarations of the Scriptures concerning the actual death of that exalted being who is called the Word, who “was in the beginning,” who was in glory “with the Father” before the world was. According to the most commonly received views these points about exhaust the subject, it being taken for granted that the death of Christ and the Atonement are the same thing. But they are not identical. True, there can be no atonement without the death of a sacrifice; but there can be the death of the sacrifice without an atonement.

While we have endeavored to vindicate the truth that the death of Christ was vicarious—a truth which we

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cannot see how any can deny and yet profess to believe the Scriptures—we have avoided using the common term, “vicarious atonement.” That which is done by substitution is vicarious; and as Christ makes atonement for others, not for himself, it is also called vicarious. But the word is properly used in a stricter sense, as of substitution only; as that Christ does for us just what the law requires of us. The law requires the life of the transgressor, and Christ died for us; therefore his death was truly vicarious. But the Atonement is the work of his priesthood, and is not embraced within the requirement upon the sinner; for it is something entirely beyond the limit of the sinner’s action. A sinner may die for his own sins, and thereby meet the demand of justice; but he is then lost, and we cannot say any atonement is made for him. The action of the priest is not in the sinner’s stead, for it is beyond that which the sinner was required or expected to do; and in this restricted sense it is not vicarious, as was the death of Christ. By this it is seen that there is a clear distinction between the death of Christ and the Atonement, and as long as this distinction is lost sight of, so long will the term “vicarious atonement” convey a wrong impression to the mind. Many diverse views of the Atonement exist; and there are many whose views are vague and undefined; and we believe that both confusion and error arise on this subject from a disregard of the above distinction, more than from all other causes combined.

We have seen (pages 127-129) that when a man brought an offering, he was required to lay his hand upon its head; if the people had sinned, the elders of the congregation were required to lay their hands upon the head of the offering; but in every case *the priest made an atonement*. See Lev. 4:20, 26, 31, 35; 5:6, 10, 16, 18; 6:7; 16:30, 32, and others. “When a ruler hath sinned... he shall bring his offering, a kid of the goats, a male without blemish; and he shall lay his hand upon the head of the goat, and kill it in the place where they kill the burnt offering before the Lord; it is a sin offering... And the priest shall make an atonement for him.” Lev. 4:22-26. Three things in this work we notice in their order: 1. He shall lay his hand upon the head of the offering. 2. He shall kill it. 3. The priest shall make an atonement. Here it is plainly seen that the killing of the offering and making the atonement are distinct and separate acts; and we shall find that in every case where a sin offering was brought to the priest, he took the blood to make an atonement, according to the word of the Lord: “For the life of the flesh is in the blood; and I have given it to you upon the altar to make an atonement for your souls; for it is the blood that maketh an atonement for the soul.” Lev. 17:11.

In regard to the ceremony of laying hands upon the head of a sin offering, Rollin, in his remarks on the

Religion of the Egyptians, says: “But one common and general ceremony was observed in all sacrifices, viz., the laying of hands upon the head of the victim, loading it at the same time with imprecations, and praying the gods to divert upon that victim all the calamities which might threaten Egypt.” Thus we see that the idea of substitutionary sacrifice, or vicarious death, was not confined to the Hebrews, but was recognized wherever the efficacy of sacrifices was acknowledged, which must have been revealed immediately after the fall of man.

Passing over many instances of the use of the word, we turn to Lev. 16, to the prescribed order on the day of atonement, which specially typified the work of our High Priest and Saviour. On the tenth day of the seventh month, the high priest made an atonement for all the people. The Lord fixed it as a statute, “to make an atonement for the children of Israel, for all their sins once a year.” Verses 29, 34. First, he made an atonement for himself and for his house, that he might appear sinless before God when he stood for the people. But this first act did not typify anything in the work of Christ, for Paul says he was separate from sinners, and therefore need not offer for himself. Heb. 7:26, 27. As the high priest entered the most holy place on the day of atonement, it will be necessary to take a brief view of the sanctuary to understand this work.

The book of Exodus, commencing with chapter 25, contains an order from the Lord to make him a sanctuary, with a full description thereof, together with the formula for anointing the priests and inducting them into their office. The sanctuary was an oblong building, divided into two parts; the first room was called the holy, which was entered by a door or veil on the east side. The second part was called the most holy, which had no outside entrance, but was entered by a door or veil at the back or west end of the holy, called “the second veil.” The articles made and placed in the sanctuary were an ark of wood overlaid with gold, and a mercy-seat, which was the cover of the ark. On the mercy-seat were made two cherubim of gold, their wings shadowing the mercy-seat. In the ark were placed the testimony, or tables of stone, containing the ten commandments. See Ex. 25:16-21; 31:18; 1 Kings 8:9. The ark was put into the most holy place of the sanctuary, and was the only article put therein. In the holy place, or first room, were the table of show-bread, the golden candlestick, and the altar of incense.

When the commandment was given to make the sanctuary, the object was stated by the Lord, that he might dwell among them. A holy dwelling-place, or dwelling-place of the Lord, is given as the signification of the word sanctuary. In accordance with this design, the Lord said he would meet with the high priest above the mercy-seat, between the wings of the cherubim, there to

commune with him of all things that he would give him in commandment unto the children of Israel. Ex. 25:22. But by other scriptures we learn that he would meet with them in the most holy place only once a year, on the tenth day of the seventh month, which was the day of atonement.

He promised also to meet with them at the door of the tabernacle of the congregation, or holy place, where there was a continual or daily offering. Ex. 29:42, 43; Heb. 9:6, 7. Let it be borne in mind that although the glory of God was to abide in the sanctuary, it was manifested only in two places as specified: at the door of the holy where the table and candlestick were set, and in the most holy, above the ark, over the wings of the cherubim. Sometimes the glory of God filled the whole sanctuary; but when that was the case, the priests could not go in to minister. See Ex. 40:34, 35; 1 Kings 8:10, 11; 2 Chron. 5:13, 14; 7:1, 2. These few facts are sufficient to guide us in our examination of the atonement; and the reader is requested to examine them with care, and get them all well fixed in the mind.

Having made an atonement for himself, the high priest took two goats from the people, and cast lots upon them, one to be chosen for a sin offering, the other for a scape-goat. The goat upon which the Lord's lot fell was then slain, and the priest took its blood and went into the sanctuary and sprinkled it upon the mercy-seat and before the mercy-seat, in that manner making an atonement for the children of Israel, by *blotting out their sins and removing them from the presence of God*. That this was the true idea and intent of that work, we learn from Lev. 16:15-19, wherein it is not only said that the priest made atonement for the children of Israel, but that he also made atonement for the holy places, cleansing them and hallowing them from the uncleanness of the children of Israel. The uncleanness or sins of the children of Israel could never come directly in contact with the holies of the sanctuary, but only by proxy; for they (the people) were never permitted to enter there. The priest was the representative of the people; he bore their judgment. Ex. 28:30. In this manner the sanctuary of God was defiled; and as the blood was given to make atonement, the priest *cleansed the sanctuary* from their sins by sprinkling the blood upon and before the mercy-seat in the divine presence. That this process is called the cleansing of the sanctuary we learn in the plainest terms from this scripture. We quote as follows:—

“Then shall he kill the goat of the sin offering, that is for the people, and bring his blood within the vail, and do with that blood as he did with the blood of the bullock, and sprinkle it upon the mercy-seat, and before the mercy-seat. And he shall make an atonement for the holy place [*Heb.*, the sanctuary], because of the uncleanness of the children of Israel, and because of their transgressions in all their sins; and so shall he do for the tabernacle of the

congregation, that remaineth among them in the midst of their uncleanness... And he shall sprinkle of the blood upon it with his finger seven times, and cleanse it and hallow it from the uncleanness of the children of Israel.” Lev. 16:15-19. From this language there can be no appeal.

It has been seen that the sinner brought his offering; that it was slain; and that the priest took the blood and made the atonement; and here it is further established that the atonement was made in the sanctuary. This most clearly proves that the killing of the offering did not make the atonement, but was preparatory to it; for the atonement was made in the sanctuary, but the offering was not slain in the sanctuary.

These things, of course, were typical, and have their fulfillment in the work of the Lord Jesus Christ, the Son of God. That he is a High Priest, and the only mediator in the gospel, will be readily admitted; but the order and manner of his service must be determined by the Scriptures. The apostle states that he is a priest after the order of Melchisedec, that is a kingly priest, on the throne of the Majesty in the Heavens, a minister of the sanctuary and true tabernacle which the Lord pitched, and not man. Heb. 8:1. Of course this is the antitype of the earthly sanctuary, of the tabernacle pitched or made by man. He also affirms that if he were on earth, he would not be a priest for the evident reason that the priests of the earthly sanctuary were of the tribe of Levi, while our Lord sprang out of Judah, of which tribe Moses spake nothing concerning priesthood, and of which no man gave attendance at the altar. Heb. 7:13, 14; 8:4. This will correct a mistake very often made, that the priesthood of our Lord commenced on earth. If he had entered on the work of his priesthood at his baptism, as has been said, he would have acted with those who were types of himself; and if as a priest he had officiated in the temple, it would have been to make offerings typical of his own.

That Christ was a “prophet, priest, and king,” many of us have learned from our early childhood; but comparatively few ever learn the true relation these offices sustain to each other. He was “that prophet” while on earth; and Paul's testimony given above shows that he filled no other office. Many suppose that his priesthood is connected with that kingdom which is given to him as the Son of David. But this is utterly forbidden by plain Scripture declarations. Aaron had no kingship, and David had no priesthood; and Christ is not a priest after the order of Aaron (Heb. 7:11), so is he not a king on the throne of David (i.e., during his priesthood). It is “after the order of Melchisedec,” who was both king and priest, that Christ is a priest on his Father's throne. At different times, he occupies two different thrones (See Rev. 3:21); and the throne of his Father in Heaven, which he now occupies as priest,

“he shall have delivered up” at his coming. 1 Cor. 15:23-28. Then, in subjection to his Father, he will take his own throne, called also the throne of David, on which he will reign forever—without end. Luke 1:32, 33. But then he will no more be a priest, his priesthood being altogether on the throne he now occupies. The reader is requested to examine these points carefully, as a misunderstanding of them has given rise to much confusion in the “theological world.”

Having shown the distinction between the earthly and heavenly sanctuaries, Paul proceeds to set forth the relation which the ministrations in each sustain to the other, saying of the priests on earth: “Who serve unto the example and shadow of heavenly things.” Heb. 8:5. As the earthly is the shadow and example, we may compare it with the heavenly, the substance, by which we may gain a clearer idea of the latter than is afforded us by any other means. Indeed, the comparison is made to our hand by the apostle. Note the following text, in which the distinction here claimed between the death of Christ and his work as priest to make atonement, is clearly recognized: “For the bodies of those beasts whose blood is brought into the sanctuary by the high priest for sin, are burned without the camp. Wherefore Jesus also, that he might sanctify the people with his own blood, *suffered without the gate.*” Heb. 13:11, 12. Thus we learn definitely that, as priest, he makes atonement; but his priesthood is not on earth, but in the sanctuary in Heaven; and that he did not suffer in the sanctuary where atonement is made. It was *not* necessary, in the type, for the priest to slay the offering (see Lev. 1:4, 5); but it was necessary for the priest to take the blood and with it enter the sanctuary of the Lord to make an atonement. Jesus did not shed his blood as priest; it was shed by sinners. But he did by “his own blood” enter “into the holy places” not made with hands, of which the earthly were figures, “to appear in the presence of God for us.” Heb. 9:12, 24.

We might quote much to show the prevalence of the error, that the Atonement was made on the cross, but that is not necessary. The “Manual of the Atonement,” from which we have before quoted, says:—

“When he had completed his mediatorial work, he meekly yielded himself up into the hands of his heavenly Father, saying, ‘Into thy hands I commit my spirit.’”

So far from his “mediatorial work” being completed when he was on the cross, it had not yet commenced. The mediatorial work is the work of the priest, which he had not entered upon when he died. Paul says he entered into Heaven “by his own blood,” “now to appear in the presence of God for us.” But if his mediatorial work was completed when he was on earth, even before his death, as the above quotation would have it, then he cannot be a mediator now! and all that the Scriptures say of his priesthood on

the throne of his Father in Heaven, there making intercession for us, is incomprehensible or erroneous.

By thus confounding the sacrifice or death of Christ with the Atonement, the latter is supposed to be a general work, made for all mankind. With this we cannot agree. That Christ died for all, is distinctly stated, but we have seen that that was only preparatory to the Atonement, and it is in the Atonement that application is made of the blood to the full removal of sin. This is shown also in the type. The goat of the sin offering was slain for the people, and, of course, was offered to meet the wants of all; but while the priest made the atonement, they were required to “afflict their souls,” or come as humble penitents before the Lord, and whosoever did not should be cut off from among the people. Lev. 16:29; 23:27-29. This, then, was required of them individually, in that day, in order that their sins might be atoned for by the priest; for we cannot suppose that *they* would be cut off whose sins were actually blotted out, or removed from the presence of the judge, by the blood of the offering with which the sanctuary was cleansed from sin.

The same is also taught by Peter, who says that God exalted Jesus, who was slain, to be a prince and Saviour, to grant repentance and forgiveness of sins. Acts 5:30, 31. Now that “he died for all” there can be no question; and his death is absolute and without condition. But not so the Atonement; for Peter says again, “Repent ye, therefore, and be converted, *that your sins may be blotted out*, when the times of refreshing shall come from the presence of the Lord,” &c. Acts 3:19. We have found that, when the priest made the atonement, he took the blood and cleansed the sanctuary of God from the sins wherewith it had been defiled; and this is the only act which will answer to the expression of blotting out the sins, for blood was the only thing that would remove them. Hence, while the blood of Christ was shed for all, the efficacy of that blood in atoning for, or blotting out, sin, is contingent, is availing only for those who will repent and be converted. He died for the world—he died for all; and he is able to save to the uttermost *them that come unto God by him.* Heb. 7:25. But he will save no others...

Man is a rebel, an enemy to his Maker. God, though he loves man in his ruined condition, is a just Governor. His love can certainly go no farther, and grant no more, than justice can permit. Justice must be *appeased*; and while *the offering makes it possible to pardon* consistent with justice, it leaves us guilty, worthy of the condemnation under which we rest. A complete vindication of the righteousness of the law is found in the sacrifice of the Son of God; but, as concerns the sinner, personally, he rests under condemnation still, until the mediation of Christ brings him into such harmonious relations with the divine

Government that it will not endanger its principles, nor reflect dishonor upon the Governor, to freely forgive him and take him back into his favor.

When we consider that the sacrifice is the means whereby the Atonement is made, we can readily understand how *hilasmos* is used in 1 John 2:2, defined by Liddell & Scott, a means of appeasing, an expiatory sacrifice. Jesus Christ is the propitiation—the sacrifice to divine justice, for all. It is by means of his intercession, his pleading his blood, that probation is given and mercy offered to the whole world.

But it cannot too often be pressed upon the mind of the impenitent that probation, and the offer of mercy through the blood of Christ which was shed for all, does not secure the salvation of all. Says David, “Blessed is he whose transgression is forgiven, whose sin is covered. Blessed is the man unto whom the Lord imputeth not iniquity.” Ps. 32:1, 2. This blessing does not come upon all, but it is placed within the reach of all by the death of Christ. And whose sins will be covered? Evidently theirs who have confessed and forsaken their sins, or who have been reconciled to God. This is exactly the order of the work described by Peter in Acts 3:19. “Repent ye, therefore, and

be converted, that your sins may be blotted out when the times of refreshing shall come from the presence of the Lord.” This blotting out is by the blood which the High Priest brings into the sanctuary to cleanse it from sin. We cannot, for a moment, suppose that the sin of any will be blotted out or covered, who still maintains his opposition and enmity to God; but he who confesses and forsakes shall find mercy; that is, he who is reconciled shall have his sins forgiven and blotted out. “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. “He that covereth his sins shall not prosper; but whoso confesseth and forsaketh them shall have mercy.” Prov. 28:13.

As the work of the high priest under the law in making atonement for all the people, was but the work of one day, a short time compared to the continual work of intercession, and that day clearly specified, so is the atonement by our High Priest, Jesus Christ, in the antitype. It is accomplished just before his second coming. If this be made to appear it will be another and a strong proof that reconciliation is distinct from it, and must precede it. 

(Joseph H. Waggoner—*The Atonement in Light of Nature and Revelation*, 1884, pages 180-199. This chapter has been somewhat condensed.)

Lessons on Faith (Part 1)

by Alonzo T. Jones

In order to be able to know what the Scripture means when urging upon us the necessity of cultivating faith, it is essential to know, first of all, what is faith.

Plainly, it must be to little purpose to urge upon a person the necessity of cultivating faith, while that person has no intelligent idea of what faith is. And it is sadly true that, though the Lord has made this perfectly plain in the Scriptures, there are many church members who do not know what faith is. They may even know what the definition of faith is, but they do not know what the thing is. They do not grasp the idea that is in the definition.

For that reason the definition will not be touched now, but rather there will be cited and studied an illustration of faith—an instance which makes it stand out so plainly that all can see the very thing itself.

Faith comes “by the word of God.” (See Romans 10:17) To the Word, then, we must look for it.

One day a centurion came to Jesus and said to him, “Lord, my servant lieth at home sick of the palsy, grievously tormented. And Jesus saith unto him, I will come and heal him. The centurion answered and said, Lord, I am not worthy that thou shouldest come under my roof, but speak the word only, and my servant shall be healed...

When Jesus heard it, he marveled, and said to them that followed, Verily I say unto you, I have not found so great faith, no, not in Israel.” (Matthew 8:6-10)

There is what Jesus pronounces faith. When we find what that is, we have found faith. To know what that is, is to know what faith is. there can be no sort of doubt about this, for Christ is “the Author... of faith,” (Hebrews 12:2) and He says that that which the centurion manifested was “faith”—yes, even “great faith.”

Where, then, in this is the faith? The centurion wanted a certain thing done. He wanted the Lord to do it. But when the Lord said, “I will come” and do it, the centurion checked Him, saying, “Speak the word only,” and it shall be done.

Now what did the centurion expect would do the work? “The word ONLY.” Upon what did he depend for the healing of his servant? Upon “the word ONLY.”

Now, brother, sister, what is faith? 

(This article was first printed in the December 6, 1898 issue of *The Review and Herald*. It is also found on pages 15 and 16 of the book *Lessons on Faith* by A. T. Jones and E. J. Waggoner. I added some verse references that were left out in the original. Editor)



Questions and Answers on Death and Hell



by Lynnford Beachy

All the following question or points from Texas were written by the same person.

Question: Do you believe Satan is tormented for ever?

“Revelation says that the beast and the false prophet and Satan will be tormented forever and ever. This is evident in the Greek. Any other translation is inaccurate with the Greek. Do you believe what it says?” *Texas*

Answer:

Yes, I most certainly believe what this and every text says. (Matthew 4:4) The verse you are referring to says, “And the devil that deceived them was cast into the lake of fire and brimstone, where the beast and the false prophet are, and shall be tormented day and night for ever and ever.” (Revelation 20:10)

I believe that a correct understanding of this text must include a consideration of other texts on this subject. Let us notice a few:

Referring to the devil’s companions in the previous verse we read, “And they went up on the breadth of the earth, and compassed the camp of the saints about, and the beloved city: and fire came down from God out of heaven, and devoured them.” (Revelation 20:9) Here we learn that Satan’s companions will be “devoured” by “fire [that will come] down from God out of heaven.” The Greek word κατασθιω that was translated “devoured” in this verse means, “by fire, to devour i.e. to utterly consume, destroy.” (*Thayer’s Greek Lexicon*) According to this verse, Satan’s companions will be completely destroyed by fire. Yet the following verse seems to indicate that Satan’s life will be prolonged to be tormented without end, when it says, “the devil... shall be tormented day and night for ever and ever.” Does this mean continued existence in torment with no end? Let us see.

In Ezekiel chapter 28 we read a graphic testimony and prophecy about Satan. God said,

Thou sealest up the sum, full of wisdom, and perfect in beauty. Thou hast been in Eden the garden of God;... Thou art the anointed cherub that covereth; and I have set thee so: thou wast upon the holy mountain of God; thou hast walked up and down in the midst of the stones of fire. Thou wast perfect in thy ways from the day that thou wast created, till iniquity was found in thee... thou hast sinned: therefore I will cast thee as profane out of the mountain of God: and I will destroy thee, O covering cherub, from the midst of the

stones of fire. Thine heart was lifted up because of thy beauty, thou hast corrupted thy wisdom by reason of thy brightness: I will cast thee to the ground, I will lay thee before kings, that they may behold thee. Thou hast defiled thy sanctuaries by the multitude of thine iniquities, by the iniquity of thy traffick; therefore *will I bring forth a fire from the midst of thee, it shall devour thee, and I will bring thee to ashes upon the earth in the sight of all them that behold thee. All they that know thee among the people shall be astonished at thee: thou shalt be a terror, and never shalt thou be any more.* (Ezekiel 28:12-19)

Here we learn that God has promised to make a complete end of Satan. He will be devoured by flames, turned into ashes, and never be any more. Very similar language is used regarding the final destruction of the wicked. They too will be “ashes” (Malachi 4:3) and “be as though they had not been.” (Obadiah 16) David wrote, “For yet a little while, and the wicked shall not be: yea, thou shalt diligently consider his place, and it shall not be... But the wicked shall perish, and the enemies of the LORD shall be as the fat of lambs: they shall consume; into smoke shall they consume away.” (Psalm 37:10, 20)

This language cannot be mistaken. According to the Bible, the wicked will be completely annihilated, along with Satan himself. Yet, if this is true, there must be some explanation for the text that says, “the devil... shall be tormented day and night for ever and ever.” Fortunately the Bible does not leave us in the dark on this subject.

There is no question that there will be torment in the lake of fire, but will this torment continue for eternity without end? Zechariah chapter 14 describes it in this way: “And this shall be the plague wherewith the LORD will smite all the people that have fought against Jerusalem; Their flesh shall consume away while they stand upon their feet, and their eyes shall consume away in their holes, and their tongue shall consume away in their mouth.” (Zechariah 14:12) That is a very unpleasant picture, but it is exactly what will happen. From the context of Zechariah 14 you can see that it is speaking of the same time-period that we find in Revelation 20, when fire comes down from heaven and burns up the wicked. This is also the time when “the heavens shall pass away with a great noise, and the elements shall melt with fervent heat, the earth also and the works that are therein shall be burned up.” (2 Peter 3:10)

Regarding the “everlasting fire,” or “eternal fire,” Jude says, “Even as Sodom and Gomorrha, and the cities

about them in like manner, giving themselves over to fornication, and going after strange flesh, are set forth for an example, *suffering the vengeance of eternal fire.*" (Jude 7) Here, the fire that consumed Sodom and Gomorrha is said to be "eternal." Yet we know that the fire is not still burning, for Peter said that God turned "the cities of Sodom and Gomorrha into ashes [and] condemned them with an overthrow, making them an ensample unto those that after should live ungodly." (2 Peter 2:6) The fire had eternal consequences, and that is why it was called "eternal fire." It is this eternal fire that the wicked will be tormented with. This eternal fire will just as thoroughly do its work as the eternal fire did its work on Sodom and Gomorrha. It will burn up the wicked, and Satan, and turn them into ashes. "Behold, they shall be as stubble; the fire shall burn them; they shall not deliver themselves from the power of the flame: *there shall not be a coal to warm at, nor fire to sit before it.*" (Isaiah 47:14)

But, the question still remains, why is Satan said to be "tormented day and night for ever and ever"? We have already seen from the abundant testimony of Scripture that he will be tormented until he is burned up and turned to ashes. Could the term "for ever and ever" in this case really mean, "until it is finished"?

The term "for ever" is used quite often in the Bible, and I would like to share just a couple of places where it means, "until it is finished."

In Exodus 21:6 we read, "Then his master shall bring him unto the judges; he shall also bring him to the door, or unto the door post; and his master shall bore his ear through with an aul; and *he shall serve him for ever.*" This verse is talking about a servant who decides to serve his master for the rest of his life. The way the term "for ever" is used here, certainly does not mean that there will be no end to it, but it does mean that the servant will serve his earthly master for the rest of the days of his life on this earth.

Here is another example of this usage of the term "for ever:" "But Hannah went not up; for she said unto her husband, I will not go up until the child be weaned, and then I will bring him, that he may appear before the LORD, *and there abide for ever.*" (1 Samuel 1:22) Here Hannah committed her son, Samuel, to abide in the temple in Shiloh *for ever*. Yet, a few verses later she explains her words. She said, "I have lent him to the LORD; *as long as he liveth* he shall be lent to the LORD. And he worshipped the LORD there." (1 Samuel 1:28) Here the term "for ever" is used to mean "*as long as he liveth.*"

So when the Bible says the devil will be tormented for ever, he will be tormented as long as he lives, until he is consumed. This is how the term "for ever" is used in the

Bible; it does not always mean "without end." (For other examples of this usage of the term *for ever* read Joshua 4:7; 1 Samuel 27:12; and Jonah 2:6.) The Bible never contradicts itself. Many times it may seem to contradict itself, but the Scriptures can be harmonized if they are searched diligently, without overlooking any portion on the subject, and if you have the guidance of God's Spirit.

I hope this helps to answer your question.

Question: What is unquenchable fire?

"You quoted in one of the tracts you sent me that the wicked people are not going to be tormented in hell fire forever but some quotations in the Bible say that these people are to be tormented forever. Eg. Isaiah 66:24; Mark 9:43; Revelation 14:11, etc. Please, I want you to give me further explanations. *Ghana*

Answer:

Regarding the biblical term "for ever," and its usage in Revelation 14:11, please read the previous question and answer since it is used in the same way as Revelation 20:10. Let us read the other verses you mentioned.

"And [the redeemed] shall go forth, and look upon the carcasses of the men that have transgressed against me: *for their worm shall not die, neither shall their fire be quenched; and they shall be an abhorring unto all flesh.*" (Isaiah 66:24)

"And if thy hand offend thee, cut it off: it is better for thee to enter into life maimed, than having two hands to go into hell, *into the fire that never shall be quenched.*" (Mark 9:43)

These people, whose fire shall not be quenched, are the same people talked about in Isaiah 47:14. "Behold, they shall be as stubble; the fire shall burn them; *they shall not deliver themselves from the power of the flame: there shall not be a coal to warm at, nor fire to sit before it.*" (Isaiah 47:14) When a fire is quenched it is put out, either by water or by some other method. This fire will not be quenched. It will not be deliberately put out, and if those suffering from it would try to put it out, they could not. The fire will consume them. But as you can see, "there shall not be a coal to warm at" when it is all over.

Referring to the wicked, Isaiah 66:24 says, "their worm dieth not," and several times Jesus made very similar statements. Many people falsely interpret this to mean that their soul will not die, as if the word *worm* represents a person's soul. This could not possibly be what it is referred to because there is no place in the Bible that would indicate that worm represents soul, and the Word of God says, "The soul that sinneth, it shall die." (Ezekiel 18:20) Certainly the soul of the wicked will die. Therefore the words, "their worm dieth not," could not possibly be referring to the soul.

To understand this verse we must examine other texts on the subject:

Drought and heat consume the snow waters: so doth the grave those which have sinned. The womb shall forget him; *the worm shall feed sweetly on him*; he shall be no more remembered; and wickedness shall be broken as a tree. (Job 24:19, 20)

Hearken unto me, ye that know righteousness, the people in whose heart is my law; fear ye not the reproach of men, neither be ye afraid of their revilings. For the moth shall eat them up like a garment, and *the worm shall eat them like wool*: but my righteousness shall be for ever, and my salvation from generation to generation. (Isaiah 51:7, 8)

The worm is a creeping thing that feeds upon dead bodies. The worm that dieth not is referring to worms feeding upon the bodies of the wicked, not the souls of the wicked.

I hope this helps to answer your question.

Question: What is the lake of fire?

“I am wondering about your view of the lake of fire. Do you believe that everyone will be instantly annihilated when they are thrown there? I have heard false explanations of Rev. 20:10 that are not accurate with the Greek. The Greek plainly shows that they will be tormented for ever and ever. It also would seem as if (other than the 7 vials) the beast and the false prophet would be getting off easy since they are, ‘cast alive into the lake of fire.’ (Rev. 19:20) It seems, according to annihilation, that they get to skip right on through death and judgment by just disappearing... The way Scripture puts it in Revelation 20:10 is that they will be ‘tormented for ever and ever.’ The word torment here denotes ‘pain.’ How can someone experience any pain if they are non-existent?”

Texas

Answer:

Regarding the biblical term “for ever,” please read the previous two questions and their answers. According to the Bible, “the lake of fire... is the second death” (Revelation 20:14), and it is certain there will be pain there, for death by fire is painful, especially if it is prolonged. The description that Zechariah gives in chapter 14, verse 12, of his book is a very vivid picture of pain, and it is referring to this very same scene. However, in both cases it is brought out that this pain and death will come to completion. Three times in Zechariah’s account they are said to “consume away.” In John’s account it is said that “fire... devoured them.”

Regarding the beast and the false prophet “getting off easy,” that is far from the truth. According to Revelation 19:20, they are to be cast into the lake of fire at Christ’s

second coming, 1000 years before Satan is to be cast there. Some people may think that the beast and the false prophet were consciously suffering throughout this 1000 year time-period, but the Bible says, “the rest of the dead lived not again until the thousand years were finished.” (Revelation 20:5) According to the Bible, the wicked will not be alive during the thousand years, this would include anyone who was a component of the beast and the false prophet.

The beast and the false prophet are not two individuals, but rather two religious/political systems. These systems will be destroyed at the second coming of Christ—at the beginning of the 1000 years. After they are destroyed they will never come back. The people that compose these systems will be resurrected after the thousand years, but the systems themselves will be completely destroyed.

I have to agree with the following commentary on this subject: “The symbol [lake of fire] indicates utter destruction. What is cast into this lake is seen no more.” (*People’s New Testament Notes on Revelation 19:20*) Some people get confused about this because the beast and the false prophet are mentioned in Revelation 20:10—after the thousand years are expired. It says, “And the devil that deceived them was cast into the lake of fire and brimstone, where the beast and the false prophet *are*, and shall be tormented day and night for ever and ever.” (Revelation 20:10) I want you to notice that the word “are” is a supplied word, not found in the original Greek. The *Revised Standard Version* inserted the word “were” instead of “are,” which is more consistent with the rest of the Bible. Satan will be cast into the same lake of fire that the beast and the false prophet *were* cast into, yielding the same results—complete destruction.

Some may say that a political or religious system could not be cast into the lake of fire because they are not conscious beings. However, you will notice that “death and hell” will also be cast into the lake of fire, and they are not conscious beings either. At the time they are cast into the lake of fire, “death and hell” do not contain any wicked persons. The Bible says, “And the sea gave up the dead which were in it; and death and hell delivered up the dead which were in them: and they were judged every man according to their works. And death and hell were cast into the lake of fire. This is the second death.” (Revelation 20:13, 14) Death and hell are not persons or beings, yet they are said to be cast into the lake of fire, which is the second death. Paul wrote, “The last enemy that shall be destroyed is death.” (1 Corinthians 15:26) Death is not a person, but an event, which will be ended and destroyed

after the 1000 years, just prior to God creating a “new heaven and a new earth.” (Revelation 21:1)

When death and hell are thrown into the lake of fire they are destroyed, never to return, the same as the beast and the false prophet, and Satan himself. This will be “the reward of the wicked.” (Psalm 91:8) “They shall be as though they had not been.” (Obadiah 16)

I hope this helps to answer your question.

Point: “You shall not surely die.”

“I saw a tract on the website that spoke about what Satan told Adam, ‘You shall not surely die.’ Yet God had already told him plainly, ‘In the day that thou eatest thereof thou shalt surely die.’ (Gen. 2:17) Now Adam was conscious after the day that he ate, yet, he was ‘dead in sins.’ And we experienced the same death when we were ‘dead in sins.’ This is the death that I believe occurred. If someone is dead, if someone’s soul is dead, that does not mean that they are unconscious.”

Texas

Answer:

Here, you are mixing two different uses of the word “dead.” If God had only meant that if Adam ate of the forbidden tree the penalty would be that he would be “dead in sins” while continuing to physically remain consciously alive, then there would be no reason for hell fire, the second death, or any further penalty after this life. These two concepts, death as *the final penalty for sin*, and death as *being dead in sins*, are two completely different things. It is true that being dead in sins is a result of Adam’s sin, but this is not the whole penalty for sin, nor is it what God referred to when He said, “in the day that thou eatest thereof thou shalt surely die.” (Genesis 2:17) Paul wrote, “For the wages of sin is death.” (Romans 6:23) This does not refer to being dead in sins, nor does it even refer to the common death that we see all around us today. No! No! The wages of sin is eternal death, contrasted with “the gift of God [which] is eternal life through Jesus Christ our Lord.” (Romans 6:23)

When a person’s soul is dead, they are as completely dead as anyone can be. God said, “the soul that sinneth, it shall die.” (Ezekiel 18:20) That is not “dead in sins,” for all of us have experienced that condition (Ephesians 2:5), and if that were the penalty, we have all already paid the price for our own sins, and we would not need a Saviour. Even if we did have a Saviour, all He would have to do is experience what it is to be “dead in sins” rather than suffer “the death of the cross.” (Philippians 2:8) This is far from the truth. According to Jesus, the wages of sin is a complete destruction of both body and soul. “And fear not them which kill the body, but are not able to kill the

soul: but rather *fear him which is able to destroy both soul and body in hell.*” (Matthew 10:28) In this death there is no consciousness.

I hope this helps to clarify this issue.

Point: The fear of eternal judgment.

“Now as a man who is unworthy, yet by God’s grace is in Christ, I have experienced the benefits of fearing eternal judgement. ‘Perfecting holiness in the fear of the Lord.’ (2 Cor. 7:1)... You spoke of the effects of the false view of the rapture that encourages people to enjoy sin for a season. In the same way, I have heard it said, ‘I can sin all I want to,’ followed by a statement something like, ‘because I will just stop existing.’ I have also experienced the temptation that arises because of such annihilation doctrines.”

Texas

Answer:

If eternal torment were a biblical teaching we would have to accept it whether we like it or not, but it is not biblical. More than two hundred passages of Scripture plainly affirm that the wicked shall “die,” be “consumed,” “devoured,” “destroyed,” “burnt up,” “melt away,” “consume away,” turned “into smoke,” turned “into ashes,” “be as though they had not been,” “shall not be,” etc.

If it is fear of this destruction that a person wants, he can read Hebrews 10:31; Matthew 10:28; Isaiah 13:9; Malachi 4:1-3; Zechariah 14:12; Revelation 16, etc.

It may be true that some people are more likely to seek to avoid hell fire if they think it will have no end. However, if fear of destruction is the only motivation a person has for seeking to enter heaven, they will not be there anyway. Selfishness is an unacceptable motivation for serving God. There may be some so selfish that they honestly conclude that if eternal torment is a false doctrine, then they would rather enjoy “the pleasures of sin for a season” and suffer the pains of hell fire until they are destroyed. However, this class is not the ones who have a genuine love for God, and therefore would not make it to heaven anyway.

There have been many Christians throughout the ages who have served God unto the end, even suffering death, while rejecting the idea of eternal torment, while those believing eternal torment have been the ones to kindle the fires to burn people at the stake during the Dark Ages. There have also been many people who have rejected God and His salvation because they thought that God was so cruel He would torture His creatures for eternity without end. They have concluded that if God was so cruel they want nothing to do with Him. The doctrine of eternal

torment has done much more harm than good in this world.

On this subject, one writer shared the following:

So revolting is the doctrine of everlasting torment to every sentiment of humanity, as well as to an enlightened reason, that it is no wonder that eminent men have been constrained at times to bear such testimony as the following against the unscriptural and unnatural theory. Apart from the Bible testimony on the subject, the quotation from J. C. Calhoun furnishes an objection to the doctrine from which it will be utterly and forever unable to free itself. The following are a few of the utterances alike creditable to the heads and hearts of those who made them.

Jeremy Bentham—"The dreadful dogma is not to be found in Christianity. It is the most vain, most pernicious, most groundless conceit."

Hon. J. C. Calhoun—"It is a sufficient refutation of the doctrine of endless punishment that it is incomprehensible. For a righteous law-giver would never ordain a penalty which his people could not understand."

Rev. John Foster—"Hopeless misery—I acknowledge my inability to admit this belief, together with a belief in the divine goodness.

Rev. P. W. Clayden—"The dogma was always repulsive to my matured reason. Against that miserable dogma every Christian heart feels some revolt, and where theological notions will not let it be confessed, there is often in reserve a kind of secret hope that in some way God's infinite mercy and wisdom will find a way of escape from the terrible anomaly of a scene of eternal torment existing in the empire of the God of love.

Dr. Dwight—"This subject (endless misery) is immeasurably awful, and beyond all others affecting. Few persons can behold it in clear vision with a steady eye."

Saurin—"I sink under the awful weight of my subject. It renders society tiresome, pleasure disgustful, nourishment insipid, and life itself a cruel bitter!"

Thomas Dick, LL. D.—"When I consider the boundless nature of eternity, when I consider the limited duration of man, I can scarcely bring myself to believe that the sins of a few brief years are to be punished throughout a duration that has no end." (*Review and Herald*, August 12, 1862)

The most important aspect of our knowing what the Bible says about the destruction of the wicked in contrast to the widely accepted theory of eternal torment, is that our perception of God's character is affected by how we perceive His actions. Whatever view we have of God's character is what our own characters will be "changed into." "But we all, with open face *beholding* as in a glass the glory of the Lord, *are changed into the same image* from glory to glory, even as by the Spirit of the Lord." (2 Corinthians 3:18)

Suppose a fifteen-year-old boy gets drunk one night and steals his father's car and wrecks it. If the father of that boy would torment him with fire for one week, we would say that man is cruel. Suppose the father tormented him for one year. Surely we would say that this punishment is far too severe for the acts that were committed. Now suppose the same young boy, did the same thing, but instead of living through it, he died in the accident. Do you suppose God will take that young boy and torment him for billions and billions of years? This would be downright cruel. More cruel than the worst criminal who has ever lived.

We will be changed into our perception of God's character. Think about it! If a young boy at the age of fifteen, after taking his father's car for a joy ride while intoxicated, runs into a tree and dies, would it be merciful and just to burn him forever and ever with no end? Then another man who has become a hardened criminal, after murdering many people, and committing many other crimes, finally gets shot to death. Should this man receive the same punishment as the fifteen-year-old boy? It would be quite unfair to the young boy if the other would receive the same punishment. Jesus said, "And that servant, which knew his lord's will, and prepared not himself, neither did according to his will, shall be beaten with many stripes. But he that knew not, and did commit things worthy of stripes, shall be beaten with few stripes." (Luke 12:47, 48)

Not only that, is it fair to torture someone for millions of years for sins that may have taken only fifteen years to commit? This surely sounds unfair to me. With this perception of God, we see Him as unfair, and accordingly we feel justified in being unfair as well. The Scripture tells us that God is just and merciful and He treats us better than we deserve.

"Know therefore that God exacteth of thee less than thine iniquity deserveth." (Job 11:6) God gives us less than our iniquities deserve. This surely would not be the case if God would torture the wicked for millions of years.

"And after all that is come upon us for our evil deeds, and for our great trespass, seeing that thou our *God hast punished us less than our iniquities deserve.*" (Ezra 9:13) "He hath not dealt with us after our sins; nor rewarded us according to our iniquities." (Psalm 103:10)

Our God is a merciful and loving God. He does not take pleasure in the death of the wicked; but is great in mercy. God does the best thing He can do for the wicked who have determined to reject His free gift of salvation. He allows them to be as though they had not been. True, some will suffer more than others, and some will suffer longer than others, but they will all have an end. God "will render to every man according to his deeds." (Romans 2:6)

It pray that this helps clarify this issue. 

The Work in Africa

by Lynnford Beachy



The work in Africa is continually growing. Many people are accepting the truth through the untiring labors of many ministers in Africa who have accepted the truth about God and His Son. Please continue to pray for the work there. We would like to share some letters with you so that you can pray intelligently and understand the progress of the work there.

South Africa

“The message was brought to us about your ministry and since then we have been working with the Zimbabwean team for the past six months and we had the opportunity to work with Brother _____ from Zimbabwe and great mysteries have been unveiled before us, and thank God for that... We started engaging in Bible study from last year in September when we had received tracts from your ministry about ‘The God of the Bible’...

“We are four evangelists living in Johannesburg, South Africa and so far we have been able to distribute and share the third angel’s message with 22 brethren every week... Our funds have come from several well wishers and from schools that assist us here and there when they invite us to minister to them. Therefore we have had limited funds and material for distribution as South Africa is quite a big country and over populated, needing maximum input...

“We are asking for prayers throughout the world and we pray that Brother Ephraim keeps printing more tracts.

“We will inform you on how you can help us in any way on our next mail on how we wish to reach out more. May the Lord shower you with his blessings in abundance.”

Kenya

“I can say that the crusade of the 8th - 11th of August, 2002, was successful to some extent... What made me happy is that the Lord touched the hearts of six people and I baptized them. It’s great because all of them were Sunday keepers but accepted the Sabbath message.

“Brother _____ tried to interfere with the programs but God did a miracle beyond our understanding. God used his letter to bring a soul to Christ. This is how it happened:

“He wrote a letter to the local chief of the area stating that the crusade which is taking place on one of the beaches in his location is illegal and should be stopped

forthwith. He said in the letter that he is the director and the founder of that church and he has not authorized the meeting. He further told the chief to arrest me (the pastor) and all the choir members (youths) who were with me.

“The chief then came with two administration police officers to arrest us and stop the meeting. They came and found me when I was preaching on the topic of the Sabbath, how man tried to change the Sabbath from Saturday to Sunday. When they came they sat down and followed my teachings. They had planned to arrest us immediately after my teaching. Since I was closing the topic of the Sabbath I decided to make a call and one of the administration police who came to arrest us came forward and accepted to be baptized. He is among the six we baptized. Glory be to God, for He has triumphed gloriously.

“Later on, the chief, who was also happy with the message (since he himself is a Sabbath keeper), narrated the story and gave us the letter from _____. The chief said that _____ is an agent of the devil who is against the Word of God. I am thankful for his letter, because I strongly believe that were it not for that letter we wouldn’t have baptized the administration police. God used his bad intention to save a soul. May the name of God be praised. Those people in _____ were happy with the message although a few were doubting the topic of the Trinity. Most of the people in that area are Catholics by faith.

“I am happy to tell you that Brother _____ [from Uganda] has come and he’s with us. He arrived on Monday, the 12th. We are here to plan a series of camps because many people are in need of the true message. I feel that it’s a real burden teaching alone and answering questions. We are just planning and will give you the dates of how we’ve arranged everything. We want at least four meetings before the end of the year. There are many places where we’ve been invited, but we can’t go to all those places. At least we have to plan and some we can postpone to next year. I love these brothers from Uganda and I like the way they present the message...

“Otherwise, Brother, I’m praying that the Lord may add to you more wisdom so that His work may prosper in this age. I like the way you respond to the questions in the monthly newsletters. It’s a wisdom from God.”

Please pray with me that the Lord will provide the funds necessary to conduct these meetings and the

others being planned throughout Africa. The following letter came as a result of the meetings mentioned above.

"I was given your e-mail address by Pastor _____ who came here with his team. He preached about the Sabbath and the result was great. As at now, we keep the Sabbath instead of Sunday. He told me to write to you and request some books called "The Conflict Series." Please may you kindly send them if they are available. Also, kindly put my name on your mailing list so that I can start receiving your articles. Pastor also taught us about the trinity. We thank God we now have the truth.

"Please, we would like to know more and we are requesting for another crusade to be conducted by Pastor _____ and some brothers from Uganda. He told us, though we have not seen those brothers. Kindly organize one meeting for us here. Our target is to get many Sunday keepers to accept the Sabbath. Now Pastor _____ left a membership of 24.

"We are still conducting our services in a rented building but we hope that one day we will have our own plot and build a church. Note also that we are bordering Tanzania and just like the last meeting we expect quite a number of people to come from the border. Please arrange one meeting for us possibly this August."

Shortly after these meetings, the pastor who conducted them sent us the following letter:

"First and foremost I thank my God through Jesus Christ for all of you because your faith is proclaimed in all the world: (Romans 1:8)..."

"Brother _____ is back in Uganda. I thank the Lord so much for this brother who has really made the work look brighter for me. This brother has really assisted us in planning for the success of the Lord's work in Kenya.

"Now these were our suggestions and future plans.

"1) That we invite preachers from different denominations to attend our planned crusades to hear the Word of God.

"2) That we invite all Christians from all denominations (make it an open air crusade) so that many people can hear the message for themselves and make a decision. It is true that by inviting preachers alone, (for a seminar) they may get the truth and may fear preaching it to their congregations for fear of losing their jobs since it is not their doctrine.

"You see, it is by conducting open air crusades that many preachers here in Africa have taught people errors and crusades attract many people.

"So we can preach the whole truth as it is in the Bible by conducting crusades. I believe that Jesus Christ used

the same method to preach the truth e.g. Matthew 14:13-21.

"I tried an open air crusade when we went to _____ and surely, the result was encouraging. Yesterday I met someone from that side and he told me that many people who attended the crusades are now questioning their pastors to show them from the Bible where it is written three Gods in one or one God in three. Also, where it is written that people should worship on Sundays and not Saturdays (Sabbath). At least, they got the message. I gave many people there your address and I expect them to write and request for articles for more confirmation on these truths. Please send to them if they request.

"We planned four crusades in different areas. One on September 17th - 21st, 2002, one on September 23rd - 28th, 2002, one on October 1st - 5th, 2002, and one on October 8th - 12th, 2002. One of the crusades is bordering one hostile tribe in Kenya called the Masai. This tribe cut their ears to make them longer for identification—it is their tradition. In most cases the Masai youths aged between 16 - 30 don't live in houses but spend their nights on top of trees protecting their animals against theft and wild animals e.g. lions, leopards, cheetah, etc. The Masai youths called (Morans) are brave and one Moran can kill even two lions at a time depending on how brave he is.

"The parents live in temporary huts that can last for only six months or less, since they are pastoralists. They don't have permanent homes.

"Traditionally, Masai men do marry but the wife belongs to the whole society... I will send you the pictures that we shall take with some Masai when we shall be there.

"Their only God they know is the snake called python. They believe that this snake provides them with water when it is drought. So, when their cows are thirsting during dry season, they say the python is annoyed and needs a sacrifice. Then they take a goat to the python to swallow and after some days, rain starts. Well, that is what they believe. But some of them have known God.

"Three years ago when I was still in the _____ Church, I went to preach there in the interior part of Masai Land, called Masai - Mara, when I was introducing them to God and told them how God loves us and sent us his only begotten Son called Jesus Christ who came to save us from this sinful and sorrowful world. I received very funny questions e.g.

"1) Who is that Jesus?"

"2) Where does he live?"

"3) Is he brave enough to kill a lion?"

“4) Is he a Masai or a Musungu (a white man)?

“5) Who is his grandmother and grandfather?

“6) Is he married?

“7) How many cows does he have?

“Some of them told me to go and bring that Jesus they want to see him. Brother, these people need the Word of God. Even though they are still primitive, but they need the truth. One time if you can come to Kenya, please put in your schedule to visit Masai Land. I will want to take you to visit that place...

“Brother, we need your prayers since this is not an easy task. We have planned with the people in those places and we are praying over it. Brother _____ will come and also there is another brother who has also believed our message. He'll also be with us... We hope for the best.

“Brother we are also requesting for financial assistance. We budgeted together with Brother _____ and really, we tried our best to minimize the costs as much as possible. It is also good that we be accompanied by the youth choir here. They have believed the truth... A choir is very necessary during a crusade. I saw how necessary they were in the last crusade.

“This was the budget:

“Crusade #1, 600 U.S. Dollars.

“Crusade #2, 400 U.S. Dollars.

“Crusade #3, 800 U.S. Dollars.

“Crusade #4, 400 U.S. Dollars.

“This budget includes transport, food, accommodation, hiring of public address system and generator. According to the way we've planned with the people in these various places, there is a great need to use a public address system...

“I want to thank you so much for the money you sent for renting a place of worship. We are very much grateful and we do hope that our services will now be smooth.

“Pass my greetings to your family and all the brothers and sisters with you there in U.S. working in the Lord's vineyard. God bless you abundantly.”

Zimbabwe

“We had a missionary trip to _____. The trip was due to the interest on the subject of God and His Son which was aroused from elders and members. They then invited us to come and conduct the studies... Unfortunately, when we got there we found that the program had changed drastically and there was no room for us to share with the congregation the light we believe the Lord has revealed. Surely nothing can stop God from making His will known to his people. Though all elders

that had interest in the study and had arranged the very gathering so that all people might know the truth were not there, in spite of that, we continued with them...

“As God was at work to bring His people to light, the Devil, using elders, was also busy to try and stop the shedding of light. Some elders tried by all means to see that people do not listen and ensure that we do not get the platform.

“It wasn't long before God made a way for His truth to be shared. It was a Thursday night that I and Brother Ephraim were whispering to each other, analyzing the lesson that was shortly presented by one elder who often alluded about the Sonship of Jesus. We were not aware that the old man next to us was attracted. The way the entire crowd that gathered around the fire in fear of colds. Surely no doubt it was God intervening. While we were still wondering, a million dollar question was imposed by the old man who sat next to us. He asked, ‘When did Jesus become the Son of God?’ This question provoked everyone to try and answer. It was shocking to discover that even pastors that were present could not give a satisfying answer to the question. It was worse with elders who tried to cover their ignorance by silence, saying it is a mystery. Surely we thank God who made His truth known to His people, using us. We tried by all means to speak less and let the Bible talk for itself. Most of the texts that we used seemed as if they were new in the Bible, for example, John 17:3; 1 John 5:5 and many others.

“After having stated all evidence from the Bible there was silence for about 5 minutes, which I believe marked the presence of the Most High. The discussion lasted for a long time—until midnight. After we had gone to bed, we believe the elders and pastors had some review of the study. On Friday morning we got done with witnessing as usual, but the elders thought of staying behind and making a review of the subject. Realizing that among themselves there was a division resulting from the study, they were very angry about us. Thus they decided to chase us, for they thought us dangerous. Just before sunset, some minutes before the Sabbath hours, they told us to pack and go because we have divided them. Before they ordered us to go, they first had some meeting with the agenda to make the _____ family answer about our being present in that gathering.

“These brethren had believed the message with joy and they need our prayer for they are in the jaws of the Devil for accepting the truth. Sooner or later their local church will have a board meeting to discuss about their membership, but they are firm in the truth they have received. Thus we had the Sabbath services at their home

until late. After services we then decided to visit some places in which we came across mobs of people who were thirsty for the Word of God, and distributed much literature, which the people received with great joy. That was about three thousand tracts. Surely the _____ trip is one of the missionary trips that we noticed the hand of God at work.

“Three weeks later we then decided that I should go back to make some follow-up. When I got there I went straight to the _____ family and abode with them for two days, continuing with the studies and strengthening each other in the Lord. I also had some opportunities to visit some of the people with whom we shared the Bible truths. Truly the devil was not happy seeing people hear the truth that sanctifies. Thus the elders made some effort to misinform the people about us and the message. They termed us rebels and alarmists. This became the chorus sung by all people around. But God gave us courage with the _____ family, to visit all we could.

“When we got to a certain village, before they gave us a seat, they started saying, ‘Here comes the rebels.’ I was hit by this saying. I wondered how and where can I start conducting any Bible study under such a situation. Thanks be to God because He never fails. God has a way forward. Among the village members there was a sick lady. Sick though she was, she was the worst enemy of the message, after being incited by angry elders. I was attracted by her swollen feet which silently told me about the pains she was feeling. God had opened the way through this illness. We started talking about her feet and the long term she has suffered. As we talked, God brought into my memory the little knowledge I have about health principles. I started to highlight to her the love of God, and how it can be possible to heal or avoid unnecessary illness by adopting health principles. I touched a few facts on health reform principles that I have gathered from the newsletters I get. Thanks be to God for giving Brother Beachy the idea of publishing those articles on health. After a lengthy discussion on health matters the lady was touched and she wept bitterly and asked forgiveness from God for dealing so badly with His messengers. Now she was in a position to listen. We then prayed and started our study which lasted four hours. We were also joined with one of the elders who was visiting people, insisting them to reject the light.

“After the study he was also touched and agreed that the lesson was true and powerful and confessed that they had ill-treated the messengers from God. I then realized the need of having the tent so that we avoid using people’s homes, because some happen not to attend studies

due to differences in lifestyles. The tent can be the solution to this problem as it can be placed in a neutral venue.

“Again, I thank God for not failing in His work. I wish I had a copy of the health principles because they are important. As the sick lady has become interested in the truth about God and the Son, I also left her with a simple eliminating diet to try and clean her bloodstream. She needs prayers so that the Lord may have mercy on her.”

Zambia

“Yesterday we met with a group of youth. After we shared with them the fundamental truth about God and His Son, the youth accepted the message. Praise be to God! Please pray for them. We put posters all over Lusaka city about the fundamental truth of God and His Son to win many souls to Christ all the time. Please pray also for this campaign.”

Later this same brother wrote the following letter:

“Thank you for the encouraging letter of August 12, 2002. It was so good to hear from you. My heart goes out to you and Smyrna Gospel Ministries. I want you to know that I am praying for you and your Ministry. I pray that God will soften the hearts of those who are standing in the way of this message so that all may hear.

“Please join me every Sabbath for the following prayer requests: (1) For the progress of the message in Africa and other countries. (2) Pray also for the Holy Spirit leading in all matters through meetings and seminars. (3) Also for the translations of newsletters and tracts into African Languages. (4) Printing projects, proofreading and planning. (5) Advertise the message through Zambian newspapers. Please keep us in your daily prayers as time is short and there is much to accomplish... Please add your prayers to ours that God will supply more labourers.

“I hope to hear from you soon. May the Almighty God bless you as you continue dispensing His everlasting Gospel to all parts of the world. Thank you for your friendship and support.

Tanzania

“We are all fine here and we are thanking God for that. I hereby send you a report on our Effort Conference which we conducted from July 2 - August 7, 2002.

“My family supported me much and cooperated well with me in preparations and all activities concerning the lessons given for this conference, which were given for the public. Although I was very tired during the confer-

ence till the end, but our Lord God has already given me more strength to continue with other duties for His praise and glory.

“You can recall what I informed you some days back that God’s people, at a place called _____, needed to hear this same God’s message, which I failed to make it there. As I already told you before in my past letter to you their need still stays. They need to get this message and they are waiting for our attention on this matter to receive this message from us.

“Other people, around Lake _____, sent God’s messenger to us asking us to pay them a visit and stay with them before the end of September, 2002, to convey this God’s message to them. He came to us in July and left my home on July 30th, 2002. I’m afraid that I am willing to go to convey this message to them but I am financially unable to do it. That is to say I cannot meet the costs of this meeting as related to going there and coming back, my stay there and the costs of preparations and conducting the conference there.

“I wish if I could only show you what I am doing—that is, if only I was able to get a camera to photograph for you to see—this is concerning God’s work here. At the moment I am not able to do so as I don’t have a camera.

“For a period of one month and one week I was able to convey and give 24 lessons to God’s people. Our major subject topic being “There Are Not Three Gods.” God is one and He has an only begotten Son; and the Holy Spirit is His presence and the presence of His only begotten Son in whom we trust.

“This message made people wake up and many people were frightened of their former position as they heard this message. I have not enough ability to make you get the feeling of reality of what happened, but God’s Holy Spirit is the only one to make you get all this in mind and heart.

“Some people wanted us to build a church a bit far from our living house so as to make them able to come to church to worship with us on the Sabbath day. They don’t feel very free to come to worship in the building we built close to our house for worship. What they mean is that they don’t want to worship in somebody’s home, but they will be more free in church a bit far from a living house. This need only arose after starting to convey our message here and after receiving this message.

“At the moment the work is becoming a bit tough as I have no place to rest. You remember _____ are waiting for me to attend them also. I need to fulfill these duties, not to mention the classes I was intending to teach. I

thank God for what He did for me through His beloved servant _____. I thank [her] so much for her help to me, (a good bicycle), which is a great help to me now for doing God’s duties and assignments given. Now it is easy for me to reach God’s people without using high costs for traveling, e.g. in motor vehicles, which needed money always. May God bless [her] so much.

“At the moment, in preaching to the public, I am using two amplifiers and two speakers. Now I have a generator from your great help. From an electric short caused by electric flow from our Tanzania Electric Supply Company services (TANESCO)—not from our generator, one of our amplifiers was destroyed or damaged by uneven current flow or maybe other mechanical problems from the company’s electric supply. This also disturbed one of our speakers as I told you in my past letters to you. At present I have remained with only one amplifier and only one speaker, which is very risky and giving me some doubts; if they also fail what shall I do? At the moment the sound and the message is heard on one side only. On the other side the message is not reaching the people. I don’t know what to do about this up to now. To repair the amplifier will cost \$70 US and the speaker about \$120 US. These will be of great use for our coming effort meetings, seminars and conferences.

“Our camp meeting will be held in _____ in the latter part of September. My family is depending on me for transport, their stay and back home financially. (Five people—i.e. me, my wife and three children.) They need bus fare to _____ and back. I have five students for baptism who are going there for baptism during that camp meeting. Four of these have no ability to pay for anything e.g. bus fare or even their stay. A safari to _____ costs one person \$20 US to and from, food for one week for one person will cost \$15 US. So one person needs \$35 US. Up to this moment I don’t know what to do. Maybe God alone knows. I am putting this plea in front of you. Please help me, I plead, for what you can do. As I told you in my past letter, we have four years now without getting rains for our crops in our farming area, so still even our survival is on God’s mercy only. Life is very tough now here and this is the reality.

“Convey our sincere greetings in Lord God for all God’s people whom you are living with and their families and truly may God bless you all.”

These needs have not yet been met, not even partially. Please pray with me that the Lord will provide the funds for this upcoming camp meeting, and the continuing work in Africa. 



Letters from our Readers



“This spring I requested and received all the back issues of *Present Truth*. I have read all of them and have been pleased and blessed in doing so... Your ministry has greatly blessed me. The world in these end times needs the truths you are presenting, especially the truth about God.” *Utah*

“Thank you for *Present Truth* publications. That is what needs to be published and printed to sell in bookstores and supermarkets across the United States!

“Today people are looking in all the wrong places to find something to occupy their curiosity. I know it is time for them to turn around and look at Jesus Christ and what He has to say to them today.” *Indiana*

“Thanks very much for both your prompt reply and the pertinent materials you sent me. I should be going before a committee in September and one of the issues they will be dealing with is that of the nature of God as it deals with a trinity. Pray for me even as I pray for you.” *Michigan*

“I’m very glad you had a nice camp meeting. One day when I get out of prison, I’m going to attend one of those camp meetings.” *Ohio*

“I was thrilled to get to read a few issues of your *Present Truth* that a friend of mine here shared with me. I would really appreciate it if you could put me on your mailing list to receive this great publication. I thank you in advance for your generosity in sending it. Your reward is coming soon. ‘Even so, Come Lord Jesus.’ (Rev. 22:20)” *Michigan*

“I happened to have come across one of your tracts entitled, *The Truth About God*. I read it through at midnight on July 2nd, 2002. I’m glad it helped much to erase my since-childhood misconceptions of ‘Trinity.’ I should have loved the same tract to have talked about the Holy Spirit in the same line of reasoning though. I still remain quite unclear—is the Holy Spirit ‘God’ and can Christ be called ‘God’?”

“I am a 44-year-old male chemistry teacher at school here in Zambia. I am a seventh-day church goer and at the same time a truth seeker and lover.

“Would you please, kindly send me a free book on last day events so that my mind and eyes might be opened even as we are soon to enter and meet the great last day events in a quick succession of change. May God grant you the Spirit for my consideration though I live very far from you.” *Zambia*

“I’m very interested in receiving 5 copies of ‘The Formulation of the Doctrine of the Trinity.’... I will send a check for the donation (US) of a \$1.00 per each copy.” *Canada*

“I had written to the Advent Truth Distributors [in Australia] and they sent me a flier from you, “The Truth About God.” The flier had some startling truth which for years I have longed to hear. About three years ago I was disfellowshipped from my church for questioning the throne of the Holy Spirit. My argument was as for Jesus, Revelation tells us of His throne, so does of the Father, but never of the Holy Spirit. I said to them, It is not right for us to separate the Holy Spirit from God because in many places it is referred to as the Spirit of the Father.

“I almost thought of quitting worshipping because I was labeled a heretic and demonized and said to be a rebel. I had to be rebaptized and forced to accept the Trinity doctrine...”

“So I am so delighted to hear it from you as the Truth Seekers. So I am convinced the Spirit of the Lord is still working today as in the days of the old. I have a group of Bible students who study the Bible but can’t share openly some truth.

“I will be happy to hear from you on many issues of the Bible.” *Zimbabwe*

“I received all the lessons you sent to me and I was actually glad to receive them. After going through the lessons, I have sent my answers to you for marking and grading. I would also like to continue with other lessons where Bible is concerned, with your ministry. You are very understanding and helpful in spiritual matters.”

Zambia

“I am enjoying your series of health articles, “Fearfully and Wonderfully Made.” How can anyone even presume to think that evolution is a possibility!” *Montana*

“Exclusive greetings in the matchless and precious name of our Lord Jesus Christ. I received your magazine titled *Present Truth* in the early days of this week. Really, I felt very glad when I received it. As the satanic wiles are getting grim in these perilous days, your magazine that contains different, very clear, right doctrinal matters will help us in growing deeper and richer in the knowledge of GOD. When we discern of all your ministry that is being held in the entire world, we are greatly giving thanks and praising the LORD on your ministries stead.

“We are very pleased of the planning of Brother Lynnford Beachy’s arrival to India, which will take place in December. Indeed, we are keeping on offering prayer to GOD that He may make possible His trip to India. It will be encouraging and helpful to us. Therefore, we heartily welcome Brother Lynnford Beachy to India and we will greatly receive him with exceeding pleasure.” *India*

Fearfully and Wonderfully Made (Part 8)

by George McDaniel

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

Nutrition - 4

Correction: In last month's article a typographical error crept in. In speaking of the alpha cells of the Islets of Langerhans, it is stated that they produce *glycogen* which signals the liver to change glycogen to glucose. It should read that they produce *glucagon* which signals the liver to change glycogen to glucose. We are sorry for the mistake.

The topic of this article is how the body eliminates toxins. There are two sources of toxins. The first is as a result of the normal work of the cells. As the cells utilize oxygen, glucose and other nutrients in the production of energy, and for growth and repair of damaged cells, they produce substances that are poisonous to the cells such as carbon dioxide. Unless these toxins are removed, they will result in the death of cells. The other source of toxins is from outside the body. The world we live in is full of agricultural and industrial chemicals, motor vehicle exhaust, byproducts of nuclear testing, waste products of industry, to name a few. It is impossible to escape from some of this pollution, but much of it can be avoided by our lifestyle choices, such as where we live and what we eat and wear. Then there are the poisons people deliberately put into their bodies: alcohol, tobacco, drugs, highly processed and refined foods, many food additives. We need to learn to read labels or, better yet, use only whole, natural foods. We also take in toxins through our skin by the use of shampoos, soaps, toothpaste, hair dyes and permanent waves, facial make-up and other topical ointments and lotions, as well as household cleaners and laundry detergents.

In order to understand how endotoxins are removed, it will be helpful to understand how the cells receive nutrition. We have already learned that the food eaten and digested goes to the liver for further processing and disbursement to where it is needed. From the liver, nutrients are carried in the blood through veins to the right side of the heart. From there it goes through the pulmonary artery to the lungs. In the lungs the blood gives up carbon dioxide and picks up oxygen. It then goes through the

pulmonary vein to the left side of the heart. The blood, now rich in oxygen and nutrients, leaves the heart through a large artery, which divides into smaller and smaller arteries, and finally into very small arteries called arterioles. Then the blood passes into very narrow, thin-walled vessels called capillaries. In the capillaries, oxygen and nutrients leave the blood. The depleted blood then enters small veins, called venules, which divide into larger and larger veins until it reaches the large vein which enters the right side of the heart, to begin the cycles again.

Let's return now to the capillaries. The blood coming through the arteries is at a relatively high pressure. The capillaries are very narrow, so narrow that red blood cells have to fold themselves to go through. They are also very thin-walled, just one cell layer thick, and have small openings between the cells that compose them. The pressure at the arterial end causes some of the fluid to ooze out through the small openings. The openings are so small that the red blood cells can't get out. Also, the large blood proteins are too large to get out. What does ooze out is water containing smaller proteins, nutrients and oxygen. White blood cells, responding to an injury or bacterial invasion, can also squeeze through these small openings by changing their shape.

The body cells themselves are not in direct contact with the blood in the capillaries. They are bathed in the fluid which has oozed out of the capillaries. If you have ever scraped your skin, you have noticed that after the bleeding stops, a clear fluid will continue to leak out for awhile. This fluid is called interstitial fluid, or intercellular fluid. It is also referred to as lymph fluid, or sometimes simply lymph.

The cells take oxygen and nutrients from this fluid. They then give up waste products, such as carbon dioxide, into the fluid. Much of the fluid is taken back into the capillaries at the venous end. The pressure at that end is lower and some of the fluid can reenter. The rest of the interstitial fluid finds its way into a system of channels, similar to the circulatory system, called the lymphatic system. The lymphatic system is made up of small vessels which become larger and larger and finally empty into the large veins near where these connect with the heart. All the waste products eventually get to the blood. (The lymphatic system also contains lymph nodes and lymphocytes, which are part of the immune system and will have to be considered in another article.)

The lymphatic system has no pump to circulate the fluid as the heart does for the blood. Lymph has to flow upward from the feet to the level of the upper chest. There are three ways this is accomplished. The action of the muscles squeezing against the lymph vessels is one. Another is negative pressure in the chest caused by deep breathing. These two factors are one reason why vigorous exercise that stimulates deep breathing is essential for health. The larger lymph vessels have one-way valves, so lymph can't back up. The third way is to lie with the feet higher than the chest and allow gravity to aid in lymphatic flow.

If the interstitial fluid is not returned to the circulation, either by the venous capillaries or the lymphatic system, the fluid will collect in the tissues and swelling, known as edema, will occur. There are various causes for this. There is a condition known as heart failure in which the heart muscle does not work efficiently to pump the blood. If the right side of the heart only is involved, blood pumped out by the left side to the tissues backs up and swelling occurs in the extremities, most commonly the feet and lower legs. If the left side of the heart fails, then fluid accumulates in the lungs, causing pulmonary edema. This causes the right side of the heart to work harder and frequently results in right-sided failure also.

Another cause of edema is blockage of the lymphatic system. An example of this is elephantiasis, caused by a filarial worm, spread by mosquitoes, and some flies. It results in blockage of the lymphatic vessels and great swelling of the affected area. Other causes could include tumors, injury, and certain types of surgery. The lymphatic system can be sluggish due to lack of exercise. Waste matter can accumulate and cause the cells to function at lower efficiency without there being noticeable edema. The cells aren't able to obtain enough oxygen and nutrients to operate at top efficiency and the person will feel dull and tired and lack energy.

Edema is not a disease; it is a symptom of disease. It lets one know something is wrong. The body has the ability to heal itself if correct practices are followed. If you have edema as a result of heart failure, you need to be under the care of a medical professional. Pulmonary edema is a medical emergency and needs immediate care. You also need to make whatever changes are required in your lifestyle to cure the condition, rather than continue to take medicines to treat the symptoms.

So far we have seen that cellular endotoxins are eliminated from the cells by the lymphatic and circulatory systems. Carbon dioxide is eliminated from the blood by the lungs. The other organs involved in the elimination of toxins are the colon, kidneys and skin.

All the food that is eaten, that is not taken in by the body, is eliminated through the colon. This consists largely of indigestible residues including fiber. Fiber consists of cellulose from the cell walls of plants and the seed coats and hulls of grains and other seeds. It provides the bulk necessary to stimulate the colon to evacuate the waste. Fiber also has the ability to bind with toxic substances and prevent them from being absorbed by the body. Many of the poisons detoxified by the liver are eliminated through the colon in the bile. We can see that bile has two functions: emulsification of fats and elimination of toxins. This last function is much more efficient if there is sufficient fiber in the diet. Fiber hastens the passage of the wastes through the colon so that there is less time to reabsorb them.

Frequently, the action of the colon becomes slowed down and partially blocked. This is called constipation. Two of the main causes of constipation are lack of dietary fiber and inadequate water intake. Not drinking enough water causes the feces to become hard and difficult to eliminate. This is compounded by a diet low in vegetables, fruits and unrefined grains and high in refined foods, meat and dairy products. Also abetting the problem is eating mainly cooked foods. Fiber from raw foods acts like a broom and helps keep the colon clean, whereas cooked fiber acts more like a wet mop that leaves a slimy residue.

From the time food is eaten until the residues are eliminated should be about 24 hours. When the residues remain too long in the colon they undergo putrefaction. This is especially true of high protein foods. This becomes another source of toxins to a system that is already overburdened. Some of the substances formed may be cancer forming. When these remain in contact with the colon for too long a time it may result in development of cancer of the colon. The toxins that have been eliminated by the liver can be reabsorbed. This puts more stress on the liver because it has to deal not only with new toxins, but also the old ones that are recycled. The blood becomes filled with impurities that are taken to every cell in the body. The kidneys become overwhelmed and work less effectively, especially if inadequate water is available.

Another way to eliminate toxins is through the skin by way of the sweat glands. In fact, heavy metals, such as mercury, are very effectively removed from the body through the skin. This is why frequent bathing is important. Many people avoid sweating, so this route is blocked. The sweat that is formed has a bad odor, due to the high concentration of toxins in the system, so people use antiperspirants to block sweat even more. This leaves

the lungs as a way to eliminate toxins, so the breath becomes foul. Mouthwash may mask the odor, but won't cure the problem, since the problem is in the colon. The whole body is affected, including the brain and the immune system. Disease is more likely, including cancer.

I recently read an analogy which illustrates this. It is about a swamp. A swamp is a breeding area for innumerable mosquitoes. Mosquitoes are at best a nuisance, and can be carriers of deadly diseases. One way to deal with this problem is to spray the swamp with all kinds of broad spectrum pesticides. This destroys not only the mosquitoes, but also whatever life and vitality the swamp had. The mosquitoes are killed for the moment, but so are all the other creatures that feed on mosquitoes, such as dragonflies, small fish, and certain birds, and the water is still stagnant. The swamp is still a perfect breeding ground for mosquitoes. It is only a matter of time before the mosquitoes are back in force, and the mosquitoes can multiply much faster than their natural enemies if conditions are right. In order to permanently eliminate the mosquitoes, the environment has to be changed. The stagnant water has to be eliminated or it will continue to support one generation after another of mosquitoes.

The swamp represents the human mind-body system after years of wrong living. Mosquitoes are the disease symptoms that result. It can be such things as frequent colds, pneumonia, arthritis, arteriosclerosis, or cancer. These so-called diseases are just symptoms of a body that needs to be cleaned up. If we treat only the symptoms, use antibiotics for pneumonia, or anti-inflammatory medicine for arthritis, or surgery, radiation and chemotherapy for cancer, we are not dealing with the cause of these symptoms. We are killing mosquitoes where there is stagnant water that needs to be taken care of.

Both orthodox and alternative medical practitioners fall into the error of treating symptoms. One uses chemicals while the other uses herbs or other natural substances. It is true that sometimes, when one is overwhelmed with health problems, it is necessary to try to buy some time by killing as many "mosquitoes" as possible. However, killing "mosquitoes" should not become the goal. The internal environment of the body needs to be changed.

The first place to start is the colon. You need to get things moving and get cleaned out. You will probably need purgatives (laxatives) and/or enemas or colonics. You need to know what you are doing before you start such a program, however. Some health food store operators might be able to help provide information and there are many books on the subject. If you live near a big city, you can probably find someone who specializes in colon

cleansing. Some of these things may be unpleasant, but so are the results of not taking care of the problem. Another thing that needs immediate attention is a diet change. It does no good to get cleaned out and continue the same practices that put you in the bad condition in the first place.

Quit eating refined foods. Quit eating meat. Eat vegetables, fruits and whole grains and seeds in a state as close to natural as possible. Drink adequate water. The recommended amount is one ounce of water for every two pounds of body weight. If you weigh 120 pounds, you need at least 60 ounces of water a day. Other forms of liquid, including soda and caffeinated drinks, are not a good substitute. Some of these deplete the body of water rather than supply it. They also frequently contain chemicals that place an extra burden of toxins on the body, counteracting the usefulness of the water contained in them. If it is impossible to make these changes suddenly, work up to it gradually, but start making some changes now.

Once the colon is cleaned out and proper diet taken, and other positive lifestyle changes made—exercise, sweating, deep breathing of pure air, moderate exposure to sunlight, adequate rest, quit worrying and trust in God—the body will slowly detoxify and come back to normal. A liver cleanse can be done then, which does for the liver what the colon cleanse does for the colon. When the liver is re-vitalized the body will recover even faster. This is not absolutely necessary, because if you stick with a program for good health, the body will recover itself in time. The older you are and the longer you have been abusing your system, the longer it will take. It may be a short time, or it may be as long as one to two years. You didn't get into bad shape overnight, so why should you expect to recover completely overnight? Stick with the program and you will see results.

There may be times when you feel bad again after feeling good for awhile. In fact, sometimes you may despair of ever feeling good again. The problem is that when your system was full of toxins, the blood had nowhere to send them because the exits were all blocked. In order to avoid killing you, the body stored these toxins in some out-of-the-way place, usually in the fat cells. Now that the exits are opened up, the body begins cleaning house. When these toxins come into the blood stream, you can feel bad for awhile. These are removed and you feel good. Then more toxins are eliminated and you feel bad. It is like being on a roller coaster with constant ups and downs. This process can last for months, but eventually all the toxins are eliminated and you are truly back in good health again. You just have to decide whether a few months of discomfort are worth the reward at the end.

Present Truth

If you stick with the program, that day will come, I can guarantee it. If you make a few slips; if your resolve wavers occasionally, don't despair. Get back on the program.

There is a test that you can do to determine if you are constipated. Swallow 10 or 12 kernels of unpopped popcorn and see how long it takes for them to pass through. They should pass in about 24 hours. If it takes two days or longer, you have a problem. The longer it takes, the worse the problem. Many people who have regular bowel movements are surprised to find how long it takes. Also, the presence of diarrhea is no indication that there is not constipation. Sometimes watery feces can get around hard feces impacted on the colon walls.

If anyone is interested in learning more about products for colon and liver cleansing, as well as other supplements of good quality that will do what they are advertised to do, you can write or call the following company for information: American Botanical Pharmacy, PO Box 9699, Marina del Rey, California 90295. 1-800-HERBDOC (1-800-437-2362). The director is Richard Shultz who has had a lot of clinical experience as a naturopathic doctor. I do not have any vested interest in this company. I don't even know Dr. Shultz personally, but I

have used his products and know others who have and know they work.

In summary, nutrition is the nutrients that reach the cells in a form that can be used for maintenance, repair and energy supply. In order for this to take place as smoothly as possible the body system must be free from toxins and free from obstructions to detoxification. Keep the colon and blood clean from toxins and the body will be better able to utilize the nutrients contained in the foods we eat.

This concludes our discussion on the topic of nutrition. Next time we will be discussing the importance of exercise to the health of the human system. 

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

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Present Truth

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Truth you can check: It is as matter of fact as the ground and as useful as food. It's the kind of truth that can make hate and war as unnecessary as ignorance. Charles Darwin revealed how evolution works, but not what it really means.Â The present is the ultimate gift; it is the gift of truth and life. You are given the present every second, and you will receive it forever. The present is the only thing that exists, the only thing you are ever conscious of. Your life is a series of presents moving through time. The Present Truth with Stephen D. Lewis is proclaiming the gospel of Jesus Christ as summarized in Revelation 14. The Present Truth: Win. Revive. Vindicate.Â The Present Truthâ€™s YouTube channel, now playing the always-wonderful truths of Jesus Christ. Satisfy your thirst for knowledge and draw closer to God by digging deep into our free, online Bible lessons. Bible School. vegan blog. Featuring really good, plant-based recipes, menu ideas and tips on eating beautifully on a budget. Welcome to The Present Truth. Present Truth Magazine is an evangelical Christian magazine, started by Robert Brinsmead, a former Seventh-day Adventist. It is now an online website called Present Truth Magazine and edited by Bill Diehl. The magazine was started by Robert Brinsmead in 1972. It was a free monthly publication. The magazine's name was later changed to Verdict in 1978, following Brinsmead's rejection of major Adventist teachings. At that time, he stated in Verdict, as well, that this change was necessitated by the